



Cornwall Manor Recreation Schedule November 2024

Located in the Manypenny Recreation Room—Below Zerr Chapel

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