

# Cultural Programming November 29 – December 5, 2020

## Monday, November 30<sup>th</sup>:

9:00am – No Live Zoom Fitness Class with Robin Gallagher today. Recordings of her fitness class were sent to all residents. If you would like the link, please contact Robin Gallagher at 641-6316.

No Open Swim Today, Pool is closed.

1:30pm – **Zoom Highlands Chorus Holiday Sing-Along with Coral Director Rhonda Wright.** Lyrics will be provided during the Zoom meeting. All are invited, you do not have to be a chorus member to participate in Holiday singing. For the weekly Zoom link or more information, please call Elizabeth David 641-6344.

## Tuesday, December 1<sup>st</sup>:

9:00am – **Zoom Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. For the weekly Zoom link or more information, please call Robin at 641-6316.

No Water Fitness today, Pool is closed.

No Circuit Training today, Exercise Room is closed.

No Knitting Group today

2:00pm – **Zoom Presentation: *Scams: Staying Safe During the Holidays*** with Leita King, Lifespan's Scam Prevention Coordinator. This presentation is available to view at home via Zoom only, please register on the Portal. The Oneida Dining Room is closed to viewers.

## Wednesday, December 2<sup>nd</sup>:

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

No Open Swim Today, Pool is closed.

No Food Forum Today, please contact Elizabeth Nettle (641-6324) or Chef Michael Wasylko (641-6348) directly to provide feedback.

2:00pm – **Zoom Bingo:** Bingo boards and disposable chips will be delivered to your door by a member of the Cultural Programming Department. To register or for game rules and details, please register on the Portal.

## Thursday, December 3<sup>rd</sup>:

No Water Fitness today, Pool is closed.

No Shopping at Wegmans today

No Circuit Training today, Exercise Room is closed.

11:00am – **Zoom Gentle Chair Yoga with Eva Kane.** For the weekly Zoom link or more information, please call Robin at 641-6316. Please note, the Fitness Room and Hahnemann Club are closed to participants.

2:00pm – **Zoom University of Rochester Presentation: *History of Wireless Communications and Future Trends*** with Wendi Heinzelman, Ph.D. from the Department of Electrical and Computer Engineering at the University of Rochester. This presentation is available to view at home via Zoom only, please register on the Portal. The Oneida Dining Room is closed to viewers

**Friday, December 4<sup>th</sup>:**

**9:00am – Zoom Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. For the weekly Zoom link or more information, please call Robin at 641-6316. Please note, the Fitness Room and Hahnemann Club are closed to participants.**

No transportation to St. Louis Church today

No Open Swim Today, Pool is closed

**3:00pm – Current Events via Zoom, Topic: *Where Do We Go From Here to Rebuild the Political Life of our Country* with Professor Sarah Burns from the Political Science Department at RIT. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email [edwk@pop.lightlink.com](mailto:edwk@pop.lightlink.com).**



Residents Jean Chang, Pat Robinson, and Muriel Herzog at Letchworth State Park.

Residents enjoying the outdoors at the Wild Wings Nature Center at Mendon Ponds Park.



Residents Mr. and Mrs. LaPera on the Colonial Belle Boat Cruise.