



Cornwall Manor's Recreation Schedule September 2023

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



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