

# Cornwall Manor's Recreation Schedule - July 2024

## Located in the Manypenny Recreation Room

### *Lower Level of Zerr Chapel*

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