

Cornwall Manor's Recreation Schedule December 2025 Located in the Manypenny Recreation Room; Lower level of Zerr Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	2 3pm—Tai Chi	3 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	4 9a—Wonder Weights 2:00p—Zumba Gold	5 2p—Body Balance	6
7 Mondays, Wednesdays, and Fridays— Band Together 9a, 10a, & 11a	8 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	9 3pm—Tai Chi	10 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	11 9a—Wonder Weights 2:00p—Zumba Gold	12 2p—Body Balance	13
14 Happy Hannukah!	15 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	16 3pm—Tai Chi	17 12:30p—Bocce 2p—Body Balance	18 9a- Wonder Weights 2:00p—Zumba Gold	19 2p—Body Balance	20
21	22 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	23	24 12:30p—Bocce 2p—Body Balance	25 Merry Christmas!	26	27
28	29 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	30	31 12:30p—Bocce 2p—Body Balance			All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel