

# April 2026

## Land Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Total Body Stretching</i> 9:30 am–10 am	<i>Seated Strength &amp; Stretch</i> 9 am–9:30 am	<i>Seated Ab &amp; Posture Class</i> 9 am–9:30 am	<i>Mat Stretch &amp; Strength</i> 9:45 am–10:15 am	<i>Seated Strength &amp; Stretch</i> 9 am–9:30 am
<i>Strength &amp; Balance Plus</i> 10:30 am–11:30 am	<i>Cardiovascular &amp; Strength</i> 9:45 am–10:30 am	<i>Strength &amp; Balance Plus</i> 10:30 am–11:30 am	<i>Standing Strength, Stretch &amp; Balance</i> 11 am–11:30 am	<i>Cardiovascular &amp; Strength</i> 9:45 am–10:30 am
<i>Cardio Boxing</i> 1:15 pm–1:45 pm	<i>Standing Strength, Stretch &amp; Balance</i> 11 am–11:30 am	<i>Dance Fitness</i> 2 pm–2:45 pm	<i>Total Body Stretching</i> 1 pm–1:30 pm	
<i>Seated &amp; Standing Cardio Drumming</i> 2:30 pm–3 pm				
<i>Gentle Mat Yoga</i> 3:30 pm–4:15 pm				

**All Land Group Exercise Classes are taught in the BVC Fitness Studio**

## BVC Pool Class & Open Swim Schedule

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

## Corson Pool Schedule

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

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.

## Pickleball & Ping Pong

Offered various times, Monday through Saturday in the BVC Fitness Studio. See Wellzesta for scheduled times.

All Land & Pool schedules, class descriptions, and Ping Pong and Pickleball times are listed on Wellzesta.

## Broaddus Vitality Center (BVC) Hours of Operation

<b>Monday-Friday:</b> 7:30 am–5:30 pm
<b>Saturday:</b> 8:30 am–12 Noon
<b>Sunday:</b> Closed except Noon to 4 pm, 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**



Come check out our new innovative equipment, **BrainGymAI**, anytime during BVC Hours of Operation!

By combining brain-training exercises with physical activity and AI-assisted guidance, BrainGymAI provides structured ways to engage your mind and support mental agility.

## Independent Living Life Enrichment Opportunities

DATE	EVENTS	TIME & PLACE
Thurs, Apr 2	Maundy Thursday Service	10 am, Meredith Chapel
Thurs, Apr 2	Aging & Dying Well Symposium Follow Up	10:30 am, Sunnyside Room
Fri, Apr 3	Good Friday Service	2 pm, Meredith Chapel
Thurs, Apr 9	Travel Adventures	1 pm, Sunnyside Room
Thurs, Apr 9	Acoustic Music with John	1 pm, Bethesda Theater
Fri, Apr 10	"Meet your Native Bee Neighbors" Presentation	2 pm, Bethesda Theater
Mon, Apr 13	"Hear Better, Feel Better" Presentation	10 am, Bethesda Theater
Wed, Apr 15	Shenandoah Valley Biblical Storytellers	2:30 pm, Bethesda Theater
Wed, Apr 15	Name that Tune BINGO & Pizza & Potluck Social	5 pm, Sunnyside Room
Fri, Apr 17	Highlands Association Semiannual Meeting	2 pm, Meredith Chapel
Fri, Apr 17	Music with Fritz	2 pm, Bethesda Theater
Sat, Apr 18	The JMU Black Ties Concert	2 pm, Bethesda Theater
Apr 20–24	Volunteer Appreciation Week	<i>Details to be shared via Wellzesta messages</i>
Tues, Apr 21	Smiley's Ice Cream Truck	11 am–1 pm, Parking lot below BVC \$ cost of purchase
Thurs, Apr 23	News with Nancy	2 pm, Bethesda Theater
Thurs, Apr 30	"Chiefs Letters: A WWII Memoir" Presentation	1 pm, Bethesda Theater

DATE	TRIPS (spaces limited)	Depart & Cost
Wed, Apr 8	JMU Mineral Museum	1:35 pm, no charge
Fri, Apr 10	<i>Revolutionary Allies &amp; We the People</i> at Virginia Museum of History & Culture	7:45 am, \$13/ticket + lunch
Sun, Apr 12	Shenandoah Valley Choral Society Concert: <i>When Music Sounds</i>	2:10 pm, \$12/ticket
Tues, Apr 21	<i>Virginia Special Election Shuttle</i>	10:30 am & 1:30 pm
Wed, Apr 22	<i>Harrisonburg Historic Garden Week Tour</i>	9:40 am, \$35/ticket + \$10 for boxed lunch
Wed, Apr 29	Shops at Stonefield & Trader Joe's	9:30 am, \$ for purchases & lunch
Tues, May 5	Salem RidgeYaks Single-A Minor League Baseball Game	8:45 am, \$11/ticket + lunch

See Wellzesta Life for event and trip descriptions, resident-led clubs, to register for events and trips and more! **Please be sure to log in to Wellzesta Life and view Events to register for ALL opportunities you plan to participate in.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Please see Wellzesta Life for event &amp; trip details.</b> Schedule is subject to change. See Wellzesta for a current, up-to-date calendar.</p>	<p><b>HL- Highlands</b> B- 1912 Bistro MP- Marketplace SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room TG- Tartan Grill</p>	<p><b>EC- Eiland Center</b> BT- Bethesda Theater CL- Corson Lobby MC - Meredith Chapel <b>BVC- Broaddus Vitality Center</b> <b>CC- Cobbs Corner</b> <b>LP- Lyons Pavilion</b> <b>SS- Sunnyside Room</b> <b>TV- TV Channel 971</b></p>	<p><b>1</b> 3 pm- Who Dun It? Book Club (SP)</p>	<p><b>2</b> 10 am- Maundy Thursday Service (MC) 10:30 am- Aging &amp; Dying Well Symposium Follow Up (SS) 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: Dogs Move into the Stage &amp; Stadium</i> (TV)</p>	<p><b>3 Good Friday</b> 10 am- Art Group Open Studio (CC) 2 pm- Good Friday Service (MC) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>4</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>A League of Their Own</i> (TV)</p>
<p><b>5 Easter Sunday</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>6</b> 1 pm- Mahjong (SK) 6:30 pm- Resident-Led BINGO (HL Lobby)</p>	<p><b>7</b> 9:30 am - Town Trip 10 am- A Group for Men (SK) 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (SS) 6:30 pm- <i>The 2nd Best Exotic Marigold Hotel</i> (TV)</p>	<p><b>8</b> 1:35 pm- Trip: JMU Mineral Museum 3 pm- Sunny Readers Book Club (SH)</p>	<p><b>9</b> 10 am- Writer's Group (SK) 1 pm- Travel Adventures (SS) 1 pm- Acoustic Music with John (BT) 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: Herding &amp; Mushing</i> (TV)</p>	<p><b>10</b> 7:45 am- Trip: Virginia Museum of History &amp; Culture 2 pm- "Meet your Native Bee Neighbors" Presentation (BT) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>11</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch &amp; Chat (SH) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Bridge of Spies</i> (TV)</p>
<p><b>12</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 2:10 pm- Trip: Shenandoah Valley Choral Society Concert 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>13</b> 10 am- "Hear Better, Feel Better" Presentation (BT) 1 pm- Mahjong (SK)</p>	<p><b>14</b> 9:30 am - Town Trip 10 am- A Group for Men (SK) 12 pm- Veteran's Lunch (HL Dining) 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (SS) 6:30 pm- <i>12 Angry Men</i> (TV)</p>	<p><b>15</b> 12 pm- Termites Lunch Group (HL Dining) 2:30 pm- Shenandoah Valley Biblical Storytellers (BT) 5 pm- Name that Tune BINGO &amp; Pizza &amp; Potluck Social (SS)</p>	<p><b>16</b> 11 am- Service of Prayer &amp; Holy Communion (MC) 1:30 pm- Marble Chase (SP) 4 pm- Resident Led Discussion Group (SS) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: The Nose Will Get the Job Done</i> (TV)</p>	<p><b>17</b> 10 am- Art Group Open Studio (CC) 2 pm- Highlands Association Semi-Annual Meeting (MC) 2 pm- Music with Fritz (BT) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>18</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 2 pm- The JMU Black Ties Concert (BT) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Wicked</i> (TV)</p>
<p><b>19</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>20</b> 1 pm- Mahjong (SK)</p>	<p><b>21</b> 9:30 am - Town Trip 10 am- A Group for Men (SK) 10:30 am- Election Shuttle 11 am- 1 pm- Smiley's Ice Cream Truck (parking lot below BVC) 1 pm- Hand &amp; Foot (SP) 1:30 pm- Election Shuttle 2 pm- Scrabble (SK) 2:30 pm- Bible Study (SS) 6:30 pm- <i>Wicked for Good</i> (TV)</p>	<p><b>22</b> 9:40 am- Trip: Harrisonburg Historic Garden Week Tour 12 pm- Buzzards (HL Dining)</p>	<p><b>23</b> 1:30 pm- Marble Chase (SP) 2 pm- News with Nancy (BT/TV) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: Police &amp; Military</i> (TV)</p>	<p><b>24</b> 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>25</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch &amp; Chat (SH) 3:30 pm- <i>The Philadelphia Story</i> (TV) 6:30 pm- Mexican Train (SH) 7 pm- News with Nancy Rebroadcast (TV)</p>
<p><b>Volunteer Appreciation Week: April 20-24, 2026</b> 🌸 <i>Details to be shared on Wellzesta</i></p>						
<p><b>26</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>27</b> 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance (SP)</p>	<p><b>28</b> 9:30 am - Town Trip 10 am- A Group for Men (SK) 10 am- Shenandoah Readers (SH) 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (SS) 3 pm- VPAS Confident Caregiver Support Group (MC) 6:30 pm- <i>The Devil Wears Prada</i> (TV)</p>	<p><b>29</b> 9:30 am- Trip: Shops at Stonefield &amp; Trader Joe's</p>	<p><b>30</b> 1 pm- "Chiefs Letters: A WWII Memoir" Presentation (BT) 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: Dogs Helping People Live Normal Lives</i> (TV)</p>	<p>LOOK FOR BITS OF BEAUTY IN EVERY DAY. THAT IS WHERE THE MAGIC HAPPENS.</p> 	<p><b>Spaces are limited for all trips and some opportunities.</b> Please register for <b>ALL</b> events and trips through Wellzesta Life. <i>All IL Life Enrichment trips depart from the Highlands</i></p>