

# Cultural Programming September 13– September 19

## **Monday, September 14<sup>th</sup>:**

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 11:00am – Program Planning Meeting. All are welcome to discuss and evaluate programs. Dining Room
- 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
- 1:30pm – Virtual Zoom Chorus with coral director Rhonda Wright. Please call Elizabeth David 641-6344 if you are interested in joining and want to learn more. New members welcome.

## **Tuesday, September 15<sup>th</sup>:**

- 9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please sign up for one class per week. Please call in advance to sign up 641-6316. Pool
- 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 – Virtual Zoom Presentation: *Conflict without Contempt* with Kit Miller Director from the MK Gandhi Institute for Nonviolence. This presentation is available to view at home via Zoom or in the Oneida Dining Room. Please call Elizabeth David 641-6344 to register.

## **Wednesday, September 16<sup>th</sup>:**

- 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.
- 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, September 17<sup>th</sup>:**

- 9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please sign up for one class per week. Please call in advance to sign up 641-6316. Pool
- 10:00am – Walking group. Sign up is not required. Meet at the Hospitality Desk.
- 11:00am – Depart for City of Rochester Public Market. Enjoy bargains, local produce, meats, and seafood, along with ethnic delicacies, prepared foods, specialty items, and general merchandise. Walking required. Bring your own tote or cart for your take home items. Return approx. 12:30pm
- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room

**See Reverse Side for Additional Information**

**Friday, September 18<sup>th</sup>:**

- 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 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.
- 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
- 2:00pm – Virtual Zoom Presentation: *Movie Musicals* with Mark Watters, Director, Beal Institute for Film Music and Contemporary Media at the Eastman School of Music. This presentation is available to view at home via Zoom or in the Oneida Dining Room. Please call Elizabeth David 641-6344 to register.
- 3:00pm – Current Events via Zoom. *Topic: Voting Issues* with County Legislature Rachel Barnhart. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email [edwk@pop.lightlink.com](mailto:edwk@pop.lightlink.com).

**Face masks are required in community spaces  
and for all group gatherings.**