

Cornwall Manor's Recreation Schedule April 2025

Located in the Manypenny Recreation Room lower level of Zerr Chapel

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