




Cornwall Manor Wellness Schedule March 2023



Located in Manypenny Rec Room—Lower Level of the Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9a-12p –Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation	2	3 9a-12p –Band Together	4
5	6 9a-12p –Band Together 12:30-1:30p—Bocce	7 9:15-11a—Cleaning 1-2:30p—Ladies Wii Bowl 3-4 pm—Tai Chi	8 9a-12p –Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation	9	10 9a-12p –Band Together	11
12	13 9a-12p –Band Together 12:30-1:30p—Bocce	14 9:15-11a—Cleaning 1-2:30p—Ladies Wii Bowl 3-4 pm—Tai Chi	15 9a-12p –Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation	16	17 9a-12p –Band Together 	18
19	20 9a-12p –Band Together 12:30-1:30p—Bocce	21 9:15-11a—Cleaning 1-2:30p—Ladies Wii Bowl 3-4 pm—Tai Chi	22 9a-12p –Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation	23	24 9a-12p –Band Together	25
26	27 9a-12p –Band Together 12:15-1:15p—Bocce 1:30-2:30p—Chair Yoga 3:00-4:00p—Gentle Yoga	28 9:15-11a—Cleaning 1-2:30p—Ladies Wii Bowl 3-4 pm—Tai Chi	29 9a-12p –Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation 4:30-5:30p—Emp. Yoga	30	31 9a-12p –Band Together	