

Land Group Exercise Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Stretching 9:30 am-10 am	Seated Strength & Stretch 9 am-9:30 am	Seated Ab & Posture Class 9 am-9:30 am	Mat Pilates 9:45 am-10:15 am	Seated Strength & Stretch 9 am-9:30 am
Strength & Balance Plus 10:30 am-11:30 am	Cardiovascular & Strength 9:45 am-10:30 am	Strength & Balance Plus 10:30 am-11:30 am	Standing Strength, Stretch & Balance 11 am-11:30 am	Cardiovascular & Strength 9:45 am-10:30 am
Cardio Boxing 1:15 pm-1:45 pm	Standing Strength, Stretch & Balance 11 am-11:30 am	Dance Fitness 2 pm-2:45 pm	Total Body Stretching 1 pm-1:30 pm	
Seated & Standing Cardio Drumming 2:30 pm-3 pm				
Gentle Mat Yoga 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
Open Swim 7:30 am-9:45 am	Open Swim 7:30 am-10:15 am	Open Swim 7:30 am-9:45 am	Open Swim 7:30 am-10:15 am	Open Swim 7:30 am-9:45 am	Open Swim 8:30 am-11:45 am
Express Aqua Aerobics 9:45 am-10:15 am	Stretch & Relax 10:15 am-10:45 am	Express Aqua Aerobics 9:45 am-10:15 am	Stretch & Relax 10:15 am-10:45 am	Express Aqua Aerobics 9:45 am-10:15 am	
Open Swim 10:15 am-5:15 pm	Open Swim 10:45 am-5:15 pm	Open Swim 10:15 am-5:15 pm	Water Volleyball 11 am-12 pm	Open Swim 10:15 am-5:15 pm	
			Open Swim 12 pm-5:15 pm		

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.

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

Memorial Day Holiday Schedule:

The Broaddus Vitality Center will be closed Monday, May 25, 2026, in observance of Memorial Day. The pool will be closed and all exercise classes will be canceled.

The Broaddus Vitality Center will be open with regular Saturday hours of operation (8:30 am-12 Noon) on Saturday, May 24.

As usual, the Corson Wellness Center & Highlands Fitness Studio are open & available for use from 8 am to 8 pm every day.

Pickleball & Ping Pong

Offered 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.

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

DATE	EVENTS	TIME & PLACE
Fri, May 1	Books & Coffee	10:30 am-Noon, HL Library
Fri, May 1	Classic & Antique Car Show	4 pm-7 pm, Sunnyside Campus
Sat, May 2	Teacher Supply Depot Collection	8 am-12 pm, Lyons Pavilion 10 am-2 pm, HL Lobby
Thurs, May 7	Jay Daniels Presents: "Southern Fried"	2 pm, Bethesda Theater
Fri, May 8	Tea Party & Harp Concert	1:30 pm, Bethesda Theater
Mon, May 11	"Why Do We Say That, Part 2" Presentation	2 pm, Sunnyside Room
Mon, May 11	Chordially Yours presents <i>The Wonderful World of Broadway</i>	7 pm, Meredith Chapel
Tues, May 12	"Celebrating & Conserving Virginia's Native Bees" Program	10:30 am, Sunnyside Room
Tues, May 12	A Bodacious Snuffy Smith Chalk Talk with John Rose	2 pm, Bethesda Theater
Wed, May 13	Red, White & Blue Bandana Wreath Workshop	10:30 am, Sunnyside Room \$15/person
Thurs, May 14	Travel Adventures	1 pm, Sunnyside Room
Thurs, May 14	Musical "Spring Thing"	2 pm, Highlands Lobby
Fri, May 15	Grampy's Zoo	12 pm- 3pm, Bethesda Lawn
Sat, May 16	VOICE Ensemble	2 pm, Bethesda Theater
Mon, May 18 & Tu, May 19	AARP Safe Driving Course (<i>spaces limited</i>)	9 am-1 pm Sunnyside Room, \$25/person
Mon, May 18	Skyline Duo	2:30 pm, Bethesda Theater
Wed, May 20	Iceland Presentation	2 pm, Bethesda Theater
Thurs, May 21	Red, White & Blue Cookout (<i>spaces limited</i>)	4:30 pm-7 pm, Fountain on the Green, \$12/person
Fri, May 22	Sunnyside Resident Council Quarterly Meeting	10 am, Meredith Chapel
Fri, May 22	Elvis Impersonator Concert	2 pm, Bethesda Theater
Wed, May 27	24th Annual National Senior Health & Fitness Day Health Fair	1:30 pm-3:30 pm Broaddus Vitality Center
Fri, May 29	"Ears in Action: The Secret of Hearing & Balance" Presentation	1:30 pm, Sunnyside Room
Fri, June 5	House Plant Repotting Opportunity	10:30 am, Lyons Pavilion

DATE	TRIPS (<i>spaces limited</i>)	Depart & COST
Tues, May 5	Salem Ridge Yaks Baseball Game	8:45 am, \$11/ticket + lunch
Wed, May 6	Regal Cinemas: <i>The Devil Wears Prada 2</i>	Time TBD, \$ price of ticket
Thurs, May 14	Wade's Mill & Picnic Lunch	10 am, \$15/person
Wed, May 20	Yoder's Country Market & Plow & Hearth Outlet	10 am, \$ lunch & purchases
Thurs, May 28	Frontier Culture Museum & lunch	8:15 am, \$9/person + lunch
Thurs, June 4	Riverfront Canal Cruise- Historical Tour of Richmond	8:05 am, \$10/person + lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please see Wellzesta Life for event & trip details. Schedule is subject to change. See Wellzesta for a current, up-to-date calendar.</p>	<p>HL- Highlands FG- Fountain on the Green SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room</p> <p>EC- Eiland Center BT- Bethesda Theater CL- Corson Lobby MC - Meredith Chapel</p>	<p>BVC- Broaddus Vitality Center CC- Cobbs Corner LP- Lyons Pavilion SS- Sunnyside Room TV- TV Channel 971</p>	<p>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</p>		<p>1 10 am- Art Group Open Studio (CC) 10:30 am-Noon- Books & Coffee (HL Library) 4 pm-7 pm- Classic & Antique Car Show (Campus) 6:30 pm- Hand & Foot (SP)</p>	<p>2 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>Turner & Hooch</i> (TV)</p>
<p>3 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>4 1 pm- Mahjong (SK) 6:30 pm- Resident-Led BINGO (HL Lobby)</p>	<p>5 8:45 am- Trip: Salem Ridge Yaks Baseball Game 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>Mrs. Doubtfire</i> (TV)</p>	<p>6 Time TBD- Trip- Regal: <i>The Devil Wears Prada 2</i> 3 pm- Who Dun It? Book Club (SP)</p>	<p>7 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 2 pm- Jay Daniels Presents: "Southern Fried" (BT) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Dogs on the Job: Protection & Companion</i> (TV)</p>	<p>8 1:30 pm- Tea Party & Harp Concert (BT) 6:30 pm- Hand & Foot (SP)</p>	<p>9 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch & Chat (SH) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Remember the Titans</i> (TV)</p>
<p>10 Mother's Day 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>11 1 pm- Mahjong (SK) 2 pm- "Why Do We Say That, Part 2" Presentation (SS) 7 pm- Chordially Yours Presents: <i>The Wonderful World of Broadway</i> (MC)</p>	<p>12 9:30 am - Town Trip 10 am- A Group for Men (SK) 10:30 am- "...Conserving VA's Native Bees" Program (SS) 12 pm- Veteran's Lunch (HL Dining) 1 pm- Hand & Foot (SP) 2 pm- Scrabble (SK) 2 pm- Snuffy Smith Talk w/ John Rose (BT) 6:30 pm- <i>Gunfight at the O.K. Corral</i> (TV)</p>	<p>13 10:30 am- Red, White & Blue Bandana Wreath Workshop (SS) 3 pm- Sunny Readers Book Club (SH)</p>	<p>14 10 am- Trip: Wade's Mill Tour & Picnic Lunch 10 am- Writer's Group (SK) 1 pm- Travel Adventures (SS) 1:30 pm- Marble Chase (SP) 2 pm- Musical "Spring Thing" (HL Lobby) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Secrets of the Titanic</i> (TV)</p>	<p>15 10 am- Art Group Open Studio (CC) 12 pm-3 pm- Grampy's Zoo (BT Lawn) 6:30 pm- Hand & Foot (SP)</p>	<p>16 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 2 pm- VOICE Ensemble (BT) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>A Few Good Men</i> (TV)</p>
<p>17 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>18 9 am-1 pm- AARP Safe Driving Course; <i>Day 1</i> (SS) 1 pm- Mahjong (SK) 2:30 pm- Skyline Duo (BT)</p>	<p>19 9 am-1 pm- AARP Safe Driving Course; <i>Day 2</i> (SS) 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>Mr. Robinson Crusoe</i>(TV)</p>	<p>20 10 am- Trip: Yoder's Country Market & Plow & Hearth Outlet 2 pm- Iceland Presentation (BT)</p>	<p>21 11 am- Service of Prayer & Holy Communion (MC) 1:30 pm- Marble Chase (SP) 4 pm- Resident Led Discussion Group (SS) 4:30 pm-7 pm- Red, White & Blue Cookout (FG) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Bury My Heart at Wounded Knee</i> (TV)</p>	<p>22 10 am- Resident Council Quarterly Meeting (MC) 2 pm- Elvis Impersonator Concert (BT) 6:30 pm- Hand & Foot (SP)</p>	<p>23 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch & Chat (SH) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Wedding Date</i> (TV)</p>
<p>24 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>25 Memorial Day 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance (SP) 6:30 pm- <i>Bridge of Spies</i> (TV)</p> <p>REMEMBER & HONOR</p>	<p>26 9:30 am - Town Trip 10 am- A Group for Men (SK) 10 am- Shenandoah Readers (SH) 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>Somewhere in Time</i> (TV)</p>	<p>27 12 pm- Buzzards (HL Dining) 1:30 pm-3:30 pm- 24th Annual National Senior Health & Fitness Day Health Fair (BVC)</p>	<p>28 8:15 am- Trip: Frontier Culture Museum & Lunch 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Lucy: Queen of Comedy</i> (TV)</p>	<p>29 1:30 pm- "Ears in Action" Presentation (SS) 6:30 pm- Hand & Foot (SP)</p>	<p>30 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Molokai: The Story of Father Damien</i> (TV)</p>
<p>31 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>						

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!