

FunsideFocus June 2026

Independent Living Life Enrichment Opportunities

Land Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Total Body Stretching</i> 9:30 am-10 am	<i>Seated Strength & Stretch</i> 9 am-9:30 am	<i>Seated Ab & Posture Class</i> 9 am-9:30 am	<i>Mat Pilates</i> 9:45 am-10:15 am	<i>Seated Strength & Stretch</i> 9 am-9:30 am
<i>Strength & Balance Plus</i> 10:30 am-11:30 am	<i>Cardiovascular & Strength</i> 9:45 am-10:30 am	<i>Strength & Balance Plus</i> 10:30 am-11:30 am	<i>Standing Strength, Stretch & Balance</i> 11 am-11:30 am	<i>Cardiovascular & Strength</i> 9:45 am-10:30 am
<i>Cardio Boxing</i> 1:15 pm-1:45 pm	<i>Standing Strength, Stretch & 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 & 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 & Relax</i> 10:15 am-10:45 am	<i>Express Aqua Aerobics</i> 9:45 am-10:15 am	<i>Stretch & 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.

Broaddus Vitality Center (BVC)

Hours of Operation

Monday-Friday: 7:30 am-5:30 pm

Saturday: 8:30 am-12 Noon

Sunday: 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

Pickleball & Ping Pong

Offered in the BVC Fitness Studio. See Wellzesta for scheduled times.



DATE EVENTS TIME & PLACE

Mon, June 1	"Answering the Call: The Role of the Rescue Squad" Presentation	12:30 pm, Sunnyside Room
Wed, June 3	Trivia Night: Wraps, Chips & S'mores	5:30 pm-7 pm, Lyons Pavilion
Fri, June 5	House Plant Repotting Opportunity	10:30 am, Lyons Pavilion
Fri, June 5	James "Blue" Curry Concert	2 pm, Bethesda Theater
Thurs, June 11	Travel Adventures	1 pm, Sunnyside Room
Fri, June 12	Balance Clinic	1:30 pm, Sunnyside Room
Sun, June 14	American Flag Retirement Ceremony	4 pm, Lyons Pavilion
Tues, June 16	Harrisonburg-Rockingham Concert Band	7 pm, Lyons Pavilion
Wed, June 17	"All About Big Meadows" - Shenandoah Park Program	2 pm, Bethesda Theater
Fri, June 19	"The Vocal Chords" Men's Choir	2 pm, Bethesda Theater
Sat, June 20	Music with Mike & Friends	2 pm, Bethesda Theater
Mon, June 22	Movie Matinee: <i>Paper Moon</i>	2:15 pm, Bethesda Theater
Tues, June 23	Community Breakfast	8:30 am-10 am, Lyons Pavilion
Wed, June 24	Sip & Social	4 pm-5 pm, Fountain on the Green, Highlands
Wed, June 24	Ken & His Rhythm Changers	6:30 pm, Bethesda Theater
Thurs, June 25	News with Nancy	2 pm, Bethesda Theater
Tues, June 30	Patriotic Ice Cream Party (<i>spaces limited</i>)	1:30 pm-2:30 pm Lyons Pavilion
Fri, Aug 14	Progressive Dinner (<i>spaces limited</i>)	4:45 pm, Sunnyside Room, \$15/person

DATE TRIPS (spaces limited) Depart & Cost

Thurs, June 4	Riverfront Canal Cruise- Historical Tour of Richmond	8:05 am, \$10/person + lunch
Tues, June 9	Hike at Shenandoah River State Park & Lunch	9:25 am, \$ for lunch
Thurs, June 11	Tour of Virginia State Capitol Building	8 am, \$ for lunch
Thurs, June 18	Gordonsville Main Street & Lunch at the Ice House	9:55 pm, \$ for lunch & purchases
Tues, June 23	Lunch at Big Meadows Lodge	10:30 am, \$25-\$30/person
Fri, June 26	Mill Creek Country Store	10:50 am, \$ for lunch & purchases



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



HAVE AN IDEA FOR A SPECIAL EVENT OR TRIP?
CONTACT LAYNA HEILMAN-HOUSER, IL LIFE ENRICHMENT & VOLUNTEER COOR., AT EXT. 8241 OR LHHOUSER@SUNNYSIDE.CC



See Wellzesta 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
	1 12:30 pm– “Answering the Call: The role of the Rescue Squad.” Presentation (SS) 1 pm– Mahjong (SK)	2 9:30 am - Town Trip 10 am– A Group for Men (SK) 1 pm– Hand & Foot (SP) 2 pm– Scrabble (SK) 2:30 pm– Bible Study (SS) 6:30 pm– <i>Monty Python and the Holy Grail</i> (TV)	3 3 pm– Who Dun It? Book Club (SP) 5:30 pm-7 pm– Trivia Night: Wraps, Chips & S’mores (LP)	4 8:05 am– Trip: Riverfront Canal Cruise 1:30 pm - Town Trip 1:30 pm– Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Seabiscuit</i> (TV)	5 10 am– Art Group Open Studio (CC) 10:30 am– House Plant Repotting Opportunity (LP) 2 pm– James “Blue” Curry (BT) 6:30 pm– Hand & Foot (SP)	6 10 am– Seated Exercise (TV) 1 pm– Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Midnight in Paris</i> (TV)
7 2 pm– Chapel Worship (MC/TV) 2 pm– Rummikub (SH) 6:45 pm– Chapel Worship Rebroadcast (TV)	8 1 pm– Mahjong (SK)	9 9:25 am– Trip: Hike at Shenandoah River State Park 9:30 am - Town Trip 10 am– A Group for Men (SK) 12 pm– Veteran’s Lunch (HL Dining) 1 pm– Hand & Foot (SP) 2 pm– Scrabble (SK) 2:30 pm– Bible Study (SS) 6:30 pm– <i>Twister</i> (TV)	10 3 pm– Sunny Readers Book Club (SH)	11 8 am– Trip: Tour of Virginia State Capitol Building 10 am– Writer’s Group (SK) 1 pm– Travel Adventures (SS) 1:30 pm - Town Trip 1:30 pm– Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Destination Tokyo</i> (TV)	12 1:30 pm–Balance Clinic (SS) 6:30 pm– Hand & Foot (SP)	13 10 am– Seated Exercise (TV) 1 pm– Rummikub (SK) 2 pm– Stitch & Chat (SH) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Romanoff and Juliet</i> (TV)
14 Flag Day 2 pm– Chapel Worship (MC/TV) 2 pm– Rummikub (SH) 4 pm– American Flag Retirement Ceremony (LP) 6:45 pm– Chapel Worship Rebroadcast (TV)	15 1 pm– Mahjong (SK)	16 9:30 am - Town Trip 10 am– A Group for Men (SK) 12 pm– Termites Lunch Group (HL Dining) 1 pm– Hand & Foot (SP) 2 pm– Scrabble (SK) 2:30 pm– Bible Study (SS) 6:30 pm– <i>Twisters</i> (TV) 7 pm– Harrisonburg Rockingham Concert Band (LP)	17 2 pm- “All About Big Meadows” Presentation (BT)	18 9:55 am– Trip: Gordonsville Main Street & Lunch 11 am– Service of Prayer & 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>Last of the Mohicans</i> (TV)	19 10 am– Art Group Open Studio (CC) 2 pm- “The Vocal Chords” (BT) 6:30 pm– Hand & Foot (SP)	20 10 am– Seated Exercise (TV) 1 pm– Rummikub (SK) 2 pm- Music with Mike & Friends (BT) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Empire of the Sun</i> (TV)
21 Father’s Day 2 pm– Chapel Worship (MC/TV) 2 pm– Rummikub (SH) 6:45 pm– Chapel Worship Rebroadcast (TV) 	22 1 pm– Mahjong (SK) 1 pm– Tech Club Assistance (SP) 2:15 pm– Movie Matinee: <i>Paper Moon</i> (BT)	23 8:30 am–10 am– Community Breakfast (LP) 9:30 am - Town Trip 10 am– A Group for Men (SK) 10 am– Shenandoah Readers(SH) 10:30 am-Trip: Lunch at Big Meadows Lodge 1 pm– Hand & Foot (SP) 2 pm– Scrabble (SK) 2:30 pm– Bible Study (SS) 3 pm– VPAS Confident Caregiver Support Group (MC) 6:30 pm– <i>Suspicion</i> (TV)	24 12 pm– Buzzards (HL Dining) 4 pm-5 pm– Sip & Social (FG) 6:30 pm– Ken & His Rhythm Changers (BT)	25 1:30 pm– Marble Chase (SP) 2 pm– News with Nancy (BT) 6:30 pm- Mexican Train (SH) 6:30 pm– <i>Run Silent, Run Deep</i> (TV)	26 10:50 am– Trip: Mill Creek Country Store 6:30 pm– Hand & Foot (SP)	27 10 am– Seated Exercise (TV) 1 pm– Rummikub (SK) 2 pm– Stitch & Chat (SH) 3 pm– <i>Night at the Museum</i> (TV) 6:30 pm- Mexican Train (SH) 7 pm– News with Nancy Rebroadcast (TV)
28 2 pm– Chapel Worship (MC/TV) 2 pm– Rummikub (SH) 6:45 pm– Chapel Worship Rebroadcast (TV)	29 1 pm– Mahjong (SK)	30 9:30 am - Town Trip 10 am– A Group for Men (SK) 1 pm– Hand & Foot (SP) 1:30 pm-2:30 pm– Patriotic Ice Cream Party (LP) 2 pm– Scrabble (SK) 2:30 pm– Bible Study (SS) 6:30 pm– <i>Night at the Museum 2</i> (TV)	 Please see Wellzesta Life for event & trip details. <i>Schedule is subject to change. See Wellzesta for a current, up-to-date calendar</i>	HL- Highlands FG– Fountain on the Green SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room EC- Eiland Center BT- Bethesda Theater CL- Corson Lobby MC - Meredith Chapel	BVC- Broaddus Vitality Center CC– Cobbs Corner LP– Lyons Pavilion SS- Sunnyside Room TV- TV Channel 971	Spaces are limited for all trips and some opportunities. Please register for ALL events and trips through Wellzesta Life. <i>All IL Life Enrichment trips depart from the Highlands</i>

For a complete list of in-person pool and land exercise classes, please see the schedules on the back of this calendar. See Wellzesta Life for more details!