Cultural Programming August 23– August 29, 2020

Monday, August 24th:

9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.

12:30pm & 2:00pm – LuGia's On Wheels Ice Cream Truck: Enjoy a complimentary ice cream! Please wear your mask before and after eating and practice social distancing. Residents and staff only, no guests please. **The Ice Cream Truck will be at the Highlands Front Entrance from 12:30pm-1:30pm and the Hahnemann Club from 2:00pm-2:30pm.**

1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited to 4 swimmers, please call in advance to sign up 641-6316. Pool

Tuesday, August 25th:

9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers, please call in advance to sign up 641-6316 and wait to receive a confirmation call. Pool

10:00am – Zoom Gentle Chair Yoga with Eva Kane. The link will be sent via email to all residents, advance sign up to Zoom is not required. **If you are unable to join via Zoom from home, please call Robin Gallagher 641-6316 to participate from the Fitness Room. Space is limited in the Fitness Room to 3 participants.**

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: *US vs. USSR: Afghanistan.* 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 26th:

9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.

10:30am – Outdoor music performance with New Horizons Clarinet Choir. Please call Elizabeth David 641-6344 to attend. Space is limited and it is weather permitting. Location: Driveway to the underground garage. **Please note a second concert has been scheduled for Wednesday, September 16th, please choose one concert to attend.**

1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited to 4 swimmers, please call in advance to sign up 641-6316. Pool

Thursday, August 27th:

9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers, please call in advance to sign up 641-6316. Pool

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

See Reverse Side for Additional Information

<u>Friday, August 28th:</u>

9:00am – Zoom Class: *Stretch, Strength, and Balance* with Mark Strivings. The link will be sent via email to all residents, sign up to Zoom is not required. **If you are unable to join via Zoom from home, please call Robin Gallagher 641-6316 to participate from the Fitness Room. Space is limited in the Fitness Room to 3 participants.**

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.

12:15pm – Depart for the Colonial Belle Boat Tour located in Fairport, NY. **Please note ticket and transportation arrangements were made in advance.** Return approx. 4:15pm

1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited to 4 swimmers, please call in advance to sign up 641-6316 and wait to receive a confirmation call. Pool

Residents enjoying Ice Cream from Abbott's Frozen Custard.

Residents Helen Pluta, Dawn Murley, and Linda Russell having lunch at the Resident Picnic.

Residents Marlys Whitcomb, Marguerite Graves, and Lucy Nunn enjoying outdoor music.

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