



Cornwall Manor's Recreation Schedule

February 2024



Located in the Manypenny Recreation Room lower level of Zerr Chapel

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