

# Cultural Programming February 28 – March 6, 2021

## **Monday, March 1<sup>st</sup>:**

9:00am – Virtual Fitness Class with Robin Gallagher. For the Zoom link or more information, please call Robin at 641-6316.

**11:00am – Program Planning Meeting and review of the digital calendar on the Resident Portal. 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**

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 – Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining.**

## **Tuesday, March 2<sup>nd</sup>:**

9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Please register on the Portal or call Robin at 641-6316. 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

**11:30am-1:00pm – Grab and Go Picnic Lunch compliments of the Cultural Programming Department, no fee. Registration on the Portal is required. Please sign up and choose your entrée option no later than Monday, March 1<sup>st</sup> at noon. Limited seating will be available on a first come first served basis in the Dining Room. Please call Elizabeth David 641-6344 if you need assistance registering. Stop by the Art Gallery to pick up your lunch. Please note, dinner service is available as normal.**

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 – Virtual 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.**

3:00pm – Art Gallery Exhibit and sales featuring artwork by University of Rochester students. Please note, the artists will not be present due to visitation restrictions. Art Gallery

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

### **Wednesday, March 3<sup>rd</sup>:**

- 9:00am – Virtual 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
- 1:00pm – Virtual Artist “Meet and Greet” via Zoom. The March Art Gallery Exhibit features a number of talented young artists from the University of Rochester! Two of the featured artists are Teepa Al-Mosawi and Adwaita Patil. The Zoom link will be sent to all residents via email the morning of the meet and greet. Registration on the Portal is not required. This virtual Meet and Greet 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.**
- 2:00pm – Virtual 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, March 4<sup>th</sup>:**

#### **No Water Fitness with Robin Gallagher 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 –ON YOUR OWN. 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: Chihiro Kakishima, violin and Jenny Kirby, piano, students from 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.**
- 1:30pm – Depart for Shopping in Henrietta. Stores include Target and Walmart Supercenter. Registration on the Portal is required, 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.**

## **Friday, March 5<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.
- 10:30am – Depart for Mass at St. Louis Church. Please register on the Portal, space is limited. Return approx. 12:15pm
- 10:30am – Tech Time Class: *What Can IT Do for You Here at The Highlands?* with systems specialist Crystal Rothfuss. Registration on the Portal is required. Please call Crystal Rothfuss 641-6308 with questions. Music 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
- 1:00pm – Virtual Concert: RPO @ Home: *Bach, Mozart + Strauss*. View a one-hour prerecorded performance from the Rochester Philharmonic Orchestra. 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 Dining Room on a first come, first served basis. Registration is not required. Please call Elizabeth David 641-6344 with questions.**

**No Current Events today**

View upcoming programs and register for programs using the digital calendar located on the Resident Portal! <https://happortal.com/>. For more information on accessing the Portal please contact our IT Department or the Cultural Programming Department.

**Dining Reminder: There are several ways to make a reservation, including a new reservation box. Please consider one of the following:**

1. Log onto the Resident Portal <https://happortal.com/>
2. New: Stop by the host station outside the Dining Room between 9:00 a.m. and 1:00 p.m. (7 days/week) and a HAP staff member will take your reservation.
3. New: You will find a box located in the in-house mailroom along with reservation request slips. You can fill out a slip and place it in the box to make a reservation for the following week.
4. Call the reservation line at 641-6374.

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