

# Cultural Programming February 14 – February 20, 2021

## **Monday, February 15<sup>th</sup>: Presidents' Day**

- 9:00am – Virtual 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
- 1:00pm – Resident Portal Class, Topic: *Introduction to the Portal and Navigation on Smaller Screens* 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
- 1:30pm – **Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining.**
- 2:30pm – **Virtual Presentation: *Music & Life of Vic Damone* with Larry Shearer. 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 Music Room. 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.**

## **Tuesday, February 16<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 – Virtual Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. For the 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
- 1:15pm – 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.
- 2:00pm – **Virtual University of Rochester Presentation: *To Reach Our Farthest Star* with Melissa Mead from the Department of Rare Books and Special Collections. 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 dining room on a first come, first served basis. Registration is not required. Please call Elizabeth David 641-6344 with questions.**

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

### **Wednesday, February 17<sup>th</sup>: Ash Wednesday**

- 9:00am – Virtual Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.
- 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
- 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
- 1:15pm – Virtual Ash Wednesday Service 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.
- 2:00pm – Virtual 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. Please register on the Portal, the Zoom link will be sent to participants the morning of the presentation. Please call Elizabeth David 641-6344 with questions.**
- 3:00pm-3:30pm – Ashes with Father Mitch from St. Louis Church. Please note ashes will not be given on the forehead due to strict rules regarding Covid-19 from the Diocese. In lieu, a pinch of ashes will be sprinkled over your head. If you are interested in receiving ashes please call Elizabeth David 641-6344 to register for a time. Please come to the Wellness Center Keypad at your respected time to receive your ashes.

### **Thursday, February 18<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 – Virtual 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.
- 12:15pm – Virtual Eastman at Washington Square Concert: *Sergei Prokofiev's Sonata for Cello and Piano Op. 119* featuring Joella Becker and Kelly Soderahl McNeilly, students at the Eastman Community Music School. This concert is available to view at home via Zoom. The Zoom link will be sent to all residents via email the morning of the concert. Registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions. (Please note this performance has been rescheduled from last week)**
- 1:00pm – Depart for a guided tour at The Military History Society of Rochester. Learn about the War of 1812 through current times with Executive Director Chuck Baylis. No fee to attend. Registration on the Portal is required, space is limited. Please call Elizabeth David 641-6344 with questions. Return approx. 4:00pm**

**Friday, February 19<sup>th</sup>:**

9:00am – Virtual Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. For the 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 – Beat the Blahs Grab and Go Event. Join us for biscotti and cookies along with hot coffee and tea. Suggested Arrival times: Third floor 10:00am-10:30am, second floor 10:30am-11:00am, and first floor 11:00-11:30am. Cottage Residents are welcome at any time. Coffee Bar by the U.S. Mailboxes**

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

**No Current Events today**



Resident Nancy Cain's finished Valentine craft that was offered here at the Highlands.

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