

Cultural Programming December 6 – December 12, 2020

Monday, December 7th:

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 Cultural Programming Meeting today, if you have a suggestion please contact Elizabeth David 641-6344 or email Elizabeth_david@urmc.rochester.edu.

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 8th:

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: Full Body 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.

2:00pm – Zoom Presentation: *What's up in Astronomy? Breaking News of 2020* with Valerie Rapson, Ph.D., an Assistant Professor at SUNY Oneonta. This presentation is available to view at home via Zoom only. Please register on the Portal.

Wednesday, December 9th:

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 – Live Stream Cookie Decorating! We will deliver all the supplies (cookies, frosting, and sprinkles) and we will decorate together while participating in a Zoom chat. Once you are finished decorating, the cookies are for you to enjoy! Join in the holiday fun from the comfort of your home! If you enjoy cookie decorating, but are unable to Zoom, you can do this activity on your own. Please register on the Portal and state if you would like to Zoom or decorate on your own.

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

Thursday, December 10th: Hanukkah begins at Sundown

9:00am – Zoom Fitness Class: Full Body Circuit Training with Robin Gallagher. The Zoom link will be distributed to all residents. For more information please contact Robin 641-6316.

No Water Fitness today, Pool is closed

No Shopping at Wegmans today

No In-person 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.

2:00pm – Zoom Presentation: *Movie Musicals Part II* with Mark Watters, Director, Beal Institute for Film Music and Contemporary Media at the Eastman School of Music. This meeting is available to join at home via Zoom only, please register on the Portal.

Friday, December 11th:

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

No Open Swim Today, Pool is closed

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.



Resident Marsh Guntrum with his daughter on the Colonial Belle Boat Cruise.

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