



Cornwall Manor Wellness Schedule April 2023



Located in Manypenny Rec Room—Lower Level of the Chapel

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