


# Cornwall Manor Wellness Schedule May 2024

## Located in Manypenny Rec Room—Lower Level of the Chapel

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