

Cultural Programming March 14 – March 20, 2021

Sunday, March 14th: Daylight Savings

Turn your clocks AHEAD one hour before bed tonight.

Monday, March 15th:

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 Digital Calendar, located on the Portal or call Robin 641-6316. Pool

*1:00pm – **Tech Time, Topic: *Zoom. Zoom Tips, Tricks and Etiquette* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal, is required. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music 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.

Tuesday, March 16th:

*9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please register on the Digital Calendar located 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, six (6) residents can participate in the Fitness Room, please register on the Digital Calendar located on the Portal to use the Fitness Room.

*10:00am – **Second Trip due to popularity: Depart for the Strassenburgh Planetarium for a private viewing of *Hubble's Immersive Universe*. This 40-minute show fills the dome with brilliant color from stars, nebulae, and galaxies photographed by the Hubble Space Telescope. Admission fee is \$8.00 and will be paid for upon arrival. Registration on the Digital Calendar, located on the Portal, is required; space is limited. For questions and registration assistance, please contact Elizabeth David 641-6344. Return approx. 11:45am**

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.

Programs for March 16th 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.

Tuesday, March 16th: Continued

2:00pm – Virtual University of Rochester Presentation: *The Ward's Natural Science Establishment* with Bob Minckley Ph.D., Professor of Instruction in the Biology Department. 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. Please call Elizabeth David 641-6344 with questions.

2:15pm – Caregivers Support Group with Chaplain Steve Petrovich. Residents are welcome to gather in person in the Music Room. Registration on the Digital Calendar, located on the Portal, is required; space is limited. If you are interested in a Zoom option or for questions and registration assistance, please contact Elizabeth David 641-6344. Please note Mary Walker, LPN, HAP's Resident Service Advocate will also be present. Music Room

Wednesday, March 17th: St. Patrick's Day

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 Digital Calendar, located on the Portal or call Robin 641-6316. Pool**

2:00pm-3:00pm – Grab and Go St. Patrick's Day cake pop and a specialty iced coffee bar. Take your treat and coffee back to your apartment or cottage or stay for a pre-recorded performance by the Young School of Irish Dance, performed by students of all ages. Stop by to see these talented dancers perform traditional reels and jigs! To maintain socially distant, a maximum of twenty (20) residents are permitted in the Dining Room on a first come, first served basis. A link, featuring the pre-recorded Young School of Irish Dance, will be sent to all residents via email. Registration on the Portal is not required for the grab and go or the link. Please call Elizabeth David 641-6344 with questions. Oneida Dining Room

Thursday, March 18th:

***9:00am – Water Fitness with Robin Gallagher. Space is limited to 5 swimmers. Classes are offered on Tuesdays and Thursdays, please register on the Digital Calendar located 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 Digital Calendar located on the Portal.**

10:30am-12:00pm – Circuit Training with Robin Gallagher. 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, six (6) residents can participate in the Fitness Room, please register on the Digital Calendar located on the Portal to use the Fitness Room.

Programs for March 18th continue on the next page

Thursday, March 18th: Continued

12:15pm – Virtual Eastman at Washington Square Concert: *The JapKam Duo* featuring violinist Letitia Jap and guitarist Kenneth Kam students from the Eastman Community Music School. This concert is available to view at home. The 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.

2:00pm – 2 Part Virtual Lecture Series via Zoom: *History Out Loud: Leisure Time in Rochester* with American Historian Dan Cody. 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. Please call Elizabeth David 641-6344 with questions.

Friday, March 19th

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, six (6) residents can participate in the Fitness Room, please register on the Digital Calendar located on the Portal to use the Fitness Room.

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

11:00am – Video Recording: *The Mushroom Man Who Changed the World*, featuring Resident Pat Rettew's Father-in-Law G. Raymond Rettew. Watch a 20-minute video clip to *learn about* the history and production of Penicillin. This presentation is only 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. Please call Elizabeth David 641-6344 with questions. Dining Room

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

No Current Events today

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the Resident Portal <https://happortal.com/>.

To find the Digital Calendar, log-in to the Portal and click *Events* found in the top menu. For more information about the Portal and Digital Calendar, please contact the IT or Cultural Programming Department.

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