

Cultural Programming April 25 – May 1, 2021

Electronic Recycling and Clothing Donation Time!!

When: Monday, April 26th through Friday, April 30th

Please drop off your **Paper Shredding and Clothing Donations** in the Key Pad 1 hallway.

If you have **Electronic Recycling** call the Hospitality Desk to place a Work Order on or before April 26th.

Please note: The Highlands at Pittsford will not provide receipts for tax purposes; you should keep your own record of donated items.

Sunday, April 25th:

8:30am & 10:45am – Depart for St. Louis Church, Space is limited.

***10:45am & 12:00pm – Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Space is limited. Please register on the Digital Calendar, located on the Portal, or call the Hospitality Desk 586-7600.

Monday, April 26th:

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 and resumption of lecture series. All interested residents are welcome to participate. The Zoom link was sent to all residents via email on Friday, April, 23rd. Registration on the Portal is not required. Please contact Dr. Bennett if you have questions 310-7617.

No Technology class today

***1:00pm-2:00pm – Open Swim** with Robin Gallagher. Space is limited to 5 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 – 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. Registration on the Portal is not required for the Zoom link. If you are unable to Zoom from home and would like to participate from the Oneida Dining Room, please register on the Digital Calendar, located on the Portal, space is limited. To maintain socially distant, a maximum of twenty-four (24) residents are permitted in the Dining Room. Please contact 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.

Tuesday, April 27th:

***9:00am – Water Fitness** with Robin Gallagher. Space is limited to 6 swimmers. Please register on the Digital Calendar, located on the Portal, or call Robin 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, 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 – Book Discussion Group. This month's book: *Beloved* by Toni Morrison. Please sign up in advance by calling cottage resident Janet Steiner 310-7366. Conesus Dining Room

No Virtual Bible Study today

1:30pm – Virtual Books Sandwiched-In Book Review. Topic: *Caste: The Origins of our Discontents* by Isabel Wilkerson. Reviewed by Patricia Larke, Board Member at Rochester Area Interfaith Hospitality Network and Host Home Program Manager for The Center for Youth Services, Inc. The link will be sent to all residents via email the morning of the presentation. Registration is not required. Please call Elizabeth David 641-6344 with questions.

2:00pm – Virtual Presentation via Zoom: *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.

No Caregivers Support Group today

Wednesday, April 28th:

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

9:00am – Depart for the Buffalo Museum of Science with lunch at Big Ditch Brewing Company. Advance registration required. Please call Elizabeth David 641-6344 with questions. Return approx. 4:00pm

12:10pm – Live from Hochstein audio performance: *A Trio of Trios: Music of Debussy, Mozart, and Piazzolla* broadcasting from WXXI radio station. The link will be sent to all residents via email the morning of the broadcast. Registration is not required. Please call Elizabeth David 641-6344 with questions.

***1:00pm-2:00pm – Open Swim** with Robin Gallagher. Space is limited to 5 swimmers please register on the Digital Calendar located on the Portal or call Robin 641-6316. Pool

***1:30pm-2:15pm – Hearing Aid Checks** in the Parlor with Dr. Andrea Segmond from Ontario Hearing. Please call Elizabeth David 641-6344 to register.

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

Thursday, April 29th:

- *9:00am – Water Fitness** with Robin Gallagher. Space is limited to 6 swimmers. Please register on the Digital Calendar located on the Portal or call Robin 641-6316. 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.
- 12:15pm – Virtual Eastman at Washington Square Concert** *Early Music for Voice and Lute* (a lute is plucked stringed instrument with a long neck bearing frets and a rounded body with a flat front that is shaped like a halved egg), with 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 not required. Please call Elizabeth David 641-6344 with questions.
- *1:00pm – Depart for Shopping at Eastview Mall and Victor Crossings.** While visiting Eastview mall stop by the World Sci-Fi 2021 toothpick display constructed by Artist Stan Munro. It's set up is in the Von Maur wing of the mall. Munro makes landmarks, structures, and cities from around the world and beyond with nothing but toothpicks and a whole lot of glue. Please register on the Digital Calendar located on the Portal. Space is limited. Please call Elizabeth David 641-6344 with questions and registration assistance. Return approx. 3:30pm

Friday, April 30th: Arbor Day

- 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.
- *1:00pm-2:00pm – Open Swim** with Robin Gallagher. Space is limited to 5 swimmers, please register on the Digital Calendar, located on the Portal or call Robin 641-6316. Pool
- 2:00pm – Arbor Day Tree Planting.** We will be joined by Joshua Grove, Master Gardner from Cornell Cooperative Extension, who will speak about Arbor Day. The tree to be planted is a magnolia. We are grateful to Pat Rettew & family for their generous donation to The Highlands Beautification Fund. The tree is a memorial to Pat's late husband, Gregg Rettew. Enjoy a Grab- and Go- treat. Gather at the front entrance of Hahnemann Square.

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.



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