



Cornwall Manor Recreation Schedule September 2024



Located in the Manypenny Recreation Room—Below Zerr Chapel

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