

# Cultural Programming January 3 – January 9, 2021

## Monday, January 4<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 Cultural Programming Meeting today, please contact Elizabeth David (641-6344) or Margaret Leyden (641-6387) directly to provide feedback.

**12:00pm-2:00pm – Swim by Appointment.** Space is limited to 2 swimmers at a time.

**1:30pm – Zoom Chorus with Choral Director Rhonda Wright.** New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining.

## Tuesday, January 5<sup>th</sup>:

No Water Fitness Today

**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.

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

No Knitting Group today

**2:00pm – Zoom University of Rochester Presentation: *Components of Healthy Eating: Eating Patterns, Portion Sizes, Label Readings and Healthful Smart Shopping* with Sarah Merritt, Regional Program Manager, PHPC at the Center for Community Health & Prevention, URM.** The Zoom link will be sent to all residents via email the morning of the presentation. Please note registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions.

## Wednesday, January 6<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

**2:00pm – Live Stream Winter Snowflake Button Craft.** Have some fun with your neighbors 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 donate to the Highlands Living Center. No fee to participate. Please register on the Portal by Monday, January 4<sup>th</sup>. (If you would like to donate unused buttons please contact Elizabeth David 641-6344)

No Food Forum today, please contact Elizabeth Nessel (641-6324) or Chef Michael Wasylo (641-6348) directly to provide feedback.

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

**Thursday, January 7<sup>th</sup>:**

No Water Fitness Today

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

**1:30pm – Concert: RPO Living Room Series: *Outdoors with RPO Horn Quintet*. View a prerecorded performance from the Rochester Philharmonic Orchestra. This performance is available to view from home at your leisure. The concert link will be sent to all residents via email on the day of the performance, please note registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions.**

**Friday, January 8<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 transportation to St. Louis Church today

**11:00am – Zoom Pre-recorded Presentation: Ted Talk: *How the Pandemic will Shape the Near Future* with Technologist and Philanthropist Bill Gates. This forty-minute presentation is available to view at home via Zoom or at your leisure. Registration is required. Please register on the Portal and state your viewing preference. Please call Elizabeth David 641-6344 with questions.**

**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**

No Current Events today. Current Events will resume on Friday, February 5, 2021 unless an urgent matter requires a meeting in January.



Winter Snowflake Button Craft scheduled for January 6!

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

