



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HL- Highlands AL - Allegheny Room B - 1912 Bistro BB - Bistro Basement BR - Blue Ridge Room MP - Marketplace SH- Shenandoah Room SK- Skyline Room SP- Spotswood Room	EC- Eiland Center CL- Outside Corson Lobby JR - Jefferson Room (3rd Floor) LI - Library MC - Meredith Chapel SS- Sunnyside Room BVC- Broadus Vitality Center LP - Lyons Pavilion TV- TV Channel 971	CAMPUS UPDATES: For an up to date list of campus news and activities please watch TV channel 970 or log in to Community Apps.	1 Sunnyside Wellness Day 8:30 am- A Time for Prayer (CL) 8:45 am- Pickleball (BVC) 9:30 am- Chair Stretch & Flow (TV) 1:30 pm- Who Dun It? Book Club (SP) 2:30 pm- Pickleball (BVC) 3:15 pm- Mat Yoga w/ Cynthia (TV)	2 10:30 am- Chapel Worship (TV) 1:30 pm - Town Trip 🚗 3:15 pm- Chair Yoga (TV) 6:30 pm- <i>Jackie Robinson; Part 1</i> (TV)	3 10 am- Art Group Open Studio (SS) 11 am- Seated Exercise (TV) 12:30 pm- Brain Games (BR) 1 pm - Library Town Trip 🚗 2:30 pm- Pickleball (BVC)	4 10 am- Seated Exercise (TV) 10:30 am- Pickleball (BVC)
5 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>A Few Good Men</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)	6 8:45 am- Pickleball (BVC) 10 am- Seated Exercise (TV) 1 pm- Mahjong (SK) 6:30 pm- Bingo (AL) 7 pm- Annual Remembrance Service Rebroadcast (TV)	7 9:30 am - Town Trip 🚗 1 pm- Hand & Foot Game (SP) 2 pm- Scrabble (SK) 2:30 pm- Pickleball (BVC) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Mrs. Doubtfire</i> (TV)	8 8:30 am- A Time for Prayer (CL) 8:45 am- Pickleball (BVC) 9:30 am- Chair Stretch & Flow (TV) 3 pm- Sunny Readers Book Club (1040 Glen Lea Lane) 2:30 pm- Pickleball (BVC) 3:15 pm- Mat Yoga w/ Cynthia (TV)	9 10:30 am- Chapel Worship (TV) 1 pm- Travel Club (AL) 1:30 pm - Town Trip 🚗 2 pm- Alzheimer's Support Group (SS) 3:15 pm- Chair Yoga (TV) 6:30 pm- <i>Jackie Robinson; Part 2</i> (TV) 7:10 pm- Trip: Dublin Irish Dance *	10 10 am- Art Group Open Studio (SS) 11 am- Seated Exercise (TV) 12:30 pm- Brain Games (BR) 1 pm-4 pm- Sunny Treasures Furniture & Yard Sale (Bistro Basement) 2:30 pm- Pickleball (BVC)	11 8 am-12 pm- Sunny Treasures Furniture & Yard Sale (Bistro Basement & Alice's Closet) 10 am- Seated Exercise (TV) 10:30 am- Pickleball (BVC) 2 pm- Stitch & Chat (SS)
12 9 am- Chapel Worship Rebroadcast (TV) 1 pm- Trip: R'ham Scenic History Drive w/Eleanor * 1 pm- <i>Big Fish</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)	13 8:45 am- Pickleball (BVC) 10 am- Seated Exercise (TV) 1 pm- Mahjong (SK) 1 pm- Tech Talk: Video Conferencing for Sunnyside Residents (SS)  <i>March Madness Bracket Challenge. Stop by the BVC or check your email for details!</i>	14 9:30 am - Town Trip 🚗 9:45 am- Trip: Blue Ridge Heritage Monument & Lunch * 12 pm- Veteran's Lunch Group (MP) 1 pm- Hand & Foot Game (SP) 2 pm- Scrabble (SK) 2:30 pm- Pickleball (BVC) 2:30 pm- Bible Study (BR) 6:30 pm- <i>Bury My Heart</i> (TV)	15 8:30 am- A Time for Prayer (CL) 8:45 am- Pickleball (BVC) 9:30 am- Chair Stretch & Flow (TV) 1 pm- Celtic Spirituality: A Picture Presentation (AL) 2:30 pm- Pickleball (BVC) 3:15 pm- Mat Yoga w/Cynthia (TV) 6:10 pm- Trip: Harlem Globetrotters *	16 10:30 am- Chapel Worship (TV) 1:30 pm - Town Trip 🚗 1:30 pm- Wood Bunny Craft Workshop (SS) * 3:15 pm- Chair Yoga (TV) 6:30 pm- <i>Lewis and Clark: Great Journey West</i> (TV)	17 10 am- Art Group Open Studio (SS) 11 am- Seated Exercise (TV) 12:30 pm- Brain Games (SK) 1 pm - Library Town Trip 🚗 2 pm- Sunnyside 101: Rehab Services & Insurance (AL) 2:30 pm- Pickleball (BVC)	18 10 am- Seated Exercise (TV) 10:30 am- Pickleball (BVC)
19 9 am- Chapel Worship Rebroadcast (TV) 1 pm- <i>The Five People You Meet in Heaven</i> (TV) 2 pm- Trip: Bridgewater College Symphonic Band * 6:45 pm- Chapel Worship Rebroadcast (TV)	20 8:45 am- Pickleball (BVC) 10 am- Seated Exercise (TV) 1 pm- Mahjong (SK)	21 9:30 am - Town Trip 🚗 1 pm- Hand & Foot Game (SP) 2 pm- Scrabble (SK) 2:30 pm- Pickleball (BVC) 2:30 pm- Bible Study (BR) 6:30 pm- <i>The Blind Side</i> (TV) 6:40 pm- Trip: BC Lecture: "The Crisis of Faith in Higher Education" *	22 8:30 am- A Time for Prayer (CL) 8:45 am- Pickleball (BVC) 9:30 am- Chair Stretch & Flow (TV) 12 pm- Buzzards (MP) 2:30 pm- Pickleball (BVC) 3:15 pm- Mat Yoga w/ Cynthia (TV)	23 10:30 am- Chapel Worship (TV) 1:30 pm - Town Trip 🚗 2 pm- News with Nancy (AL) 3:15 pm- Chair Yoga (TV) 5:30 pm- Bistro Game Night: Name That Tune (B) 6:30 pm- <i>American History Series: Ellis Island</i> (TV)	24 10 am- Art Group Open Studio (SS) 11 am- Seated Exercise (TV) 12:30 pm- Brain Games (BR) 2:30 pm- Pickleball (BVC)	25 10 am- Seated Exercise (TV) 10:30 am- Pickleball (BVC) 2 pm- Stitch & Chat (SS)
26 9 am- Chapel Worship Rebroadcast (TV) 1 pm- Trip: R'ham Scenic History Drive w/Eleanor * 1 pm- <i>Turner & Hooch</i> (TV) 6:45 pm- Chapel Worship Rebroadcast (TV)	27 8:45 am- Pickleball (BVC) 10 am- Seated Exercise (TV) 1 pm- Mahjong (SK) 1 pm- Tech Club Assistance Day (AL) 6:30 pm- Bunco (SS)	28 9:30 am - Town Trip 🚗 9:30 am- Shenandoah Readers (SH) 12:15 pm- Trip: Yelping Dog Wine * 1 pm- Hand & Foot Game (SP) 2 pm- Scrabble (SK) 2:30 pm- Pickleball (BVC) 2:30 pm- Bible Study (BR) 3 pm- Confident Caregiver Support Group (SS) 6:30 pm- <i>Honey, I Shrunk the Kid</i> (TV)	29 8:30 am- A Time for Prayer (CL) 8:45 am- Pickleball (BVC) 9:30 am- Chair Stretch & Flow (TV) 2:30 pm- Pickleball (BVC) 3:15 pm- Mat Yoga w/ Cynthia (TV)	30 7:50 am- Trip: Virginia Museum of History & Culture * 10:30 am- Chapel Worship (TV) 1:30 pm - Town Trip 🚗 3:15 pm- Chair Yoga (TV) 6:30 pm- <i>The Story of Queen Elizabeth</i> (TV)	31 10 am- Art Group Open Studio (SS) 11 am- Seated Exercise (TV) 12:30 pm- Brain Games (BR) 2:30 pm- Pickleball (BVC) 4:30 pm- Canvas Painting Class (SS) *	* 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

Land Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Tai Chi</i> BVC Fitness Studio 9:30 am–10:15 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 (No Class: March 6)</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>VPAS: Tai Chi for Arthritis *</i> 2 pm–3 pm BVC Fitness Studio</p> <p><i>Balance & Power Training</i> BVC Fitness Studio 3 pm–3:30 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>Brain Games</i> Blue Ridge Room, HL Mar 17 only: Skyline Room, HL 12:30 pm– 1 pm</p> <div style="border: 1px solid black; padding: 2px; text-align: center; margin-top: 5px;"> <i>* sign up required. Call 8276</i> </div>

Balance & Power Training Class ★★

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

Brain Games ★

30-minute class to strengthen your mind with lots of exciting conversation and fun brain teaser activities. No exercise involved, just good feelings and entertainment.

Cardiovascular & Strength Class ★★★

Advanced 45-minute exercise 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 will include 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.

Tai Chi ★★

45-minute class is a standing Tai Chi form created to improve balance and much more.

Tai Chi for Arthritis ★ Sign up required. Guest Instructor

Tai Chi series offered by VPAS. Participants will be guided through slow, controlled movements that build strength, improve balance, aid stiff joints, and relieve stress.

Stars (★) denote intensity level of class. The more stars (★) the more advanced the class.

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>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> 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

Sunday: Closed

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>
<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.</p>		

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.

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>				



Pickleball

Broaddus Vitality Center
Fitness Studio

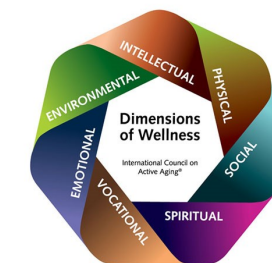
Mondays: 8:45 am–9:15 am

Tuesdays: 2:30 pm–4 pm

Wednesdays: 8:45 am–9:15 am & 2:30 pm–4 pm

Fridays: 2:30 pm–4 pm

Saturdays: 10:30 am– 12 pm



Please contact the Wellness Team (8276) if you need help reaching your Wellness goals. *We are here for you!*