

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CAMPUS UPDATES: For an up to date list of campus news and activities please watch TV channel 970 or log in to Community Apps.	1 11:15 am-Walk and Chat with the Chaplain (BVC) 1 pm- Mahjong (SK) 6:30 pm- Bingo (AL)	2 9:30 am - Town Trip 🚗 10:15 am- Stretch & Relax (BVC Pool) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Patch Adams</i> (TV)	3 1 pm- Spring 2024 Pool Tournament Organizational Meeting (AL) 2 pm-4 pm- Intro to Drawing Class: Part 2 (BR) * 3 pm- Who Dun It? Book Club (SP)	4 10:15 am- Stretch & Relax (BVC Pool) 10:30 am- Chapel Worship (MC/TV) 1:30 pm - Town Trip 🚗 6:30 pm- <i>A Perfect Planet: Volcanos</i> (TV)	5 8 am- Greeting the Morning Meditation (TG) 9:30 am- Grieving Together (SH) 9:30 am- Chair Massages (SK) 10 am- Art Group Open Studio (SS) 1 pm - Library Town Trip 🚗 2 pm- "Patch Adams Clown Delegation" Program (BT) 1:45 pm- Aqua Yoga (BVC Pool)	6 8 am-12 pm- Yard Sale (Bistro Basement & Alice's Closet) 10 am- Seated Exercise (TV)	
	7 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Father of the Bride</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)	8 11:15 am-Walk and Chat with the Chaplain (BVC) 1 pm- Mahjong (SK) 1 pm- Tech Talk: Sunnyside IT Update (AL)	9 9:30 am - Town Trip 🚗 10:15 am- Stretch & Relax (BVC Pool) 12 pm- Veteran's Lunch Group (MP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Queen Bees</i> (TV)	10 3 pm- Sunny Readers Book Club (SH)	11 10 am- Writer's Group (SK) 10:15 am- Stretch & Relax (BVC Pool) 10:30 am- Chapel Worship(MC/TV) 1 pm- Travel Adventures (AL) 1:30 pm - Town Trip 🚗 5:30 pm- Name that TV Show Theme Song (B) 6:30 pm- <i>A Perfect Planet: The Sun</i> (TV)	12 8 am- Greeting the Morning Meditation (TG) 9:30 am- Grieving Together (SH) 9:30 am- Chair Massages (SK) 1:45 pm- Aqua Yoga (BVC Pool)	13 10 am- "Adopt a Highway" Spring Clean Up (Meet at Campus Upper Gate) 10 am- Seated Exercise (TV) 2 pm- Stitch & Chat (BR) 6:30 pm- <i>Dolly Parton's Coat of Many Colors</i> (TV)
	14 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Sabrina</i> (TV) 2:10 pm- Trip: Shen Valley Choral Society Concert * 6:45 pm- Chapel Worship Rebroadcast (TV)	15 11:15 am-Walk and Chat with the Chaplain (BVC) 1 pm- Mahjong (SK)	16 9:30 am - Town Trip 🚗 10:15 am- Stretch & Relax (BVC Pool) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>The Ghost and Mr. Chicken</i> (TV)	17 1:30 pm- PVFCU: Meet Melinda and Debbi: Your Partners in Financial Success (AL)	18 10:15 am- Stretch & Relax (BVC Pool) 10:30 am- Chapel Worship(MC/TV) 10 am- Writers Group (SK) 1:15 pm- Line Dancing (BVC) 1:30 pm - Town Trip 🚗 4 pm- Resident-Led Discussion Group (AL) 6:30 pm- <i>A Perfect Planet: Weather</i> (TV)	19 8 am- Greeting the Morning Meditation (TG) 9:30 am- Chair Massages (SK) 10 am- Art Group Open Studio (SS) 1 pm - Library Town Trip 🚗 1:45 pm- Aqua Yoga (BVC Pool)	20 10 am- Seated Exercise (TV) 6:30 pm- <i>The Best Exotic Marigold Hotel</i> (TV)
	21 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Hidalgo</i> (TV) 1:10 pm- Trip: JMU Symphony Honors Concert * 6:45 pm- Chapel Worship Rebroadcast (TV)	22 11 am- Green Committee Showcase (AL) 11:15 am-Walk and Chat with the Chaplain (BVC) 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance (AL) 1 pm- Sunnyside 101: "Let's Recycle Right" Rebroadcasts (TV)	23 9:30 am - Town Trip 🚗 9:30 am- Shenandoah Readers (SH) 10:15 am- Stretch & Relax (BVC Pool) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 3 pm- VPAS Confident Caregiver Support Group (SS) 6:30 pm- <i>The Sound of Music</i> (TV)	24 9:40 am-Trip: Harrisonburg VA Home and Garden Week Tour * 12 pm- Buzzards (MP)	25 10:15 am- Stretch & Relax (BVC Pool) 10:30 am- Chapel Worship (MC/TV) 2 pm- News with Nancy (BT/TV) 6:30 pm- <i>A Perfect Planet: Oceans</i> (TV)	26 8 am- Greeting the Morning Meditation (TG) 9:30 am- Chair Massages (SK) 1:45 pm- Aqua Yoga (BVC Pool)	27 9 am- News with Nancy Rebroadcast (TV) 10 am- Seated Exercise (TV) 2 pm- Stitch & Chat (BR) 7 pm- News with Nancy Rebroadcast (TV)
28 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Breakfast at Tiffany's</i> (TV) 1:35 pm- Trip: Waynesboro Symphony Orchestra * 6:45 pm- Chapel Worship Rebroadcast (TV) 7 pm- Sing Along (AL)	29 10:30 am- Shenandoah Valley Ukulele Players (BT) 11:15 am-Walk and Chat with the Chaplain (BVC) 1 pm- Mahjong (SK) 3:30 pm- Pollinator & Urban Forestry Program (BR)	30 9:30 am - Town Trip 🚗 10:15 am- Stretch & Relax (BVC Pool) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Fried Green Tomatoes</i> (TV)	EC- Eiland Center BE - Bethel Room BT- Bethesda Theater CL - Corson Lobby MC - Meredith Chapel	SS- Sunnyside Room BVC- Broaddus Vitality Center TV- TV Channel 971	HL- Highlands AL - Allegheny Room B - 1912 Bistro BR - Blue Ridge Room MP - Marketplace SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room	* Sign up required. Please call 8241 or 8200/8201 to sign up. <i>All IL Life Enrichment trips depart from the Highlands</i> 🚗 Transportation sign up required. Please call 8213	

Please see monthly Funside Newsletter for program details. Schedule is subject to change. Specialty Exercise Class series are listed on this calendar.
For a complete list of in-person Land, Pool, Televised Exercise classes and Pickleball opportunities, please see the schedules printed on the back of this calendar.

Land Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Total Body Stretching</i> 9:30 am–10 am</p> <p><i>Strength & Balance Plus</i> 10:30 am–11:30 am</p> <p><i>Cardio Boxing</i> 1:15 pm–1:45 pm</p> <p><i>Seated & Standing Cardio Drumming</i> 2:30 pm–3 pm</p> <p><i>Gentle Mat Yoga</i> 3:30 pm–4:15 pm (Gentle Mat Stretching: Apr 29 only)</p>	<p><i>Seated Strength & Stretch</i> Allegheny Room, HL 9 am–9:30 am</p> <p><i>Cardiovascular & Strength</i> 9:45 am–10:30 am</p> <p><i>Standing Strength, Stretch & Balance</i> 11 am–11:30 am</p>	<p><i>Seated Ab & Posture Class</i> Allegheny Room, HL 9 am–9:30 am</p> <p><i>Strength & Balance Plus</i> 10:30 am–11:30 am</p> <p><i>Dance Fitness</i> 2 pm–2:45 pm</p>	<p><i>Mat Pilates</i> 9:45 am–10:30 am</p> <p><i>Standing Strength, Stretch & Balance</i> 11 am–11:30 am</p> <p><i>Line Dancing</i> 1:15 pm–1:45 pm (April 18 Only)</p> <p><i>Total Body Stretching</i> 3 pm–3:30 pm</p>	<p><i>Seated Strength & Stretch</i> Allegheny Room, HL 9 am–9:30 am</p> <p><i>Cardiovascular & Strength</i> 9:45 am–10:30 am</p>
Land Group Exercise Classes are taught in the BVC Fitness Studio unless noted.				

Cardio Boxing ★★

30-minute class features a mix of punch sequences and lower body movements designed to build stamina and improve coordination and balance.

Cardiovascular & Strength Class ★★

45-minute class beginning with standing low impact aerobics followed by standing muscle strengthening exercises.

Dance Fitness ★★

Participants are lead through easy to learn dances to a variety of songs! No prior dance experience needed.

Gentle Mat Yoga ★★ *Guest Instructor*

Join us for these traditional floor yoga poses that will help improve relaxation, flexibility and strength. You may bring your own mat or borrow one from BVC.

Line Dancing ★

Fun and lively 30-minute class will include step-by-step instructions to simple country line dances. Beginners welcome.

Mat Pilates ★★ *Guest Instructor*

Low-impact exercise that uses breath and movement to strengthen core muscles, and improve posture and flexibility.

Seated Ab & Posture Class ★★

30-minute seated class includes safe and effective exercises that will strengthen & stretch your abdominal and back.

Seated & Standing Cardio Drumming ★

Stability balls serve as drums in this invigorating class that fuses fitness with powerful, energetic beats & rhythms.

Seated Strength and Stretch Class ★★

30-minute class taught primarily seated with a short optional standing portion. This class will strengthen & stretch all of your major muscle groups.

Standing Strength, Stretch & Balance Class ★★

30-minute class strengthens & stretches major muscle groups while improving balance & functional fitness.

Strength & Balance Plus ★★

1-hour class includes a 15-minute cardio warmup followed by dynamic muscle strength training, last 15 minutes will include abdominal workout.

Total Body Stretching ★★

Stretching that targets different muscle groups each class while improving full body flexibility. Class will include a combination of standing and seated stretches designed to move the joints, techniques to contract and add length into the muscles. Classes may include the use of TRX straps, Yoga blocks and more.

Stars (★) denote intensity level of class. The more stars (★) the more advanced the class.

Pickleball

In the BVC Fitness Studio:

Mondays & Wednesdays:
8:45 am–9:15 am

Wednesdays:
3 pm–4:30 pm

Tuesdays & Fridays: 2:30 pm–4 pm

Saturdays: 10:30 am– 12 pm



In the Lyons Pavilion:

Anytime the pavilion is unscheduled and unoccupied by tables and chairs.

BVC Pool Class & Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Open Swim</i> 7:30 am–9:45 am</p> <p><i>Express Aqua Aerobics</i> 9:45 am–10:15 am</p> <p><i>Open Swim</i> 10:15 am–5:15 pm</p>	<p><i>Open Swim</i> 7:30 am–10:15 am</p> <p><i>Stretch & Relax</i> 10:15 am–10:45 am</p> <p><i>Open Swim</i> 10:45 am–5:15 pm</p>	<p><i>Open Swim</i> 7:30 am–9:45 am</p> <p><i>Express Aqua Aerobics</i> 9:45 am–10:15 am</p> <p><i>Open Swim</i> 10:15 am–5:15 pm</p>	<p><i>Open Swim</i> 7:30 am–10:15 am</p> <p><i>Stretch & Relax</i> 10:15 am–10:45 am</p> <p><i>Water Volleyball</i> 11 am–12 pm</p> <p><i>Open Swim</i> 12 pm–5:15 pm</p>	<p><i>Open Swim</i> 7:30 am–9:45 am</p> <p><i>Express Aqua Aerobics</i> 9:45 am–10:15 am</p> <p><i>Open Swim</i> 10:15 am–1:45 pm</p> <p><i>Aqua Yoga</i> 1:45 pm–2:15 pm</p> <p><i>Open Swim</i> 2:15 pm–5:15 pm</p>	<p><i>Open Swim</i> 8:30 am–11:45 am</p>

Broadus Vitality Center (BVC)

Hours of Operation

Monday-Friday: 7:30 am–5:30 pm

Saturday: 8:30 am–12 Noon

Closed except Noon to 4 pm,

Sunday: buddy system with key fob entry.

See Wellness Director to enroll

Corson Wellness Center & Highlands

Fitness Studio Hours of Operation

7 days a week: 8 am–8 pm

Corson Pool Schedule

Wednesday	Friday	
<p><i>Open Swim</i> 1 pm– 1:45 pm</p>	<p><i>Total Body Movement</i> 1 pm– 1:30 pm</p>	<p><i>Open Swim</i> 1:30 pm– 2 pm</p>

Call ext. 8276 to schedule an afternoon time to swim
Corson Pool and locker rooms are only open during scheduled pool class time listed above. The Corson Wellness Center land exercise equipment is available for use 8 am–8 pm, 7 days a week.

Open Swim

Independent time to swim, water walk, utilize aqua joggers, follow instructional exercise booklets or use the spa. Supervised by a lifeguard.

Aqua Yoga ★★

Join Maddie in the BVC pool for a 30 minute standing Yoga class. Enjoy being guided through traditional yoga poses while having the joints supported by the many benefits of water.

Express Aqua Aerobics ★★

30-minute intermediate/advanced aqua class. This class includes joint friendly cardiovascular activity, muscle-strengthening exercises and stretching for increased flexibility.

Stretch & Relax ★

This 30-minute pool stretching class uses slow, broad movements progressing from one muscle group to the next to increase flexibility and encourages relaxation through deep breathing.

Total Body Movement ★

30-minute class consisting of joint friendly exercises recommended by the Arthritis Foundation. This class guides you to move all of your joints, relax your muscles, increase flexibility and reduce pain.

Water Volleyball ★★

No experience necessary for this lighthearted game played with a soft, inflatable beach ball.

Stars (★) denote intensity level of class. The more stars (★) the more advanced the class.

TV Channel 971 Exercise Class Schedule

Monday	Wednesday	Thursday	Friday	Saturday
<p><i>Seated Exercise</i> 10 am–10:30 am</p>	<p><i>Chair Stretch & Flow</i> 9:30 am–10 am</p> <p><i>Mat Yoga with Cynthia</i> 3:15 pm–4:15 pm</p>	<p><i>Chair Yoga</i> 3:15 pm–4 pm</p>	<p><i>Seated Exercise</i> 11 am–11:30 am</p>	<p><i>Seated Exercise</i> 10 am–10:30 am</p>
Exercise class videos can be viewed any time by visiting the Fitness/Pool icon on Resident Apps.				