

Cultural Programming September 27 – October 3, 2020

Sunday September 27th: Yom Kippur begins at sundown

12:00pm – Steps for Alzheimer's walk with Margaret Leyden from Life Enrichment. Sign up is not required Meet at the Hospitality Desk

Monday, September 28th:

8:00am-12:00pm – Flue Shot Clinic. Appointments were made in advance. For an appointment or information please contact the Hospitality Desk at 586-7600. Community Center

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

10:00am- Gingerbread House Informational Meeting. At this gathering we will discuss gingerbread ideas and our timeline. The Sweet Creations Display will exhibit in November and December at The George Eastman Museum. Bring your ideas. All are welcome. Music 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 – 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.

1:30pm– Depart for the Moonlight Creamery in Fairport, NY. Moonlight offers fair trade and certified products along with aiding global efforts to alleviate poverty and promote environmental sustainability. Menu includes ice cream, coffee, tea, and artisan chocolates. Return approx. 2:45pm

Tuesday, September 29th:

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

12:30pm & 1:30pm – LuGia's On Wheels Ice Cream Truck: Enjoy a complimentary ice cream in celebration of our steps for Alzheimer's! 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 1:30pm-2:00pm.

1:00pm – Walking group. Sign up is not required. Meet at the Hospitality Desk

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

See Reverse Side for Additional Information

Wednesday, September 30th:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 9:45am – Depart for a guided tour at the National War Plane Museum located in Geneseo, NY. Admission fee is \$8.00 and will be collected on the bus. Please call Elizabeth David 641-6344 to attend. Space is limited. Return approx. 1:00pm
- 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, October 1st:

- 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 & 11:00am – Depart for shopping at Wegmans at Country Club Plaza. Please call the Hospitality Desk 586-7600 to sign up, space is limited.
- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room
- 1:30pm – Depart for Powers Farm market located in Pittsford. Browse a variety seasonal, desserts, décor, and pumpkins along with fresh apples and cider. Return approx. 2:45pm

Friday, October 2nd:

- 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. Pool
- 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.



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