

# Cultural Programming January 24 – January 30, 2021

## Monday, January 25<sup>th</sup>:

- 9:00am – Zoom Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 11:00am – Health Affairs Discussion Group. Due to Covid group size restrictions, this meeting is temporarily closed to current members only. If you would like more information please contact Resident Dr. John Bennett 310-7617. Music 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.
- 2:30pm – Zoom Resident Meeting. This meeting is available to view from home via Zoom. 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. If you are unable to Zoom from home please register on the Portal if you would like to participate from the Oneida Dining Room, space is limited. To maintain socially distant, a maximum of twenty (20) residents are permitted in the Oneida Dining Room. Please contact Elizabeth David 641-6344 with questions.

## Tuesday, January 26<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 Book Selection Group. Due to Covid group size restrictions, this meeting is temporarily closed to current members only. If you would like more information please contact Resident Al Lorenzo 381-8910. Parlor
- 10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room
- 2:00pm – Zoom Presentation: *Black Holes and the 2020 Nobel Prize in Physics* with Valerie Rapson, Ph.D., an Assistant Professor at SUNY Oneonta. This virtual presentation is available to view from home via Zoom or in the Oneida Dining Room. 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.
- 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 27<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

1:30pm – Depart for Pittsford Fine Art in the Village for a guided tour to view wonderful works of art from local artists in the area. Pittsford Fine Art is a cooperative gallery with eleven charter members currently displaying their artwork. No admission fee to attend. Registration on the Portal is required for this event, space is limited. Please call Elizabeth David 641-6344 with questions. Return approx. 2:30pm

### Thursday, January 28<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, 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: *Creating a Safe Space at Home* 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 29<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. 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 – Pathway to Pittsford Errand Bus departs to Pittsford Plaza and Pittsford Community Library. The bus departs from the Highlands at 10:00am. Registration on the Portal is required for this event, space is limited. Please call Elizabeth David 641-6344 with questions.

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

3:00pm – Current Events via Zoom, Topic: *What Has Happened in Washington in the Past Month?* with Professor David Bateman from Cornell University. A question and answer session will follow the presentation. The Zoom link will be sent to all residents via email the day before the meeting. Registration on the Portal is not required. Please contact cottage resident Edward Kokkelenberg by phone 310-7366 or email edwk@pop.lightlink.com with questions.

