



Cornwall Manor's Recreation Schedule August 2023

Located in the Manypenny Recreation Room—lower level of Zerr Chapel



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