

# Cultural Programming October 25 – October 31, 2020

## **Monday, October 26<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 – Resident Meeting. Please sign up in advance underneath the digital sign. Oneida Dining Room
- 1:00pm – Resident Meeting. Please sign up in advance underneath the digital sign. 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
- 1:30pm – Zoom Chorus with Coral Director Rhonda Wright. Please call Elizabeth David 641-6344 if you are interested in joining. New members welcome.

## **Tuesday, October 27<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 – Zoom Resident Meeting. Please sign up in advance underneath the digital sign. If you sign up for this option, a HAP staff member will contact you with more information about how to connect to the Zoom meeting.
- 2:00pm - Zoom Presentation: *What's Ahead in Election 2020* with Barbara Grosh, Director of Voter Services at the League of Women Voters. 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.

## **Wednesday, October 28<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 – Resident Meeting. Please sign up in advance underneath the digital sign. Oneida Dining Room
- 1:00pm – Resident Meeting. Please sign up in advance underneath the digital sign. 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
- 1:30pm-2:20pm – Hearing Aid Checks in the Parlor with Dr. Andrea Segmond from Ontario Hearing. Please call Elizabeth David 641-6344 to make an appointment. Highlands' Parlor
- 1:30pm – Fall Foliage Scenic Ride. The season's last chance to see the fall colors and scenery. Please call Elizabeth David 641-6344 to register. Space is limited. Return Approx. 3:00pm

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

### **Thursday, October 29<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
- 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.
- 9:30am – Depart for a guided tour of the Seward House Museum followed by lunch at Parker's Grille in Auburn, NY. The museum is the historic home of William Henry Seward, a 19<sup>th</sup> Century politician. Admission fee is \$12.00 and will be collected on the bus. Menu options include soups, salads, sandwiches, and burgers. Please call Elizabeth David 641-6344 to register. Space is limited. Return approx. 2:00pm
- 10:30am-12:00pm – Circuit Training. Please call Robin Gallagher 641-6316 to schedule an appointment. Exercise Room
- 11:00am – Resident Meeting. Please sign up in advance underneath the digital sign. Oneida Dining Room
- 1:00pm – Resident Meeting. Please sign up in advance underneath the digital sign. Oneida Dining Room

### **Friday, October 30<sup>th</sup>:**

- 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.
- 11:00am – Resident Meeting. Please sign up in advance underneath the digital sign. Oneida Dining Room
- 1:00pm – Technology Class: Resident Portal, Topic: *Refresher on How to Use and What is Available* with Systems Specialist Crystal Rothfuss. Never used the Resident Portal, having trouble logging in, or do you need a refresher on what is available in 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 – Resident Meeting. Please sign up in advance underneath the digital sign. 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 – Halloween Celebration: Join us for a scoop of seasonal pumpkin ice cream and vote for your favorite pumpkin. Pumpkin decorating contest open to staff and residents. Participants should bring their pumpkin to the Hospitality desk by noon on Friday. Suggested Arrival times: 1:00-1:30pm cottage residents, 1:30-2:00pm third floor apartments, 2:00-2:30pm second floor apartments, 2:30-3:00pm first floor apartments. Community Center
- 3:00pm – Current Events via Zoom. Topic: *Maxwell School of Citizenship and Public Affairs* with Shana Gadarian. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email [edwk@pop.lightlink.com](mailto:edwk@pop.lightlink.com).