

Cultural Programming August 16 – August 22, 2020

Monday, August 17th:

No live Zoom fitness class with Robin today. Watch a recording of her fitness class on YouTube.

The links will be distributed to participants. For more information or the links please call Margaret Leyden 641-6387.

1:00pm-2:00pm – Open swim with Margaret Leyden. Space is limited, please call in advance to sign up 641-6387. Pool

2:00pm – Game: *Name that Tune*. Test your knowledge of songs! Front Entrance

Tuesday, August 18th:

10:30am-12:00pm – Circuit Training – **on your own**. 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: *US vs. USSR: Iran*. Please call Elizabeth David 641-6344 to register. **If you are unable to join via Zoom from home, please call Elizabeth David to sign up to view the presentation in the Music Room. Space in the Music Room is limited and sign up is required to attend.**

Wednesday, August 19th:

No live Zoom fitness class with Robin today. Watch a recording of her fitness class on YouTube.

The links will be distributed to participants. For more information or the links please call Margaret Leyden 641-6387.

1:00pm-2:00pm – Open swim with Margaret Leyden. Space is limited, please call in advance to sign up 641-6387. Pool

Thursday, August 20th:

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 – **on your own**. Exercise Room

11:15am – Depart for Harladay Hots, owned by HAP employee Bernadette, in the village of Pittsford. Menu includes hotdogs, sausage, and burgers. Space on the bus is limited. Please call Elizabeth David 641-6344 to register.

Friday, August 21st:

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 Margaret Leyden at 641-6387.

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 Margaret Leyden. Space is limited, please call in advance to sign up 641-6387. Pool

Saturday, August 22nd:

10:00am – Depart for The Artisan Market at the Armory. Outdoor pop-up artisan market featuring local artists and businesses, to include Peppermints and Salty Boutique. Space is limited on the bus. Please call Elizabeth David 641-6344 to register. Return approx. 11:45am

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