

Cornwall Manor Recreation Schedule

December 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 1:30p—Chair Yoga 3p—Gentle Yoga	3 9:15a-11a—Cleaning 3p—Tai Chi	4 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	5 9a—Wonder Weights 11a—Tai Chi 2p—Zumba Gold	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 3p—Tai Chi	11 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	12 9a—Wonder Weights 11a—Tai Chi	13 9a-12p—Band Together 1p—Body Balance	14
15	16 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	17 9:15a-11a—Cleaning 3p—Tai Chi	18 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	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 1:30p—Chair Yoga 3p—Gentle Yoga	24 9:15a-11a—Cleaning	25 Merry Christmas! Happy Hanukkah!	26	27 9a-12p—Band Together	28 
29	30 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	31 9:15a-11a—Cleaning				