

## **Cultural Programming December 13 – December 19, 2020**

### **Monday, December 14<sup>th</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.

**1:30pm – Zoom Highlands Chorus Holiday Sing-Along with Choral 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 15<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.

No Water Fitness today, Pool is closed.

**10:15am – Zoom Fitness Class: Senior Circuit Training with Robin Gallagher.** The Zoom link will be distributed to all residents. For more information please contact Robin 641-6316.

No in-person Circuit Training today, Exercise Room is closed.

**1:30pm – Live Stream Holiday Door Hanger Craft!** Join in the holiday fun from the comfort of your home. Supplies and instructions will be delivered to your apartment or cottage. If you enjoy crafting, but are unable to Zoom, you can do this activity on your own. Hang your completed project on your door or give as a gift! No fee to join. Please register on the Portal by Monday, December 14<sup>th</sup>.

### **Wednesday, December 16<sup>th</sup>:**

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

**12:00pm-2:00pm – Swim by Appointment.** Space is limited to 2 swimmers at a time. Please register on the Portal or call Robin Gallagher 641-6316. Pool

**1:30pm – Zoom University of Rochester Presentation: COVID-19: *What Social Media and Machine Learning Can Teach Us* with Jiebo Luo, PhD, Professor of Computer Science at the University of Rochester.** This meeting is available to join at home via Zoom only, please register on the Portal.

**For assistance with program registration on the Portal please contact the IT Department at 641-6308 or 641-6309.**

**Thursday, December 17<sup>th</sup>:**

No Water Fitness today

**9:00am, 10:00am & 11:00am – Depart for shopping at Wegmans at Country Club Plaza.**

**Please register on the Portal. Space is limited, please register on the Portal.**

**10:30am-12:00pm – Circuit Training with Robin Gallagher by appointment. Please register on the Portal or call Robin Gallagher 641-6316. Exercise Room**

**11:00am – Zoom Gentle Chair Yoga with Eva Kane. For the weekly Zoom link or more information, please call Robin at 641-6316.**

**2:00pm – Zoom Presentation: Presentation: *Do you Hear what I Hear? The History of Holiday Music* with Joe Hansen This meeting is available to join at home via Zoom only, please register on the Portal.**

**3:30pm – Live Stream Employee Appreciation Video hosted by Lloyd Theiss, Executive Director, And Elizabeth Nettle, Senior Director of Operations and Finance. Since we were not able to gather this year for our annual Resident & Staff Holiday Party, the employees have created a special video to show their gratitude for gifting them so generously thru the 2020 Employee Appreciation Fund. The Zoom link will be distributed to all residents, registration is not required. For more information please contact Margaret Leyden 641-6387.**

**Friday, December 18<sup>th</sup>: Last night of Hanukkah**

**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 transportation to St. Louis Church today

**12:00pm-2:00pm – Swim by Appointment. Space is limited to 2 swimmers at a time. Please register on the Portal or call Robin Gallagher 641-6316. Pool**

**3:00pm – Current Events via Zoom, Topic: *Economic Outlook, 2021 and beyond*. To participate please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email edwk@pop.lightlink.com.**

Residents: John and Joanne Fisher, Pat Rettew, Karen Francis, and Ted and Karen Moore on a Zoom call playing BINGO.



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