

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CAMPUS UPDATES: For an up to date list of campus news and activities please watch TV channel 970 or log in to Community Apps.</p>	<p>* 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</p>	<p>EC- Eiland Center CL- Outside Corson Lobby MC - Meredith Chapel HC- Health Care SS- Sunnyside Room BVC- Broaddus Vitality Center LP - Lyons Pavilion TV- TV Channel 971</p>	<p>HL- Highlands AL - Allegheny Room B - 1912 Bistro BR - Blue Ridge Room GG- Granddaddy's Green MP - Marketplace SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room</p>		<p>1 8:30 am- A Time for Prayer (MC) 10 am- Art Group Open Studio (SS) 1 pm - Library Town Trip ☞</p>	<p>2 9 am- News with Nancy Rebroadcast (TV) 10 am- Seated Exercise (TV) 7 pm- News with Nancy Rebroadcast (TV)</p>
<p>3 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Mary Poppins</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>4 Labor Day 1 pm- Mahjong (SK) 6:30 pm- Bingo (AL)</p>	<p>5 9:30 am - Town Trip ☞ 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Jeremiah Johnson</i> (TV)</p>	<p>6 1:30 pm- Who Dun It? Book Club (SP) 1:30 pm- Voter Registration Program (AL) 5:30 pm- Bistro Game Night: Family Feud (B)</p>	<p>7 10:30 am- Chapel Worship (MC/TV) 10:30 am- "Fall Prevention Strategies..." Presentation (AL) 1:30 pm - Town Trip ☞ 4:30 pm- Trip: Cave Hill Farms Brewery * 6:30 pm- <i>Planet Earth II: Cities</i> (TV)</p>	<p>8 8:30 am- A Time for Prayer (MC) 10 am- Art Group Open Studio (SS)</p>	<p>9 10 am- Seated Exercise (TV) 2 pm- Stitch & Chat (SS)</p>
<p>10 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Pinocchio</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>11 1 pm- Mahjong (SK) 2:45 pm-3:30 pm- Lexington Carriage Company Carriage Rides (CL) *</p>	<p>12 9:30 am - Town Trip ☞ 12 pm- Veteran's Lunch Group (MP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 5:50 pm- Trip: Science Talk: Fall Raptor Migration * 6:30 pm- <i>O Brother Where Art Thou</i> (TV)</p>	<p>13 10 am-12 pm- Car Wash Fundraiser (BVC Parking Lot) 12:30 pm-3 pm- Sunnyside Tech Faire (SS) 3 pm- Sunny Readers Book Club (SH)</p>	<p>14 10:30 am- Chapel Worship (MC/TV) 1 pm- Travel Club (AL) 1:30 pm - Town Trip ☞ 5 pm- Oktoberfest Dinner (LP) * 6:30 pm- <i>Planet Earth II: Grasslands</i> (TV)</p>	<p>15 8:30 am- Trip: Blue Ridge Tunnel Hike & Lunch * 8:30 am- A Time for Prayer (MC) 10 am- Art Group Open Studio (SS) 1 pm - Library Town Trip ☞</p>	<p>16 10 am- Seated Exercise (TV)</p>
<p>17 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>Cinderella</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>18 1 pm- Mahjong (SK)</p>	<p>19 9:30 am - Town Trip ☞ 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>North by Northwest</i> (TV)</p>	<p>20 10 am-12 pm- Car Wash Fundraiser (BVC Parking Lot) 1:30 pm- PVFCU: "Digital Banking Tools & Tips" Presentation (AL)</p>	<p>21 10:30 am- Chapel Worship (MC/TV) 1 pm- Trip: Shenandoah Valley Watercolor Society Art Exhibit * 1:30 pm - Town Trip ☞ 6:30 pm- <i>Magic of the Snowy Owl</i> (TV)</p>	<p>22 8:30 am- A Time for Prayer (MC) 10 am- Art Group Open Studio (SS)</p>	<p>23 10 am- Seated Exercise (TV) 2 pm- Stitch & Chat (SS)</p>
<p>24 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>To Catch a Thief</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p>25 1 pm- Marble Painted Silk Scarf Workshop (SS) * 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance Day (AL) 6:30 pm- Bunco (AL)</p>	<p>26 8:20 am- Trip: VA Museum of Transportation * 9:30 am - Town Trip ☞ 9:30 am- Shenandoah Readers (SH) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 3 pm- VPAS Confident Caregiver Support Group (SS) 6:30 pm- <i>Bambi</i> (TV)</p>	<p>27 12 pm- Buzzards (MP)</p>	<p>28 10:30 am- Chapel Worship (MC/TV) 1:30 pm - Town Trip ☞ 2 pm- News with Nancy (MC/TV) 5 pm-6:30 pm- Medleys & Mingle with Fritz Horisk (B) 6:30 pm- <i>An Original Duck-umentary</i> (TV)</p>	<p>29 8:30 am- A Time for Prayer (MC) 10 am- Art Group Open Studio (SS) 4 pm-7 pm- 2nd Annual Art Gala Opening Reception (SS)</p>	<p>30 9 am- News with Nancy Rebroadcast (TV) 10 am- Seated Exercise (TV) 10 am- 3 pm- Art Gallery Viewing (SS) 7 pm- News with Nancy Rebroadcast (TV)</p>

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> BVC Fitness Studio 9:30 am-10 am</p> <p><i>Strength & Balance Plus</i> BVC Fitness Studio 10:30 am-11:30 am</p> <p><i>Seated & Standing Cardio Drumming</i> BVC Fitness Studio 2:30 pm-3 pm</p> <p><i>Gentle Mat Yoga</i> BVC Fitness Studio 3:30 pm-4:15 pm</p>	<p><i>Seated Strength & Stretch</i> Allegheny Room, HL 9 am-9:30 am</p> <p><i>Cardiovascular & Strength</i> BVC Fitness Studio 9:45 am-10:30 am</p> <p><i>Standing Strength, Stretch & Balance</i> BVC Fitness Studio 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> BVC Fitness Studio 10:30 am-11:30 am</p> <p><i>Dance Fitness</i> BVC Fitness Studio 1:15 pm-2 pm</p>	<p><i>Mat Pilates</i> BVC Fitness Studio 9:45 am-10:30 am</p> <p><i>Standing Strength, Stretch & Balance</i> BVC Fitness Studio 11 am-11:30 am</p> <p><i>Balance & Power Training</i> BVC Fitness Studio 3 pm-3:30 pm</p> <p><i>Total Body Stretching</i> BVC Fitness Studio 3:30 pm-4 pm</p>	<p><i>Seated Strength & Stretch</i> Allegheny Room, HL 9 am-9:30 am</p> <p><i>Cardiovascular & Strength</i> BVC Fitness Studio 9:45 am-10:30 am</p>

Balance & Power Training Class ★★

30-minute standing class incorporates balance & functional exercises for improved stability, mobility & strength.

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.

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 series that targets different specific muscle groups each class while also improving full body flexibility. Classes will include a floor/mat portion and the use of foam rollers, TRX straps, and more.

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>
<p><i>Exercise class videos can be viewed any time by visiting the Fitness/Pool icon on Resident Apps.</i></p>				

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>Meditation & Aqua Tai Chi</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>Meditation & Aqua Tai Chi</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-5:15 pm</p>	<p><i>Open Swim</i> 8:30 am-11:45 am</p>

Broaddus 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 Annie to enroll (\$20 key fob fee)

Corson Wellness Center & Highlands Fitness Studio Hours of Operation

7 days a week: 8 am-8 pm

Corson Pool Schedule

Tuesday	Friday
<p><i>Open Swim</i> 1 pm- 1:45 pm</p>	<p><i>Open Swim</i> 1 pm- 1:30 pm</p> <p><i>Total Body Movement</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.

Express Aqua Aerobics ★★

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

Meditation & Aqua Tai Chi ★

This 30-minute pool class increases relaxation by centering your mind using a combination of mental and physical techniques. This class may include meditation and/or Tai-Chi (Ai Chi) style movements with deep breathing and slow, broad movements progressing from one muscle group to the next.

Total Body Movement ★

30-minute aqua 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 ★★

Join us for this fun friendly sport! 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.

Pickleball

In the BVC Fitness Studio:

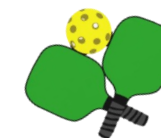
Mondays & Wednesdays: 8:45 am-9:15 am

Tuesdays, Wednesdays & 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.



Labor Day Holiday Schedule:

The Broaddus Vitality Center (BVC) will be closed Monday, Sept 4, 2023, in observance of Labor Day. The pool will be closed and all live, in-person exercise classes will be canceled. Monday's televised exercise class will be broadcast on Channel 971 as scheduled. *The BVC will be open with regular Saturday hours of operation (8:30 am-12 Noon) on Saturday, Sept 2. As usual, the Corson Wellness Center & Highlands Fitness Studio are open and available for use from 8 am to 8 pm every day.*