

Cultural Programming September 20 – September 26, 2020

Steps for Alzheimer's!!

Join us for an organized walk (or two) and track your steps! Pick up a tracking sheet and sign out a pedometer at the Hospitality Desk.

Happy Walking!

Sunday September 20th:

12:00pm – Steps for Alzheimer's Walk with Karen Yager from Marketing. Sign up is not required. Meet at the Hospitality Desk

Monday, September 21st:

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 video links please call Margaret Leyden 641-6387.

1:00pm-2:00pm – Open swim with Margaret Leyden. 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. New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining and want to learn more.

2:00pm – Steps for Alzheimer's Walk with Patty Klimchuck from Marketing. Sign up is not required. Meet at the Hospitality Desk

Tuesday, September 22nd:

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

11:00am – Zoom Gentle Chair Yoga with Eva Kane. The link will be sent via email to all residents. For the Zoom link or more information, please call Robin at 641-6316.

1:00pm – Walking group/Steps for Alzheimer's Walk with Robin Gallagher from the Wellness Center. Sign up is not required. Meet at the Hospitality Desk

2:00pm – In-person Presentation: *Morocco Sahara Odyssey* with cottage resident Betty Iwan. Hahnemann Club. Please call Elizabeth David 641-6344 to register, space is limited.

Please note a second presentation has been scheduled for Tuesday, September 29th, please choose one presentation to attend.



See Reverse Side for Additional Information

Wednesday, September 23rd:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 11:00am – Steps for Alzheimer's Walk with Ann Julien from Marketing. Sign up is not required. Meet at the Hospitality Desk
- 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 – Depart to Schutt's Apple Mill in Webster. Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items, and much more. Please call Elizabeth David 641-6344 to register. Space is limited. Return at approx. 3:30pm

Thursday, September 24th:

- 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
- 9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.
- 10:00am – Bird Walk with Liz Magnanti from the Bird House. Please call Elizabeth David 641-6344 to register. Bring binoculars if you have them. Meet at the Hospitality Desk.
- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room
- 1:00pm – Steps for Alzheimer's Walk with Elizabeth Nessel from Finance. Sign up is not required. Meet at the Hospitality Desk

Friday, September 25th:

- 9:00am – Zoom Class: *Stretch, Strength, and Balance* with Mark Strivings. If you are unable to Zoom from home, 3 residents can participate in the Fitness Room. For the Zoom link or to sign up for the Fitness Room, 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. Space is limited to 4 swimmers, please call in advance to sign up 641-6316 and wait to receive a confirmation call. Pool
- 11:00am – Steps for Alzheimer's Walk with Tracie Lyon-Hess from Finance. Sign up is not required. Meet at the Hospitality Desk
- 3:00pm – Current Events via Zoom. Topic: *Maxwell School of Citizenship and Public Affairs* with Shana Gadarian Ph.D. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email edwk@pop.lightlink.com.

Saturday, September 26th:

- 9:30am – Depart for The Windmill Farm & Craft Market located in Penn Yan, NY. The Windmill serves as an outlet for local producers and craftsmen. Visit roughly 200 shops and vendors. There is something for everyone! Walking is required. Please call Elizabeth David 641-6344 to register. Space is limited. Return approx. 2:00pm
- 2:30pm – Steps for Alzheimer's Walk with Elizabeth David from Life Enrichment. Sign up is not required. Meet at the Hospitality Desk