



# Cornwall Manor Recreation Schedule

## August 2024



*Located in the Manypenny Recreation Room—Below Zerr Chapel*

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