



Cornwall Manor's Recreation Schedule March 2024



Located in the Manypenny Recreation Room lower level of Zerr Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9a-12p -Band Together 1p-2p- Reserved	2
3	4 9a-12p -Band Together 12:15-1:15p—Bocce 1:30-2:30p—Chair Yoga 3:00-4:00p—Gentle Yoga	5 9:15-11a—Cleaning 3-4 pm—Tai Chi	6 9a-12p -Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation 4:30-5:30p—Emp. Yoga	7 9a-930a- Wonder Weights 10a-11a—Seated Tai Chi 2:00p-3:00p—Zumba Gold	8 9a-12p -Band Together 1p-2p- Reserved	9
10	11 9a-12p -Band Together 12:15-1:15p—Bocce 1:30-2:30p—Chair Yoga 3:00-4:00p—Gentle Yoga	12 9:15-11a—Cleaning 3-4 pm—Tai Chi	13 9a-12p -Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation 4:30-5:30p—Emp. Yoga	14 9a-930a- Wonder Weights 10a-11a—Seated Tai Chi 2:00p-3:00p—Zumba Gold	14 9a-12p -Band Together 1p-2p- Reserved	15
16	17 9a-12p -Band Together 12:15-1:15p—Bocce 1:30-2:30p—Chair Yoga 3:00-4:00p—Gentle Yoga	18 9:15-11a—Cleaning 3-4 pm—Tai Chi	19 9a-12p -Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation 4:30-5:30p—Emp. Yoga	20 9a-930a- Wonder Weights 10a-11a — Seated Tai Chi 2:00p-3:00p— Zumba Gold	21 9a-12p -Band Together 1p-2p—Reserved	22
23/30	24/31 9a-12p -Band Together 12:15-1:15p—Bocce 1:30-2:30p—Chair Yoga 3:00-4:00p—Gentle Yoga	25 9:15-11a—Cleaning 3-4 pm—Tai Chi	26 9a-12p -Band Together 12:30-1:30p—Bocce 3:30p-4:00p—Meditation 4:30-5:30p—Emp. Yoga	27 9a-930a- Wonder Weights 10a-11a — Seated Tai Chi 2:00p-3:00p— Zumba Gold	28 9a-12p—Band Together 1p-2p—Reserved	29 