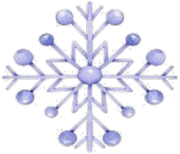



# Cornwall Manor Recreation Schedule January 2025

Located in the Manypenny Recreation Room—Below Zerr Chapel

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