

Cultural Programming October 11 – October 17, 2020

Monday, October 12th:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 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. New members welcome.
- 2:00pm – Technology Class: Tech Time. Topic: *Online Ordering of Groceries and Supplies* with Systems Specialist Crystal Rothfuss. Please call Crystal Rothfuss 641-6308 to register. Seating is limited. Music Room

Tuesday, October 13th:

- 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 – Fall Foliage Trip to Naples, NY with a stop at Joseph's Market and Monica's Pies. Please call Elizabeth David 641-6344 to register. Due to the popularity of the fall foliage trips we will have a second fall foliage trip to Letchworth State Park on 10/20. Please choose between Naples or Letchworth State Park.

Wednesday, October 14th:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 10:30am – Zoom Concert: RPO@ Home: *Chamber Ensemble*. View a prerecorded performance from the Rochester Philharmonic Orchestra. This one-hour performance is available to view at home via Zoom or in the Oneida Dining Room. Space is limited in the Dining Room. Please call Elizabeth David 641-6344 to register and to let her know your viewing preference.
- 1:00pm – Virtual Tour: The Landmark Society's *50th Anniversary Virtual House and Garden Tour*. Please note tickets were purchased in advance. If you are interested in viewing this tour for \$14.00 please call Elizabeth David 641-6344. Oneida 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
- 1:00pm-3:00pm – Fall Celebration: Join us for Kettle Corn and a Hay Ride. Suggested Arrival times: 1:00pm-1:30pm first floor apartments, 1:30pm-2:00pm second floor apartments, 2:00-2:30 third floor apartments, 2:30-3:00 Cottage residents. Main Entrance

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

See Reverse Side for Additional Information

Thursday, October 15th:

- 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
- 10:30am – Technology Class: Resident Portal. Topic: *Intro to the Resident Portal* with Systems Specialist Crystal Rothfuss. Never used the Resident Portal, having trouble logging in, or do you need a refresher on what is available on the Resident Portal? We will navigate through the Portal so all can see the many benefits of using it. Please bring your device with you. If you don't have a device to follow along with, you are still welcome to attend and watch. Please call Crystal Rothfuss 641-6308 to register. Seating is limited. Music Room
- 1:00pm – Zoom Presentation: *Bird Songs* with Liz Magnati from the Bird House. This presentation is available to view at home via Zoom or in the Oneida Dining Room. Space is limited in the Dining Room. Please call Elizabeth David 641-6344 to register and to let her know your viewing preference.

Friday, October 16th:

- 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: *General Discussion*. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email edwk@pop.lightlink.com.



Residents enjoying lunch at Harladay Hots owned by HAP employee Bernadette.