

# Cultural Programming July 19 - July 25, 2020

## **Monday, July 20<sup>th</sup>:**

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited, please call in advance to sign up 641-6316. Pool
- 2:00pm – University of Rochester Zoom Presentation: *We Want More and We Will Have it: Women Running Rochester* with Autumn Haag, Assistant Director in the Department of Rare Books, Special Collections, and Preservation. This talk will cover nearly 200 years of women's history in Rochester. Please call Elizabeth David 641-6344 to register.

## **Tuesday, July 21<sup>st</sup>:**

- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room
- 1:00pm – Walking group. Sign up is not required. Meet at the Hospitality Desk.
- 2:00pm – 8-Part Zoom Lecture Series: *Consequences of Rivalry: How Battling Hegemons Shaped Our Modern World* with Sarah Hodgson. Today's topic: *Britain vs. France: Congress of Vienna and the Creation of Modern Europe*. Please call Elizabeth David 641-6344 to register.

## **Wednesday, July 22<sup>nd</sup>:**

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited, please call in advance to sign up 641-6316. Pool
- 1:30pm – Depart for Perinton Park for a walk on the Canal. Please call Elizabeth David 641-6344 to sign up for transportation. Return approx. 3:00pm

## **Thursday, July 23<sup>rd</sup>:**

- 9:00am, 10:00am & 11:00am – Depart for shopping at Wegmans at Country Club Plaza. Please call the Hospitality Desk 586-7600 to sign up, space is limited.
- 10:00am – Walking group. Sign up is not required. Meet at the Hospitality Desk.
- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room
- 2:00pm – Zoom Chat with Jorge Cazzorla, Dining Room Manager and Special Events: *Introduction to the Spanish Language Review*. Jorge will review basic greetings in Spanish and answer your questions. Please call Elizabeth David 641-6344 to register.

## **Friday, July 24<sup>th</sup>:**

- 9:00am – Zoom Class: *Stretch, Strength, and Balance* with Mark Strivings. The link will be sent via email to all residents. For the Zoom link or more information, please call Robin at 641-6316
- 10:30am – Depart for Mass at St. Louis Church. Please call the Hospitality Desk 586-7600 to sign up, space is limited. Return approx. 12:15pm.
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Please call in advance to sign up 641-6316. Pool

**Zoom assistance is available by appointment.  
Please call the IT Department 641-6308 or 641-6309.**