

Cultural Programming January 10 – January 16, 2021

Monday, January 11th:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 11:00am – Program Planning Meeting. All are welcome to discuss and evaluate programs. To maintain socially distant, a maximum of twenty (20) residents will be welcome to attend on a first come, first served basis. Oneida Dining Room
- 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 Chorus with Choral Director Rhonda Wright. New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining.**

Tuesday, January 12th:

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
- 11:00am – Friendship Committee Meeting. Due to Covid group size restrictions, this meeting is temporarily closed to current members only. If you would like more information please contact Ann Julien 641-6388. Oneida Dining Room
- 1:00pm – Dining Committee Meeting. Due to Covid group size restrictions, this meeting is temporarily closed to current members only. If you would like more information please contact Andy Trepanier 641-6334 or Elizabeth Nessle 641-6324. Oneida Dining Room
- 2:00pm – Zoom Presentation: *Adventures in Toyland: Bushels of Barbies, Thousands of Puzzles, and World's Heaviest Erector Set* with Christopher Bensch, Vice President for Collections at The Strong Museum of Play. This virtual presentation is available to view at home via Zoom or in the Oneida Dining Room. To maintain socially distant, a maximum of twenty (20) residents are permitted in the Oneida Dining Room on a first come, first served basis. 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.**
- 2:15pm – Zoom Support Group for Caregivers with Aging Spouses with Chaplain Steve Petrovich. The Zoom link will be sent to participants via Email. For the Zoom link or more information, please call Elizabeth David at 641-6344.**

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

Wednesday, January 13th:

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 – Zoom Food Forum, give suggestions about your dining and food experience. Andy Trepanier, the new Director of Dining Services, will also participate and be introduced. This meeting is available to view at home via Zoom or in the Oneida Dining Room. Please register on the Portal if you would like to participate from the Oneida Dining Room, space is limited. The Zoom link will be sent to all residents via email the morning of the meeting. Please note registration on the Portal is not required for the Zoom link. Please contact Elizabeth Nessel 641-6324 with questions.

Thursday, January 14th:

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.

2:00pm – 3 Part Zoom Lifespan Lecture Series: *How to Reduce the Risk and Fear of Falling*. Topic: *Challenging Myths and Attitudes* with Sarah Otis, Health and Wellness Coordinator, and Julie Battaglia, Health Educator. This virtual presentation is available to view at home via Zoom or in the Oneida Dining Room. To maintain socially distant, a maximum of twenty (20) residents are permitted in the Oneida Dining Room on a first come, first served basis. 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.

Celebrate Martin Luther King Jr. Day by sharing your “I Had a Dream Statement” on our HAP Banner. If you would like to participate, stop down anytime starting Thursday, January 14th through Sunday, January 17th outside the Music Room to write your dreams on the provided paper. The banner will be hung for all to see outside the Community Center on Martin Luther King Jr. Day.



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Friday, January 15th:

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 – Depart for Mass at St. Louis Church. Space is limited, please register on the Portal. Return approx. 12:15pm.

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

2:30pm – Virtual Concert featuring jazz vocalist and pianist Hanna PK. This virtual music performance is available to view at home via Zoom or in the Oneida Dining Room. To maintain socially distant, a maximum of twenty (20) residents are permitted in the Oneida Dining Room on a first come, first served basis. The Zoom link will be sent to all residents via email the morning of the concert. Please note registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions.

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



Residents left to right: Vern Mize, John Simonds, Darrell Geib, Karl Kober, and Ange Sorbello enjoying themselves in the Club Room. Please note these pictures were taken pre-covid.



Residents left to right: Ann Kennedy, Ange Sorbello, and Betty Schlemitz living their best life here at the Highlands. Please note these pictures were taken pre-covid.

