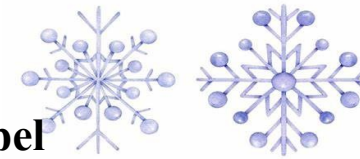


Cornwall Manor Recreation Schedule

January 2026



Located in the Manypenny Recreation Room—Below Zerr Chapel

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