

# Laurelwood at The Highlands at Pittsford



## Calendar of Events

July 2017

June

As we focus on the Seven Dimensions of Wellness, look for programs with the following symbols in the calendar:



### Thursday 6/01

9:00am - How's your day going? Greeting—Dining room & Library area

10:00am - Fitness: Exercise Video (G)

10:30am - Morning Connection: June Gazette (G)

11:00am - Fun Facts: Andy Griffin (HR)

1:15pm - Craft: Bracelet Making (AR)

2:00pm - University of Rochester Lecture: Water Conservation with Karen Burger (HCC)

2:00pm - Game: Jigsaw Puzzle (G)

2:45pm - Game: Under the Sea Bingo (HR)


3:45pm - Nail Painting (AR)

6:15pm - Painting: Paint your Pot (G)



Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily

## Friday 6/02

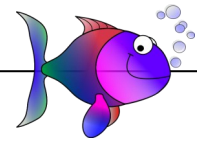
- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Class with Carol (AR)
- 10:30am - Coffee Klatch & Donuts (G)
- 11:00am - History: The Radio (HR)
- 1:00pm - Pause for Peace Interfaith Worship Service with Chaplain Jim Grobe. Music Room 
- 1:00pm - Catholic Mass with volunteers from St. Louis Church (HCC)
- 1:30pm - Afternoon Connection: Old Wives' Tales (HR)
- 2:30pm - Music Mixer with Standard Time—Piano and Saxophone Duo (HCC)
- 3:45pm - Game: Mind Joggers (HR)
- 6:15pm - Planting: Summer Flowers (G)



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## **Saturday 6/03**

- 9:15am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Tai Chi (AR)
- 10:30am - Morning Connection: June IQ test (G)
- 11:00am - Trivia: Rain Forest (HR)
- 1:30pm - Game: Dominoes (AR)
- 2:00pm - Game: Picture It (G)
- 3:00pm - Fun Facts: Humphrey Bogart (HR)
- 4:00pm - Join your friends on the Patio for conversation before dinner
- 6:30pm - Movie & Trivia Night!! Fun facts about the featured Movie "My Old Lady", then sit back and enjoy the movie with popcorn! (G)



## **Sunday 6/04**

- 9:45am - How's your day going? Greeting—Dining room & Library area
- 10:30am - Catholic Communion Service (AR)
- 10:45am - Fitness: Walking Group— meet near elevator
- 11:00am - Trivia: What do you know? (HR)
- 1:30pm - Depart for a Scenic Ride (O) To register please call Emily at 641-6350
- 2:00pm - Craft: Water Bottle Fish (G)
- 3:00pm - Outdoor Game: Ring Toss on the Patio
- 4:00pm - Join your friends in the cozy Hearth Room for conversation before dinner
- 6:15pm - Evening Connection: Junk Drawer Detective (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Monday 6/05**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:00am - Fitness: Exercise Video (G)
- 10:30am - Reminisce: Gardening (G)
- 11:30am - Lunch: Join us for a Pizza Party!! (AR) To register please call Emily at 641-6350
- 2:00pm - Game: Putting Green (G)
- 2:00pm - Presentation: Doo-Dah! with Martha Kendall (HCC)
- 2:30pm - Presentation: Music of WWII by Larry Shearer (AR)
- 3:45pm - Pet Therapy - Visit with our fury friend Rocky— Front entryway
- 4:00pm - "Mocktail Party" join your friends for mock-aperitif before dinner!  
(HR)
- 6:15pm - Current Events: Around Rochester (G)
- 6:45pm - Game: Jeopardy (AR)




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## **Tuesday 6/06**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Walking Group— meet near elevator
- 10:30am - Nail Cutting (G)
- 11:00am - Everything & Anything: Marilyn Monroe (HR)
- 1:15pm - Bible Study with Chaplain Jim Grobe (G)
- 1:30pm - Smart Art with Robin (AR)
- 2:00 pm - University of Rochester Lecture: The Long and Continuing Struggle for Health Reform in the United States with Theodore M. Brown (HCC)
- 2:00pm - Game: Submarine Safari (G)
- 2:15pm - Social: Banana Splits! Come enjoy a Banana Split with your friends on the Patio
- 4:00pm - Pet Therapy: Come visit with our Fury Friend Daisy - Front Entryway
- 6:15pm - Baking: Sugar Cookies (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room, (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## Wednesday 6/07

- 9:00am - How's your day going? Greeting—Dining room & Library area  
10:30am - Fitness: Yoga with Carol (AR)  
10:45am - Morning Connection: News of the Day (G)  
11:00am - Humor: An apple a day keeps the Doctor away (HR)   
1:15pm - Gathering: Help us prepare appetizers for our Music Mixer (AR)  
2:00pm - Card Game: Uno (G)  
2:30pm - Game: Two Truths and a Lie (HR)  
3:30pm - Communion with Doris (AR)  
3:45pm - Afternoon Connection: Mind Joggers (HR)  
6:15pm - Game: Hang Man (G)  
6:45pm - Popsicle Making— join us in making homemade popsicles! (AR)



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## Thursday 6/08

- 9:00am - How's your day going? Greeting—Dining room & Library area  
10:00am - Fitness: Exercise Video (G)  
10:30am - Word Game: Jumbles (G)  
11:00am - Patio Visit with Coffee - meet on Patio  
1:30pm - Stars of the Month – Siskel and Ebert (HR)  
2:00pm - Art: Painting by numbers (G)  
2:30pm - Presentation: The History and Evolution of Names by Steve Clarke (HCC)  
3:45pm - Social: Popsicle Party! Join your peers on the Patio for homemade Popsicles  
6:15pm - Trivia: Of All Kinds (G)  
7:00pm - Evening Entertainment with Brad Batz Classical Trio (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630,ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Friday 6/09**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Class with Carol (AR)
- 10:30am - Game: Wacky Wordies (G)
- 11:00am - Morning Connection: This Day in History (HR)
- 1:15pm - Inspirational Hymns with Chaplain Jim Grobe (G)
- 1:30pm - History: The Guitar (HR)
- 2:30pm - Music Mixer with Tom Dunn on guitar (G)
- 3:45pm - Help us name our three new Fish (HR)
- 6:15pm - Baking: Flag Cookie Decorating (G)



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## **Saturday 6/10**


- 9:15am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Tai Chi (AR)
- 10:30am - Craft: Tissue Paper Flowers (G)
- 11:00am - Trivia: Baseball (HR)
- 1:30pm - Visit with our Furry Friends from "Guiding Eyes" for the blind (AR)
- 2:00pm - Fitness: Walking Group - meet near elevator
- 3:00pm - Game: Qwitch (G)
- 4:00pm - Join your friends on the Patio for conversation before dinner
- 6:30pm - Movie & Trivia Night!! Fun facts about the featured Movie "The Kings Speech", then sit back and enjoy the movie with popcorn! (G)



Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (O)- Outing (HR) Hearth Room, If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.



## **Sunday 6/11**

- 9:45am - How's your day going? Greeting—Dining room & Library area
- 10:30am - Catholic Communion Service (AR)
- 10:45am - Fitness: Walking Group— meet near elevator 
- 11:00am - Trivia: What do you know? (HR)
- 2:00pm - Afternoon music with Cheryl Frank students Summer Concert (HCC)
- 2:15pm - Afternoon Connection: Jigsaw Puzzle (G)
- 3:00pm - Word Puzzle: Father's Day (AR)
- 4:00pm - Join your friends in the cozy Hearth Room for conversation before dinner
- 6:15pm - Game: Family Feud (G)



## **Monday 6/12**

- 9:45am - How's your day going? Greeting—Dining room & Library area
- 10:00am - Fitness: Exercise Video (G)
- 10:30am - Morning Connection: You're a Grand Ole Flag (G)
- 10:45am - Depart for a Picnic Lunch at Perinton Park (O) To register please call Emily at 641-6350
- 1:15pm - Travelogue: Under the Sea— slide presentation (AR)
- 2:00pm - Game: Sweet Tooth Ball Game (G)
- 2:30pm - Crosswords with Larry Shearer (AR)
- 4:00pm - "Mocktail Party" join your friends for mock-aperitif before dinner! (HR)
- 6:15pm - Fitness: Popcorn Toss (G)
- 7:00pm - Evening Entertainment with Wady Jacoby (resident Ann Nealon's nephew) and Marcelo Ortiz from Penfield High School (HCC)

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## **Tuesday 6/13**

- 9:00am - How's your day going? Greeting—Dining room & Library area  
10:15am - Fitness: Walking Group— meet near elevator  
10:30am - Nail Cutting (G)  
11:00am - Morning Connection: News around the World (HR)  
11:30pm - Lunch: Picnic on the Patio  
1:15pm - Bible Study with Chaplain Jim Grobe (G)  
1:30pm - Visit to Cupcake Corner, Highlands Bakery - meet at elevator  
2:00pm - Game: 20 Questions (G)  
2:15pm - Depart for Shopping at Wegmans (O) To register please call Emily at 641-6350  
3:45pm - Afternoon Connection: Famous Monuments and their history (HR)  
6:15pm - Trivia (G)  
7:00pm - Evening Entertainment with Quintessence with Clarinets (HCC)
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## **Wednesday 6/14 Flag Day**

- 9:00am - How's your day going? Greeting—Dining room & Library area  
10:30am - Fitness: Yoga with Carol (AR)  
10:45am - Drawing: Flags (G)  
11:00am - Morning Connection: Flag Day (HR)  
1:15pm - Game: Wii Electronic Bowling (AR)  
2:00pm - Craft: Popsicle Flags (G)  
2:15pm - Craft: Creative Card Making (AR)  
3:30pm - Communion with Doris (AR)  
3:45pm - Happy Hour-Join your friends for Great Food and Sparkling Conversation! (G)  
6:15pm - Gathering: Dessert & Coffee (G)  
6:45pm - Discussion: Flags around the World (AR)



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## **Thursday 6/15**

9:00am - How's your day going? Greeting—Dining room & Library area

10:00am - Fitness: Exercise Video (G)

10:30am - Word Game: Crosswords (G)

11:00am - Pray the Rosary with volunteers from St. Louis Church . Music Room

12:00pm - Birthday Party with Fred Vine (DR)

1:30pm - Around the World Tastings: France (AR)

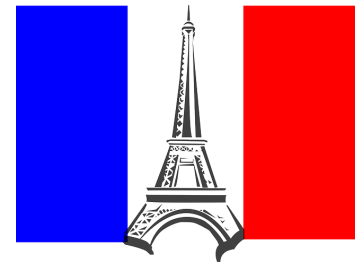
2:00pm - U of R Book Review: Ray & Joan: The Man Who Made the McDonald's Fortune and the Woman Who Gave It All Away by Lisa Napoli (HCC)

2:00pm - Afternoon Connection: Music Talk (G)

2:30pm - Travelogue Video: Discovering England (G)

3:45pm - Lemonade on the Patio

6:15pm - Game: Life - board game (G)



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## **Friday 6/16**

9:00am - How's your day going? Greeting—Dining room & Library area

10:15am - Fitness: Class with Carol (AR)

10:30am - Art: Drawing with colored pencils (G)

11:00am - Morning Connection: Language of Roses (HR)

1:15pm - Inspirational Hymns with Chaplain Jim Grobe (G)

1:30pm - Health: Benefits of eating green vegetables (HR)

2:30pm - Music Mixer with Tom Cometa—The Nat King Cole Show (HCC)

3:45pm - Afternoon Connection: Jigsaw Puzzle (HR)

6:15pm - Baking: Peanut Butter Cookies (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room, (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Saturday 6/17**

9:15am - How's your day going? Greeting—Dining room & Library area

10:15am - Fitness: Tai Chi (AR)

10:30am - Humor: Funny Bones (G)

11:00am - Trivia: Pets (HR)

1:30pm - Gardening: Mini Fairy Gardens (AR)



2:00pm - Game: Apples to Apples (G)

3:00pm - Game: Are you smarter than a Fifth Grader? (HR)

4:00pm - Join your friends on the Patio for conversation before dinner

6:30pm - Movie & Trivia Night!! Fun facts about the featured Movie "Breakfast at Tiffany's", then sit back and enjoy the movie with popcorn! (G)

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## **Sunday 6/18 Father's Day**

9:45am - How's your day going? Greeting—Dining room & Library area

10:30am - Catholic Communion Service (AR)

10:45am - Fitness: Walking Group— meet near elevator

11:00am - Trivia: What do you know? (HR)

1:30pm - Outdoor Scavenger Hunt - meet on the Patio

2:00pm - Game: Matching (G)

3:00pm - Afternoon Connection: Who won the War in 1812? (HR)


4:00pm - Join your friends in the cozy Hearth Room for conversation before dinner

6:15pm - Game: Beach Ball Conversation (G)



Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Monday 6/19**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:00am - Fitness: Exercise Video (G)
- 10:30am - Morning Connection: Concentration Puzzle (G)
- 10:45am - Depart for Lunch at The Erie Grill (O) To register please call Emily at 641-6350
- 1:30pm - Game: Name Ten (AR)
- 2:00pm - Craft: Scrap Booking (G)
- 2:30pm - Afternoon Connection: Help us prepare for our Strawberry Social (AR)
- 3:45pm - Pet Therapy - Visit with our fury friend Rocky— Front entryway
- 4:00pm - “Mocktail Party” join your friends for mock-aperitif before dinner! (HR)
- 6:15pm - Game: Wii Bowling (G)
- 6:45pm - Evening Connection: Outdoor Trivia - meet on the Patio 
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## **Tuesday 6/20**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Walking Group— meet near elevator
- 10:30am - Nail Cutting (G)
- 11:00am - Morning Connection: Summer Weather (HR)
- 1:15pm - Bible Study with Chaplain Jim Grobe (G)
- 1:30pm - Smart Art with Robin (AR)
- 1:30pm - History: The Life of a Fish (HR)
- 2:00pm - Card Game: Black Jack (G)
- 2:15pm - Nail Painting (AR)
- 3:45pm - Food Forum (AR)
- 4:00pm - Pet Therapy: Come visit with our Fury Friend Daisy - Front Entryway
- 6:15pm - Art: Connect the Dots (G)
- 6:30pm - Annual Strawberry Social with musical entertainment Musique (HCC)



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## **Wednesday 6/21 First Day of Summer**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:30am - Fitness: Yoga with Carol (AR)
- 10:45am - Art: Tracing (G)
- 11:00am - Morning Connection: First Disney Movie (HR)
- 12:45pm - Depart for Geva Theatre to see "Million Dollar Quartet" (O) To register please call Emily at 641-6350
- 1:30pm - Flower Arranging (AR)
- 2:00pm - Trivia: The Sea's (G)
- 3:30pm - Communion with Doris (AR)
- 3:45pm - Pet Therapy: Visit with our Fury Friend, Lovie— The German Shepard— Front entryway
- 6:15pm - Game: Word Bingo (G)
- 6:45pm - Fashion: How to wear a silk scarf (AR)



## **Thursday 6/22**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:00am - Fitness: Exercise Video (G)
- 10:30am - Game: Hidden Pictures (G)
- 11:00am - Outdoor Fun: Bird Watching on the Patio
- 1:30pm - Depart for Lamberton Conservatory (O) To register please call Emily at 641-6350
- 2:00pm - Fitness: Outdoor Walking - meet at the elevator
- 2:30pm - Craft: Fireworks Painting (AR)
- 3:45pm - Gathering: Lemonade on the Patio
- 6:15pm - Trivia: Of all Kinds (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (O)- Outing (HR) Hearth Room. f you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Friday 6/23**

9:00am - How's your day going? Greeting—Dining room & Library area

10:15am - Fitness: Class with Carol (AR)

10:30am - Gaming Hour (G)

11:00am - History: Great Barrier Reef (HR)

1:15pm - Inspirational Hymns with Chaplain Jim Grobe (G)

1:30pm - University of Rochester Presentation: Latin America (HCC)

2:30pm - Music Mixer with Geoff Clough on keyboard (G)

3:45pm - Game: What ever happened to? (HR)

6:15pm - Art: Underwater Scenes (G)



## **Saturday 6/24**

9:15am - How's your day going? Greeting—Dining room & Library area

10:15am - Fitness: Tai Chi (AR)

10:30am - Word Game: Word Search (G)

11:00am - Trivia: Midtown (HR)

1:30pm - Craft: Botanical Sun Catchers (AR)

2:00pm - Art: Dotting Paint (G)

3:00pm - Game: Scrabble (AR)

4:00pm - Join your friends on the Patio for conversation before dinner

6:30pm - Movie & Trivia Night!! Fun facts about the featured Movie "On Golden Ponds", then sit back and enjoy the movie with popcorn! (G)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## **Sunday 6/25**

- 9:45am - How's your day going? Greeting—Dining room & Library area
- 10:30am - Catholic Communion Service (AR)
- 10:45am - Fitness: Walking Group— meet near elevator
- 11:00am - Trivia: What do you know? (HR)
- 1:30pm - Depart for a Mystery Ride & stop for Ice Cream (O) To register please call Emily at 641-6350
- 2:00pm - Painting: Seashells (G)
- 3:00pm - Outdoor Game: Sponge Darts on the Patio
- 4:00pm - Join your friends in the cozy Hearth Room for conversation before dinner
- 6:15pm - Game: Word Bingo (G)



## **Monday 6/26**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:00am - Fitness: Exercise Video (G)
- 10:30am - Morning Connection: Coffee Klatch (G)
- 10:45am - Depart for Lunch Panera Bread (O) To register please call Emily at 641-6350
- 1:30pm - Game: Who am I? (HR)
- 2:00pm - Resident Alan Illig will present: A Memorable 4 Minutes on Roger Bannister (HCC)
- 2:00pm - Outdoor: Flower Naming (G)
- 2:30pm - Afternoon Connection: Laughter is the Best Medicine (HR)
- 4:00pm - "Mocktail Party" join your friends for mock-aperitif before dinner! (HR)
- 6:15pm - Nail Painting (G)
- 6:45pm - History: Around Rochester (AR)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.



## **Tuesday 6/27**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:15am - Fitness: Walking Group— meet near elevator
- 10:30am - Nail Cutting (G)
- 11:00am - Morning Connection: Extra, Extra, Read all about it! (HR)
- 1:15pm - Bible Study with Chaplain Jim Grobe (G)
- 1:30pm - Health : The Worst things to eat (HR)
- 2:00pm - Prayer Service/Bereavement Gathering with Chaplain Jim Grobe. Music Room
- 2:00pm - Art: Water coloring (G)
- 2:15pm - Game: Left, Right , Center Dice (AR)
- 3:30pm - Resident Meeting (AR)
- 6:15pm - Reminisce: Summer Vacations (G)
- 6:45pm - Game: Yahtzee (AR)



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## **Wednesday 6/28**

- 9:00am - How's your day going? Greeting—Dining room & Library area
- 10:30am - Fitness: Yoga with Carol (AR)
- 10:45am - Game: Hidden Pictures (G)
- 11:00am - History: The Year 1954 (HR)
- 1:15pm - Afternoon Connection: Kids say the funniest things (AR)
- 2:00pm - Game: Sorry - board game (G)
- 2:15pm - Game: Name that Tune (HR)
- 3:30pm - Communion with Doris (AR)
- 3:45pm - Happy Hour-Join your friends for Great Food and Sparkling Conversation! (G)
- 6:15pm - Painting: Wooden Décor (G)
- 6:45pm - Musical Interaction: Match the Song to the Movie (AR)

Program Location Code: (G)- Gallery, (AR)- Activities Room, (HCC) Highlands Comm Cntr, (2nd FIA)- 2nd Floor Alcove, (DR)- Dining Room, (HR) Hearth Room (O)- Outing. If you have any questions please dial 389-1630, ext. 6345 for Crystal, ext. 6385 for Cheryl, or ext. 6350 for Emily.

## Thursday 6/29

9:00am - How's your day going? Greeting—Dining room & Library area

10:00am - Fitness: Exercise Video (G)

10:30am - Morning Connection: News of the Day (G)

11:00am - Patio Talk - meet on the Patio

1:30pm - Game: Price is Right (AR)

2:00pm - Crafting Hour (G)

2:30pm - Discussion: Favorite Books of all time (AR)

3:45pm - Afternoon Connection: Inspirational News Stories (HR)

6:15pm - Decorating: Chocolate Covered Strawberries (G)



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## Friday 6/30

9:00am - How's your day going? Greeting—Dining room & Library area

10:15am - Fitness: Class with Carol (AR)



10:30am - Craft: Collages (G)

11:00am - Games: Finish Famous Sayings (G)

1:15pm - Inspirational Hymns with Chaplain Jim Grobe is **CANCELLED** today.

1:30pm - Game: True or False (HR)

2:30pm - Music Mixer with Larry Bitterman—guitar and vocals (G)

3:45pm - Music Talk: Favorites from the 40's (HR)

6:15pm - Fireside Chat: Exploring the Ocean (G)

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