

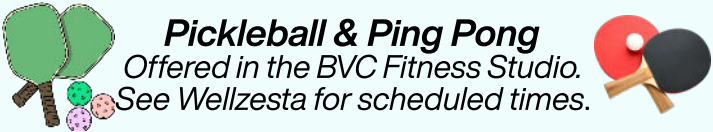


Land Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Stretching 9:30 am–10 am Strength & Balance Plus 10:30 am–11:30 am Cardio Boxing 1:15 pm–1:45 pm Seated & Standing Cardio Drumming 2:30 pm–3 pm Gentle Mat Yoga 3:30 pm–4:15 pm	Seated Strength & Stretch 9 am–9:30 am Cardiovascular & Strength 9:45 am–10:30 am Standing Strength, Stretch & Balance 11 am–11:30 am	Seated Ab & Posture Class 9 am–9:30 am Strength & Balance Plus 10:30 am–11:30 am Dance Fitness 2 pm–2:45 pm (Line Dancing: Wed, Aug 26 only)	Mat Pilates 9:45 am–10:15 am Standing Strength, Stretch & Balance 11 am–11:30 am Seated Dance & Stretch 1 pm–1:30 pm	Seated Strength & Stretch 9 am–9:30 am Cardiovascular & Strength 9:45 am–10:30 am
All Land Group Exercise Classes are taught in the BVC Fitness Studio				

BVC Pool Class & Open Swim Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 7:30 am–9:45 am Express Aqua Aerobics 9:45 am–10:15 am Open Swim 10:15 am–5:15 pm	Open Swim 7:30 am–10:15 am Stretch & Relax 10:15 am–10:45 am Open Swim 10:45 am–5:15 pm	Open Swim 7:30 am–9:45 am Express Aqua Aerobics 9:45 am–10:15 am Open Swim 10:15 am–5:15 pm	Open Swim 7:30 am–10:15 am Stretch & Relax 10:15 am–10:45 am Water Volleyball 11 am–12 pm Open Swim 12 pm–5:15 pm	Open Swim 7:30 am–9:45 am Express Aqua Aerobics 9:45 am–10:15 am Open Swim 10:15 am–5:15 pm	Open Swim 8:30 am–11:45 am

Corson Pool Schedule		
Wednesday	Friday	
Open Swim 1 pm– 1:45 pm	Total Body Movement 1 pm– 1:30 pm	Open Swim 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 in the BVC Fitness Studio.
See Wellzesta for scheduled times.

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



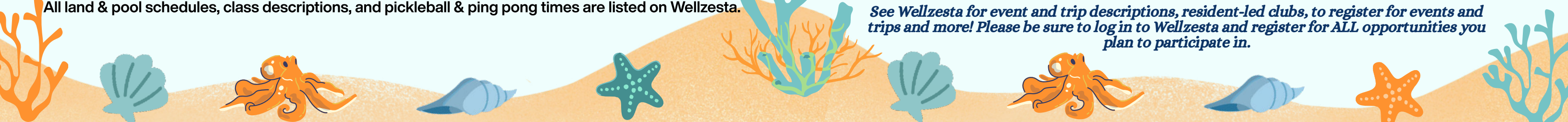
Independent Living Life Enrichment Opportunities

Date	Events	Time & Place
Sat, Aug 1	Teacher Supply Depot Collection	8 am–Noon, Lyons Pavilion 10 am–2 pm, HL Lobby
Tues, Aug 4	BINGO Game Night & Pizza & Potluck	5:30 pm, Lyons Pavilion
Th, Aug 6, 13, 27	Grief & Life Changes Support Group	1 pm, Shenandoah Room, HL
Fri, Aug 7	Shen. Valley Biblical Storytellers	2 pm, Bethesda Theater
Sat, Aug 8	Grateful Journey	2 pm, Bethesa Theater
Thu, Aug 13	Travel Adventures	1 pm, Sunnyside Room
Fri, Aug 14	Progressive Dinner (spaces limited)	4:45 pm, Sunnyside Room
Mon, Aug 17	First Choice Home Health and Hospice Presentation	10:30 am, Sunnyside Room
Mon, Aug 17	News with Nancy	2 pm, Bethesda Theater
Wed, Aug 19	Wildlife Center of VA Animal Program	2 pm, Bethesda Theater
Wed, Aug 19	Movie Night: I Swear	6:30 pm, Sunnyside Room
Fri, Aug 21	Resident Council Quarterly Meeting	10 am, Meredith Chapel
Fri, Aug 21	The Magic of Brian Bence	2 pm, Bethesda Theater
Sat, Aug 22	“Voices of the Land” Dairy Farm Program	2 pm, Bethesda Theater
Tues, Aug 25	Beaded Flower Pot Stakes Workshop	10:30 am, Sunnyside Room
Wed, Aug 26	Balance Clinic	10:30 am, Bethesda Theater

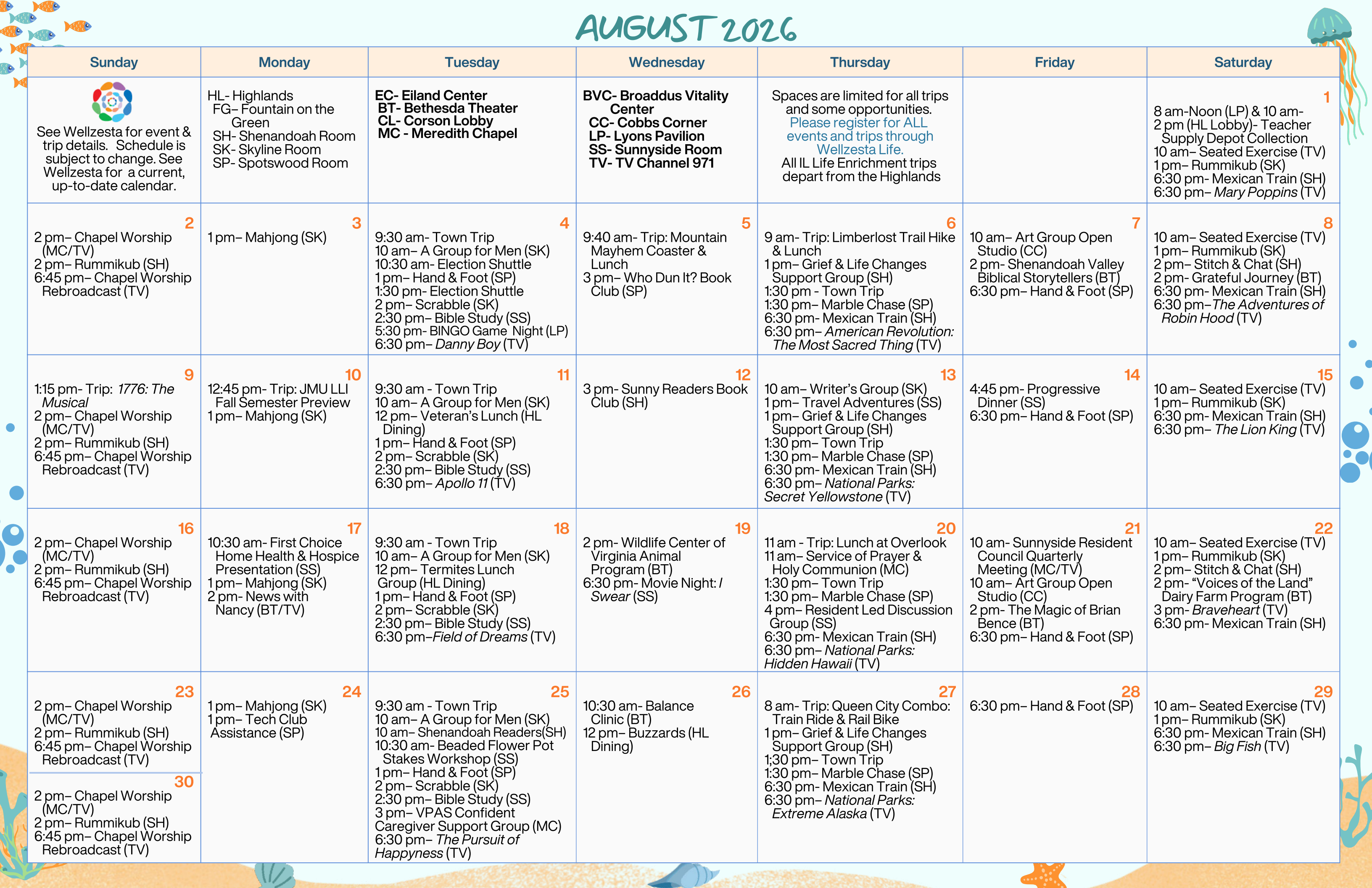
Date	Trips (spaces limited)	Depart & Cost
Tues, Aug 4	Election Shuttle: Virginia Primary	10:30 am & 1:30 pm
Wed, Aug 5	Mountain Mayhem Coaster & Lunch	9:40 am, \$18/person + lunch
Th, Aug 6	Limberlost Trail Hike & Lunch	9 am, \$ for lunch
Sun, Aug 9	1776: The Musical	1:15 pm, \$18/ticket
Mon, Aug 10	JMU LLI Fall Semester Preview	12:45 pm, no charge
Th, Aug 20	Lunch at Overlook	11 am, \$12–\$18/person
Th, Aug 27	Queen City Combo- Train Ride & Railbike	8 am, \$89/person + meals

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 and register for ALL opportunities you plan to participate in.

All land & pool schedules, class descriptions, and pickleball & ping pong times are listed on Wellzesta.



AUGUST 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 See Wellzesta for event & trip details. Schedule is subject to change. See Wellzesta for a current, up-to-date calendar.	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. All IL Life Enrichment trips depart from the Highlands		¹ 8 am-Noon (LP) & 10 am- 2 pm (HL Lobby)- Teacher Supply Depot Collection 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Mary Poppins</i> (TV)
² 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)	³ 1 pm- Mahjong (SK)	⁴ 9:30 am- Town Trip 10 am- A Group for Men (SK) 10:30 am- Election Shuttle 1 pm- Hand & Foot (SP) 1:30 pm- Election Shuttle 2 pm- Scrabble (SK) 2:30 pm- Bible Study (SS) 5:30 pm- BINGO Game Night (LP) 6:30 pm- <i>Danny Boy</i> (TV)	⁵ 9:40 am- Trip: Mountain Mayhem Coaster & Lunch 3 pm- Who Dun It? Book Club (SP)	⁶ 9 am- Trip: Limberlost Trail Hike & Lunch 1 pm- Grief & Life Changes Support Group (SH) 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>American Revolution: The Most Sacred Thing</i> (TV)	⁷ 10 am- Art Group Open Studio (CC) 2 pm- Shenandoah Valley Biblical Storytellers (BT) 6:30 pm- Hand & Foot (SP)	⁸ 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 2 pm- Stitch & Chat (SH) 2 pm- Grateful Journey (BT) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Adventures of Robin Hood</i> (TV)
⁹ 1:15 pm- Trip: <i>1776: The Musical</i> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)	¹⁰ 12:45 pm- Trip: JMU LLI Fall Semester Preview 1 pm- Mahjong (SK)	¹¹ 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>Apollo 11</i> (TV)	¹² 3 pm- Sunny Readers Book Club (SH)	¹³ 10 am- Writer's Group (SK) 1 pm- Travel Adventures (SS) 1 pm- Grief & Life Changes Support Group (SH) 1:30 pm- Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>National Parks: Secret Yellowstone</i> (TV)	¹⁴ 4:45 pm- Progressive Dinner (SS) 6:30 pm- Hand & Foot (SP)	¹⁵ 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Lion King</i> (TV)
¹⁶ 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)	¹⁷ 10:30 am- First Choice Home Health & Hospice Presentation (SS) 1 pm- Mahjong (SK) 2 pm- News with Nancy (BT/TV)	¹⁸ 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>Field of Dreams</i> (TV)	¹⁹ 2 pm- Wildlife Center of Virginia Animal Program (BT) 6:30 pm- Movie Night: <i>I Swear</i> (SS)	²⁰ 11 am - Trip: Lunch at Overlook 11 am- Service of Prayer & Holy Communion (MC) 1:30 pm- Town Trip 1:30 pm- Marble Chase (SP) 4 pm- Resident Led Discussion Group (SS) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>National Parks: Hidden Hawaii</i> (TV)	²¹ 10 am- Sunnyside Resident Council Quarterly Meeting (MC/TV) 10 am- Art Group Open Studio (CC) 2 pm- The Magic of Brian Bence (BT) 6:30 pm- Hand & Foot (SP)	²² 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 2 pm- Stitch & Chat (SH) 2 pm- "Voices of the Land" Dairy Farm Program (BT) 3 pm- <i>Braveheart</i> (TV) 6:30 pm- Mexican Train (SH)
²³ 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)	²⁴ 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance (SP)	²⁵ 9:30 am - Town Trip 10 am- A Group for Men (SK) 10 am- Shenandoah Readers (SH) 10:30 am- Beaded Flower Pot Stakes Workshop (SS) 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>The Pursuit of Happiness</i> (TV)	²⁶ 10:30 am- Balance Clinic (BT) 12 pm- Buzzards (HL Dining)	²⁷ 8 am- Trip: Queen City Combo: Train Ride & Rail Bike 1 pm- Grief & Life Changes Support Group (SH) 1:30 pm- Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>National Parks: Extreme Alaska</i> (TV)	²⁸ 6:30 pm- Hand & Foot (SP)	²⁹ 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Big Fish</i> (TV)
³⁰ 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)						