

Cultural Programming March 28 – April 3, 2021

Sunday, March 28th: Palm Sunday

Palm Sunday (also called Passion Sunday), in the Christian tradition, is the first day of Holy Week and the Sunday before Easter, commemorating Jesus Christ's triumphal entry into Jerusalem.

Monday, March 29th:

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

9:30am – Virtual Health Affairs Group Meeting via Zoom. This group is led by cottage resident Dr. John Bennett. The main focus is currently COVID-19, all interested residents are welcome to participate. The Zoom link was sent to all residents via email on Friday February 26th. Please note registration on the Portal is not required. Please contact Dr. Bennett if you have questions 310-7617.

***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

1:30pm – 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 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 Digital Calendar, located 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 Dining Room. Please contact Elizabeth David 641-6344 with questions.

Tuesday, March 30th:

***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.

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

1:15pm – Virtual Bible Study with Chaplain Steve Petrovich. Participate from home via Zoom. The Zoom link will be sent to all residents via email the morning of the meeting. Registration not required. Please call Elizabeth David 641-6344 with questions.

Programs for March 30th 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 30th: continued

1:30pm – Virtual Books Sandwiched-In Book Review. Today's topic: *The Doctor Who Fooled the World: Science, Deception and the War on Vaccines* by Brian Deer. Reviewed by Dr. Stephen Dewhurst, Vice Dean for Research at the U of R School of Medicine and Dentistry and Associate Vice President for Health Sciences Research. This book review is available to view at home. The link will be sent to all residents via email the morning of the presentation. Registration not required. Please call Elizabeth David 641-6344 with questions.

2:00pm – Virtual Presentation via Zoom: *Weird Astronomy: Next Generation Telescopes: Rubin Observatory and Roman Space Telescope* with Valerie Rapson, Ph.D. an Assisted Professor at SUNY Oneonta. 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. 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 31st:

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

11:00am – Passover Celebration with Rabbi Yitzi Hein from the Chabad of Pittsford. Residents are welcome to gather in person in the Music Room, space is limited. Registration is not required. Music 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

***1:00pm – Depart for Kittelberger's Florist and Gift shop** for spring and holiday shopping. Pick up an Easter gift or something for yourself! 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. 3:30pm

1:30pm – Virtual Presentation via Zoom: *Life & Music of Judy Garland* with Larry Shearer. Participate from home via Zoom. The Zoom link will be sent to all residents via email the morning of the presentation. Registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions.

Thursday, April 1st: April Fool's 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 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.

Programs for April 1st continue on the next page

Thursday, April 1st: continued

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.

2:00pm – Virtual Eastman Concert: *Trio Cerchio*, featuring Chihiro Kakishima (violin), Jennifer Carpenter (cellist), and I-Hsiang Chao (pianist). This 40-minute prerecorded concert by Eastman School of Music students will include a wide range of classical music styles. 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 presentation is also available to view in the Oneida Dining Room. A virtual meet and greet with musicians will be held on April 2nd. Please call Elizabeth David 641-6344 with questions.

Friday, April 2nd: Good Friday

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 – Virtual “Meet and Greet” via Zoom with the *Trio Cerchio*, Eastman School of Music students. Enjoy a prerecorded concert by the students on April 1st. Participate from home via Zoom. The Zoom link will be sent to all residents via email the morning of the meeting. Registration on the Portal is not required. Please call Elizabeth David 641-6344 with questions.

***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.

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