

# Cornwall Manor's Recreation Schedule March 2024

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

| Sun | Mon   | Tue   | Wed  | Thu  | Fri   | Sat       |
|-----|---|---|--|--|---|-----------|
|     | <p>1</p> <p>9a-12p -Band Together<br/>12:15-1:15p—Bocce<br/>1:30-2:30p—Chair Yoga<br/>3:00-4:00p—Gentle Yoga</p>  | <p>2</p> <p>9:15-11a—Cleaning<br/>3-4 pm—Tai Chi</p>  | <p>3</p> <p>9a-12p -Band Together<br/>12:30-1:30p—Bocce<br/>3:30p-4:00p—Meditation<br/>4:30-5:30p—Emp. Yoga</p>  | <p>4</p> <p>9a-930a- Wonder<br/>Weights<br/>10a-11a—Tai Chi<br/>2:00p-3:00p—Zumba<br/>Gold</p>   | <p>5</p> <p>9a-12p -Band Together<br/>1p-2p- Reserved</p>                             | <p>6</p>  |
| 7   | <p>8</p> <p>9a-12p -Band Together<br/>12:15-1:15p—Bocce<br/>1:30-2:30p—Chair Yoga<br/>3:00-4:00p—Gentle Yoga</p>  | <p>9</p> <p>9:15-11a—Cleaning<br/>3-4 pm—Tai Chi</p>  | <p>10</p> <p>9a-12p -Band Together<br/>12:30-1:30p—Bocce<br/>3:30p-4:00p—Meditation<br/>4:30-5:30p—Emp. Yoga</p> | <p>11</p> <p>9a-930a- Wonder<br/>Weights<br/>10a-11a—Tai Chi</p>                                 | <p>12</p> <p>9a-12p -Band Together<br/>1p-2p- Reserved</p>                            | <p>13</p> |
| 14  | <p>15</p> <p>9a-12p -Band Together<br/>12:15-1:15p—Bocce<br/>1:30-2:30p—Chair Yoga<br/>3:00-4:00p—Gentle Yoga</p> | <p>16</p> <p>9:15-11a—Cleaning<br/>3-4 pm—Tai Chi</p> | <p>17</p> <p>9a-12p -Band Together<br/>12:30-1:30p—Bocce<br/>3:30p-4:00p—Meditation<br/>4:30-5:30p—Emp. Yoga</p> | <p>18</p> <p>9a-930a- Wonder<br/>Weights<br/>10a-11a— Tai Chi<br/>2:00p-3:00p—Zumba<br/>Gold</p> | <p>19</p> <p>9a-12p -Band Together<br/>1p-2p- Reserved</p>                            | <p>20</p> |
| 21  | <p>22</p> <p>9a-12p -Band Together<br/>12:15-1:15p—Bocce<br/>1:30-2:30p—Chair Yoga<br/>3:00-4:00p—Gentle Yoga</p> | <p>23</p> <p>9:15-11a—Cleaning<br/>3-4 pm—Tai Chi</p> | <p>24</p> <p>9a-12p -Band Together<br/>12:30-1:30p—Bocce<br/>3:30p-4:00p—Meditation<br/>4:30-5:30p—Emp. Yoga</p> | <p>25</p> <p>9a-930a- Wonder<br/>Weights<br/>10a-11a— Tai Chi<br/>2:00p-3:00p—Zumba<br/>Gold</p> | <p>26</p> <p>9a-12p -Band Together<br/>1p-2p- Reserved</p>                            | <p>27</p> |
| 28  | <p>29</p> <p>9a-12p -Band Together<br/>12:15-1:15p—Bocce<br/>1:30-2:30p—Chair Yoga<br/>3:00-4:00p—Gentle Yoga</p> | <p>30</p> <p>9:15-11a—Cleaning<br/>3-4 pm—Tai Chi</p> |  |  |  |           |