

Cultural Programming January 31 – February 6, 2021

Monday, February 1st:

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, February 2nd: Groundhog Day

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 Gallagher 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-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

1:00pm – Depart for Shopping in Henrietta. Stores include Lori's Natural Foods Center, Tops Friendly Market, and Palmers Direct to You Market. Registration on the Portal is required, space is limited. Please call Elizabeth David 641-6344 with questions. Return approx. 4:00pm

1:00pm – Knitting Group. Please bring your own supplies; yarn is available for charity knitting. Social Distancing rules apply. Please call Robin Gallagher 641-6316 with questions. Music Room

1:15pm – Virtual Bible Study with Chaplain Steve Petrovich. 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 call Elizabeth David 641-6344 with questions.

2:15pm – Zoom Caregivers Support Group 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, February 3rd:

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 641-6316. Pool

2:00pm – 2 Part Zoom Lecture Series: *History of American Sign Language and Deaf Culture* with Kimberly Brandt, Adjunct Assistant Professor at Monroe Community College. Learn the importance of understanding deaf culture along with some basic day to day signs. This presentation is available to view at home via Zoom or in the Oneida Dining Room. Space is limited in the Dining Room. Please register on the Portal and state your viewing preferences. Please call Elizabeth David 641-6344 with questions.

2:00pm – Zoom Food Forum, all are welcome to discuss your dining experience. 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.

Thursday, February 4th:

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.

10:00am – Resident Portal Class, Topic: *How to Check your Meal Points* 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

10:00am – Virtual Rochester Philharmonic Orchestra Informational Session. NEW! BOLD! DYNAMIC! Learn about their 2021-2022 Season feature highlights and meet their new conductor. To maintain socially distant, a maximum of twelve (12) residents are permitted in the Music Room on a first come, first served basis. Registration is not required. Please call Elizabeth David 641-6344 with questions. Please note, HAP transportation to the RPO have not been confirmed at this time. Music Room

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 Gallagher 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

Programs for February 4th continue on the next page.

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

Thursday, February 4th: Continued

- 12:15pm – Live Stream Eastman at Washington Square Concert: *Classical Guitar* with Anthony LaLena, guitar teacher at the Eastman Community Music School. The Zoom link will be sent to all residents via email the morning of the concert. Registration on the Portal is not required. This virtual concert 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.**
- 2:00pm – 2 Part Zoom Lecture Series: *Presidential Leadership* with Sarah F. Liebschutz, Ph.D., Distinguished Service Professor Emerita, SUNY College at Brockport. 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, February 5th:

- 9:00am – Zoom Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. For the weekly Zoom link or more information, please call Robin Gallagher 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-11:30am – Superbowl LV Grab and Go Snack Bag. Stop by to grab your snack bag for Sunday's game. Outside the Music 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 641-6316. Pool**
- 1:30pm – Live Stream Valentine's Day fabric heart craft. This is an easy hand-stitched craft, no experience necessary. Have fun crafting 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. No fee to participate. Please register on the Portal by Wednesday, February 3rd. Please contact Elizabeth David 641-6344 with questions.**
- 2:00pm – Tech Time Class, Topic: *Changes at the Highlands* with Systems Specialist Crystal Rothfuss. Registration on the Portal is required. Please call Crystal Rothfuss 641-6308 with questions. Oneida Dining Room**

No Current Events today

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