

# Cultural Programming January 17 – January 23, 2021

## **Monday, January 18<sup>th</sup>: Dr. Martin Luther King Jr. Day**

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 10:00am – Resident Portal, Topic: *What is New with the Resident Portal?* with Systems Specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Registration on the Portal is required. Please call Crystal Rothfuss 641-6308 with questions. 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 19<sup>th</sup>:**

- 9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please register on the Portal or call Robin 641-6316 for one class per week. Pool
- 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. If you are unable to Zoom from home, three (3) residents can participate in the Fitness Room, please register on the Portal to use the Fitness Room.
- 10:00am – Library 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 Margaret Leyden 641-6387. Oneida Dining Room
- 10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room
- 1:00pm – Depart for a guided tour of the Lamberton Conservatory to view their mid-winter display. The greenhouse includes orchids, hibiscus and other tropical bloomers, as well as turtles, tortoises, quail and a resident duck. Admission fee is \$1.00 and will be paid for upon arrival. Registration on the Portal is required, space is limited. Please call Elizabeth David 641-6344 with questions. Return approx. 4:00pm**

## **Wednesday, January 20<sup>th</sup>:**

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited to 4 swimmers, please register on the Portal or call Robin Gallagher 641-6316. Pool
- 1:00pm – Depart for a guided tour at the Memorial Art Gallery to view the Exhibit: *Andy Warhol Portfolios: A Life in Pop Works from the Bank of America Collection.* No admission fee. Registration on the Portal is required for this event, space is limited. Please call Elizabeth David 641-6344 with questions. Return approx. 4:00pm**

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

### **Thursday, January 21<sup>st</sup>:**

9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please register on the Portal or call Robin 641-6316 for one class per week. Pool

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. 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. If you are unable to Zoom from home, three (3) residents can participate in the Fitness Room, please register on the Portal to use the Fitness Room

**2:00pm – 3 Part Zoom Lifespan Lecture Series: *How to Reduce the Risk and Fear of Falling*. Topic: *Proactively Combating the Risk of Falling: What Can We Do?* with Sarah Otis, Health and Wellness Coordinator, and Julie Battaglia, Health Educator. The Zoom link will be sent to all residents via email the morning of the presentation. Registration on the Portal is not required. This virtual presentation is also available to view 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, registration is not required. Please call Elizabeth David 641-6344 with questions.**

### **Friday, January 22<sup>nd</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. If you are unable to Zoom from home, three (3) residents can participate in the Fitness Room, please register on the Portal to use the Fitness Room.

**10:30am – Depart for Mass at St. Louis Church. Please register on the Portal, space is limited. Return approx. 12:15pm.**

1:00pm-2:00pm – Open swim with Robin Gallagher. Space is limited to 4 swimmers, please register on the Portal or call Robin Gallagher 641-6316. Pool

**1:30pm – Zoom Presentation: *Scams: Staying Safe While Out and About* with Dan Lyon, Lifespan's Scam Prevention Coordinator. 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. This virtual presentation is also available to view 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, registration is not required. Please call Elizabeth David 641-6344 with questions. (Please note this presentation was originally scheduled in December of 2020 and canceled.)**

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

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