

April 9, 2020 Virtual Happenings



Reducing Isolation-Life Skills, brought to you by:
The Mental Health Association of Rochester
John Hogan, Director of Peer Services

REDUCING ISOLATION – MONDAYS, WEDNESDAYS & THURSDAYS FROM 12 NOON – 1 PM

Please join my meeting from your computer, tablet or smartphone.

<https://www.gotomeet.me/MHARochester/reducing-isolation>

You can also dial in using your phone.

United States: [+1 \(646\) 749-3122](tel:+16467493122)

Access Code: 170-608-981



Classical 91.5 will air rebroadcasts of RPO concerts Mondays in April at 8 pm.

Click here for details: https://www.classical915.org/post/rpo-encores-air-april-mondays-800pm?fbclid=IwAR0y19d40CUB79i-VGpv9qHS0mz1uGzSIz179S3m5wQvAEEBcxJu_eW0XtU



[Healthi Kids Family Resources Page](#)

This page offers links to family fun and learning, including: play activities for children 0 to 5, nursery rhymes, link to The American Museum of Natural History, Coding for Kids, RMSC Open for Curiosity, PBS for Parents, The Strong Museum of Play –Play at Home Activities, Playworks Play At Home Activities, GoNoodle Movement & Mindfulness Videos, Healthy Recipe Ideas & Cooking With Kids, Sesame Street Toolkits & more!

Says Healthi Kids, “Remember, play and learning go hand in hand. Every child has the right to play – it is a natural stress reliever, increases happiness and promotes healthy habits. As parents and caregivers, it is important to make sure kids get a lot of play time while they are home from school.”



Print, Color and Thank First Responders Free Coloring Page
by artist Shawn Dunwoody

From [Shawn Dunwoody](#):

Made a Thank You coloring page free to download, color, create your own art and share with medical workers, service workers, transit workers, mail & delivery workers, seniors, grocery worker, or anyone you are thankful for. Place them in your windows, cars, or wherever folks can see. Link: <https://www.dunwoode.design/thank-you> THANK YOU! ❤️ ❤️ ❤️



Eastman Community Music School Virtual Faculty Demos & Lessons

Eastman Community Music School will be sharing a Wednesday Faculty Feature each week for the rest of the spring semester! Each Wednesday at 10 am, we plan to share a live or recorded session on our Facebook Page. Topics will range from instrumental technique and demos to mini music lessons on a variety of subjects.

Upcoming Dates:

4/8/2020-Sophia Gibbs Kim, flute

4/15/2020-Naomi Foley, Eastman Young Children's Chorus director

4/22/2020-Colin Gordon, jazz saxophone

4/29/2020-Adam Foley, Theory in Motion coordinator

5/6/2020-Laura Turley, Early Childhood coordinator

5/13/2020-Hannah Harrow, voice

5/20/2020-Haley Moore, fiddle

5/27/2020-TBA

6/3/2020-TBA

6/10/2020-Rosanna Moore, harp

<https://www.facebook.com/events/679652242791643/>



Central Library of Rochester & Monroe County

Monroe County Library System

From :

Carol Moldt
Librarian, Literature Division
Programming Coordinator
Central Library of Rochester & Monroe County
585-428-8375

Rochester Writes writing classes are again being offered this spring, this time virtually.
Topics include:

- Writing During Pandemic: A Two-Part Online Course
- Make Me Care: The First Pages of Your Story-An Online Writing Workshop
- Reflective Writing: A Journey of Self-Discovery-A Four-Part Online Series
- Read Like A Writer-And Improve Your Writing: A Four-Part Online Series

Check out the link below to register:

<http://calendar.libraryweb.org/calendar/RPL/?cid=4901&t=d&d=0000-00-00&cal=4901&ct=32028>



Community Design Center News



The CDCR had partnered with WXXI for the 3/16 screening of "East Lake Meadows," a new documentary focused on a public housing project opened by the Atlanta Housing Authority in 1970 and demolished a generation later. **Even though this screening was postponed, you are able to stream the film for free!**

<https://www.pbs.org/kenburns/east-lake-meadows/>



City of Rochester Historian: "Document your COVID-19 experience"

"What are you doing to document your experience during the COVID-19 crisis? Consider keeping a diary as a means of contributing to the historical record and make plans to donate it to a library or archive. In Rochester, the [Office of the City Historian](#) and the [Central Library of Rochester & Monroe County](#) will be building an archive on the local response to the pandemic." (Christine L. Ridarsky, City Historian)