

## 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> Allegheny Room, HL 9 am-9:30 am	<i>Seated Ab &amp; Posture Class</i> Allegheny Room, HL 9 am-9:30 am	<i>Mat Stretch &amp; Strength</i> 9:45 am-10:15 am	<i>Seated Strength &amp; Stretch</i> Allegheny Room, HL 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>Total Body Stretching</i> 1 pm-1:30 pm	
<i>Seated &amp; Standing Cardio Drumming</i> 2:30 pm-3 pm		<i>Dance Fitness</i> 2 pm-2:45 pm		
<i>Gentle Mat Yoga</i> 3:30 pm-4:15 pm				
<b>Land Group Exercise Classes are taught in the BVC Fitness Studio unless noted.</b>				

## 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> 10:15 am-5:15 pm	<i>Open Swim</i> 11 am-12 pm	<i>Open Swim</i> 10:15 am-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

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.



## 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

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

## NEW YEAR & MLK, JR. DAY HOLIDAY SCHEDULE

**Thurs, Jan 1 & Mon, Jan 19:** The Broaddus Vitality Center will be closed. The pool will be closed and all live, in person exercise classes are canceled.

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



## FunsideFocus

# January 2026

### Independent Living Life Enrichment Opportunities

DATE	EVENTS	TIME & PLACE
Thurs, Jan 1	Sunnyside Singers Concert Rebroadcast	3 pm, TV Channel 971
Fri, Jan 2	Movie Matinee: <i>Polar Express</i> and Hot Chocolate	2 pm, Bethesda Theater
Mon, Jan 5	Resident-Led BINGO	6:30 pm, Blue Ridge Rm, HL, \$1/person
Wed, Jan 7	Movie Night: <i>Sarah's Oil</i>	6:30 pm, Bethesda Theater
Thurs, Jan 8	Travel Adventures	1 pm, Allegheny Room, HL
Fri, Jan 9	Music with Fritz	2 pm, Bethesda Theater
Thurs, Jan 15	Acoustic Music with John	1 pm, Bethesda Theater
Thurs, Jan 15	Resident-Led Discussion Group: "How Wings Work"	4 pm, Allegheny Room, HL
Thurs, Jan 15	Bistro Game Night: Name That Tune	5:15 pm, 1912 Bistro
Fri, Jan 16	"Surviving the Winter Blues" Workshop	2 pm, Allegheny Room, HL
Wed, Jan 21	Valley RC Flying Club Presentation	2 pm, Bethesda Theater
Mon, Jan 26	Skyline Duo	2:30 pm, Bethesda Theater
Thurs, Jan 29	Suncatchers Workshop (spaces limited)	1 pm, Sunnyside Room
Fri, Jan 30	Musical Memories Mini Orchestra	2 pm, Bethesda Theater
DATE	TRIPS (spaces limited)	Depart & Cost
Sun, Jan 4	Christmas Melodies for Love Benefit Concert	1:55 pm, free-will offering
Tues, Jan 13	JMU LLI Spring Semester Open House	12:40 pm, no charge
Wed, Jan 21	Irshad Manji: Building Conversation Across Divides (B'water College Endowed Lecture)	6:45 pm, no charge
Fri, Jan 23	<i>Sell Me: I Am From North Korea</i>	6:40 pm, \$29.50/ticket
Tues, Jan 27	Mystery Trip	1 pm, \$ for optional purchases
Sun, Feb 8	Estonian Philharmonic Chamber Choir	6:10 pm, \$46.50/ticket

See Wellzesta Life for registration open times, 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.

**Sunnyside**  
RELAX. ENJOY. LIVE.



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> AL- Allegheny Room B- 1912 Bistro BR- Blue Ridge Room MP- Marketplace SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room TG- Tartan Grill <b>TV- TV Channel 971</b></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>TZ- Tech Zone</b></p>	<p><b>Spaces are limited for all trips and some opportunities.</b> <b>Please register for ALL events and trips through Wellzesta Life.</b> All IL Life Enrichment trips depart from the Highlands</p>	<p><b>1 New Year's Day</b> 1:30 pm- Marble Chase (SP) 3 pm- Sunnyside Singers: <i>Come Let Us Sing Noel</i> Rebroadcast (TV) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Meet Me in St. Louis</i> (TV)</p>	<p><b>2</b> 10 am- Art Group Open Studio (CC) 2 pm- Movie Matinee: <i>Polar Express</i> and Hot Chocolate (BT) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>3</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Best Exotic Marigold Hotel</i> (TV)</p>
<p><b>4</b> 1:55 pm- Trip: Christmas Melodies for Love Concert 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>5</b> 1 pm- Mahjong (SK) 6:30 pm- Resident-Led BINGO (BR)</p>	<p><b>6</b> 9:30 am - Town Trip 10 am- A Group for Men (AL) 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 6:30 pm- <i>Hidalgo</i> (TV)</p>	<p><b>7</b> 3 pm- Who Dun It? Book Club (SP) 6:30 pm- Movie Night: <i>Sarah's Oil</i> (BT)</p>	<p><b>8</b> 10 am- Writer's Group (SK) 1 pm- Travel Adventures (AL) 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Lord of the Rings: Fellowship of the Rings</i> (TV)</p>	<p><b>9</b> 2 pm- Music with Fritz 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>10</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch &amp; Chat (B) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Second Best Exotic Marigold Hotel</i> (TV)</p>
<p><b>11</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>12</b> 1 pm- Mahjong (SK)</p>	<p><b>13</b> 9:30 am - Town Trip 10 am- A Group for Men (AL) 12 pm- Veteran's Lunch (B) 12:40 pm- Trip: JMU LLI Spring Open House 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:15 pm- <i>To Kill a Mockingbird</i> (TV)</p>	<p><b>14</b> 3 pm- Sunny Readers Book Club (SH)</p>	<p><b>15</b> 11 am- Service of Prayer &amp; Holy Communion (AL) 1 pm- Acoustic Music with John (BT) 1:30 pm - Town Trip 1:30 pm- Marble Chase (SP) 4 pm- Resident Led Discussion Group (AL) 5:15 pm- Name that Tune (B) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Lord of the Rings: The Two Towers</i> (TV)</p>	<p><b>16</b> 10 am- Art Group Open Studio (CC) 2 pm- "Surviving the Winter Blues" Workshop (AL) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>17</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Singing in the Rain</i> (TV)</p>
<p><b>18</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>19 Martin Luther King, Jr. Day</b> 1 pm- Mahjong (SK) 6:30 pm- <i>Selma</i> (TV)</p>	<p><b>20</b> 9:30 am - Town Trip 10 am- A Group for Men (AL) 1 pm- Hand &amp; Foot (SP) 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Guess Who's Coming to Dinner</i> (TV)</p>	<p><b>21</b> 12 pm- Termites Lunch Group (MP) 2 pm- Valley RC Flying Club Presentation (BT) 6:45 pm: Trip: Irshad Manji: <i>Building Conversation Across Divides</i></p>	<p><b>22</b> 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Lord of the Rings: Return of the King</i> (TV)</p>	<p><b>23</b> 6:30 pm- Hand &amp; Foot (SP) 6:40 pm- Trip: <i>Sell Me: I Am From North Korea</i></p>	<p><b>24</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch &amp; Chat (B) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The 100 Foot Journey</i> (TV)</p>
<p><b>25</b> 2 pm- Chapel Worship (MC/TV) 2 pm- Rummikub (SH) 6:45 pm- Chapel Worship Rebroadcast (TV)</p>	<p><b>26</b> 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance (AL) 2:30 pm- Skyline Duo (BT)</p>	<p><b>27</b> 9:30 am - Town Trip 10 am- A Group for Men (AL) 10 am- Shenandoah Readers (SH) 1 pm- Hand &amp; Foot (SP) 1 pm- Mystery Trip 2 pm- Scrabble (SK) 2:30 pm- Bible Study (BR) 3 pm- VPAS Confident Caregiver Support Group (SS) 6:30 pm- <i>The Prestige</i> (TV)</p>	<p><b>28</b> 12 pm- Buzzards (MP) 6:30 pm- <i>A Good Year</i> (TV)</p>	<p><b>29</b> 1 pm- Suncatchers Workshop (SS) 1:30 pm- Marble Chase (SP) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>The Kingston Trio Story</i> (TV)</p>	<p><b>30</b> 2 pm- Musical Memories Mini Orchestra (BT) 6:30 pm- Hand &amp; Foot (SP)</p>	<p><b>31</b> 10 am- Seated Exercise (TV) 1 pm- Rummikub (SK) 1 pm- Stitch &amp; Chat (B) 6:30 pm- Mexican Train (SH) 6:30 pm- <i>Calendar Girls</i> (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!

