

Cornwall Manor's Recreation Schedule October 2024

Located in the Manypenny Recreation Room lower level of Zerr Chapel

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