

Rivers Run

Cottage Connections

VOLUME 11-ISSUE 1

JANUARY 2025



WHAT'S INSIDE

- Osher Classes..... 1
- Games & Pizza 2
- Woman's Lunch..... 2
- CHS Donation 2
- Book Club..... 3
- Friday by the Fire ... 3
- Open House Pics ... 4
- How Time Flies..... 5
- Caroling Pics 6
- Craft & Chat 7
- A Thought 7
- ENCORE Chorus ... 8
- To Do in Roch..... 9
- CHS Report..... 9
- Calendar..... 10



Osher Lifelong Learning Center 585-292-8989 Thursdays 12:15 - 1:30 PM

Jan. 16 – The Computer Exorcist: Tech Concepts in Plain English; Presented by Marc-Anthony Arena; He discovered the fact that the world is comprised of intelligent people who are just overwhelmed by technology. Unfortunately, most computer guys talk down to their clients, use outdated methods, worship recurring-revenue schemes, or simply don't show up. So if you want someone to explain tech concepts and how to avoid online scams, all in plain English, you've come to the right place!

Jan. 23 – The Good, the Bad, and the Ugly: The 1971 Attica Uprising and the 30-Year Civil Rights Litigation that Followed; Hon. Ellen M. Yacknin, Retired Rochester City Court Judge; As a Federal Court law clerk in Buffalo, Judge Yacknin discovered a dormant complaint that the Court was about to dismiss. Her actions and subsequent involvement in the ensuing civil rights litigation helped to achieve the Attica Prison settlement, the largest prisoners' rights settlement in US history.

Jan. 30 - Unpacking the Myth that English is Now a Global Language; Mary Jane (MJ) Curry, Ph.D.--Associate Professor, University of Rochester's Warner School of Education: English is often considered the de facto global language. Dr. Curry will unpack the myth that everyone speaks English by exploring who actually has access to English, what the term English actually covers, and how languages function as a type of global cultural capital that may give speakers access to the globalized economy but may do so at a cost to their local languages and cultures. Is English really the global language?



Third Monday of each month,
6:30 PM
For more information
Contact Jim Galvin

January's book is
The Dream of the Celt
By Mario Vargas Llosa



REMINDER
Woman's Luncheon
110 Grill
Friday, Jan. 31 @ 1:00 PM

For more information
Contact Claire Gnazzo

JANUARY 1 – GAMES & PIZZA

3:00 PM at the Cove



Let's begin the new year with some fun! The RR Social Club has decided that Pizza and Games is a good way to start. We have planned:

- Poker run by Michael Horyczun
- Mexican Dominoes
- Rummikub

If you would like to partake in the pizza, we are asking for a \$3 donation to help defray the cost. Plates and napkins will be provided but we suggest you bring your own favorite beverage.



Women's Luncheon

Friday, January 31 @ 1:00 PM

110 Grill

780 Jefferson Road
585-340-6030

110 Grill's comfortable, but yet upscale-casual atmosphere, complete with open kitchens, large horseshoe-shaped bars and outdoor patios with fire pits, creates the ideal dining environment for any occasion.

If you are interested in joining us, please contact Claire Gnazzo at 585-287-6009 or cgnazzo@outlook.com.



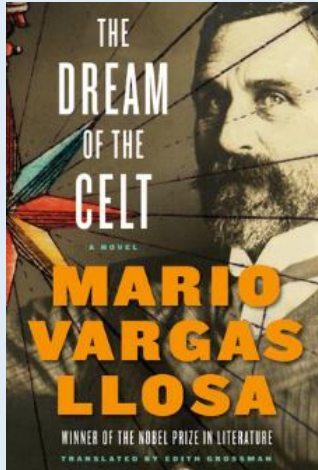
Monthly RR Dining Out

Instead of our usual monthly dining out event, we have decided to substitute it with two new events:

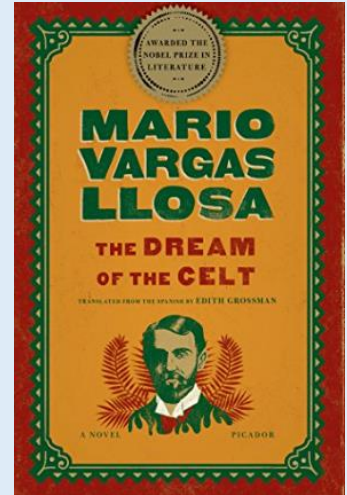
Wednesday, Jan. 1 – Games and Pizza, 3:00 PM at the Cove;

Saturday, Jan. 18 – Movie night at 2:00 PM with popcorn at the Cove. The movie selection is yet to be determined. A classic Alfred Hitchcock movie or Conclave are some suggestions. Do you have any other ideas?

BOOK CLUB



The Book Club will be meeting in the sunroom of Jim Galvin's house at 1303 Rivers Run on Monday, January 20 at 6:30 PM. New readers are always welcome to join the group. Please contact Jim or Charline at 585-270-8145 and let them know if you want to be included.



In 1916, the Irish nationalist Roger Casement was hanged by the British government for treason. Casement had dedicated his extraordinary life to improving the plight of oppressed peoples around the world—especially the native populations in the Belgian Congo and the Amazon. But when he dared to draw a parallel between the injustices he witnessed in African and American colonies and those committed by the British in Northern Ireland, he became involved in a cause that led to his imprisonment and execution.

FRIDAY BY THE FIRE IS BACK!!!



Because we all missed the gathering so much on Fridays, we have decided to continue the event but with a twist.

Our first “FBTF” will be held on January 10 at Ken & Shirley's house, 501 Rivers Run. Please feel free to join us at 4:00 PM. Bring your beverage of choice, and maybe a snack for everyone to nibble on (optional for sure). See you there!

M e r r y C h r i s t m a s

Open House at Peters'
Another spectacular afternoon in River's Run.
Thank you, Jim and Brenda, for the good food,
good friends, and wonderful decorations!



oo

M e r r y C h r i s t m a s

My, How Time Flies!!!

Can you believe it! Just when I got used to writing 2024, I now have to remember that it's 2025. Who cranked that "treadmill of life" up to high speed??? Why does time seem to pass so much more quickly as we age? Here are a few possibilities:

When we're younger, time tends to feel as if it drags on forever. Think of those long, lazy summers that seemed never-ending, or how it could feel like an eternity watching the clock tick away and waiting for the school bell to finally ring. But as we grow older, many of us feel like time is moving more quickly. This curious phenomenon has nothing to do with any change in the measurement of time, of course. A minute today is the same length as it was 50 years ago. According to some scientific theories, this sensation actually has to do with how our brains process the experiences around us.

When we're young, our days are filled with first-time experiences full of complex and novel information that our brains work hard to process. There are countless new lessons to learn, new locations to explore, and new sensations to feel. It takes time for our brains to take in and process all the sights and sounds we've never experienced before. This overwhelming flood of knowledge may contribute to the sensation of time moving more slowly. As we grow older, however, we often find ourselves falling into familiar routines. Days, weeks, or even months can pass in which our lives remain largely unchanged. Our brains aren't working as hard on a daily basis to process and analyze new experiences, so time can feel to be moving faster. Time tends to blend together more and more as we age, when it isn't broken up by fresh, original experiences as frequently as in our younger years.

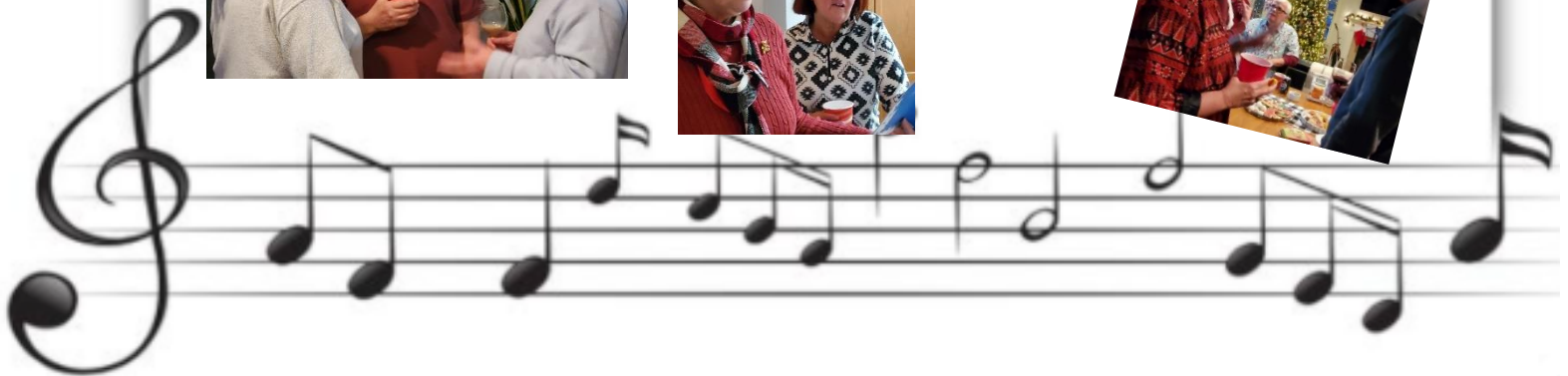
Let's say there's a 15-year-old and a 65-year-old who are both witness to the same experience over the course of one hour. When looking back, the teenager will likely recount more vivid memories than the adult, given the capabilities of their brain. The teen may feel as if they're recounting those events in slow motion, considering all of the details they can recall. The adult, on the other hand, may remember fewer details, and so it may seem like that time flew by. In other words, younger people recall past memories as if they were watching slow-motion footage, which allows them to look at every minor detail. But for older folks, certain details may be missed entirely as the footage flies by.

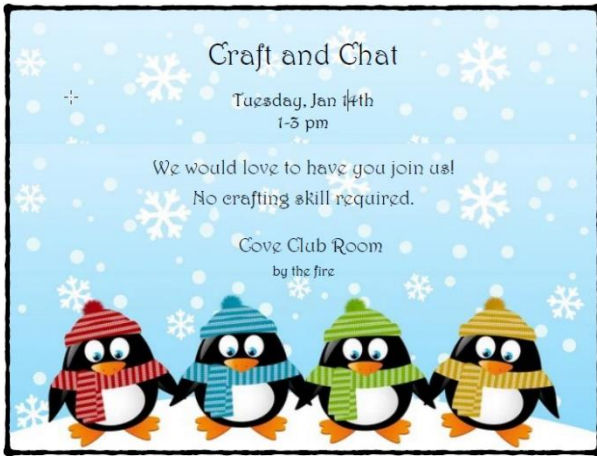
Another theory suggests that the way we perceive time is related to the amount of time we've already experienced. Younger people have been alive for less time, so each new experience seems more substantial in comparison.

There's still a great deal of uncertainty as to exactly how the human brain functions, and, in turn, why time seems to speed up as we get older. But researchers who have studied this topic generally agree that new and unfamiliar situations can make time seem to slow down. If you've begun to feel like the minutes are flying by, try exposing yourself to something new, such as a trip to somewhere you've never visited, learning a new language, or even stopping into local restaurants where you've never eaten. These may help you "slow down" and allow you to soak up each moment like you did when you were younger, when the world was a less familiar place.

Caroling on a Chilly Evening

The Rochester weather can be fickle! As you know, our caroling group was scheduled to come around on Monday, December 23 to entertain you with their melodic talents. However, Mother Nature had other plans. Since it was so bitterly cold, and we were afraid our vocal cords would freeze, we opted to gather beside the fireplace at 1201 Rivers Run. We thank Michael and Michele for hosting this most delightful event.





So if you think we just sit around and solve the world's problems at our "Craft & Chat" get together, you're sadly mistaken. Let's face it, that's impossible to do. This past month we all shared our talents and made a gingerbread house. With your help, we will continue to come up with new and creative things to do.



I just had a thought....

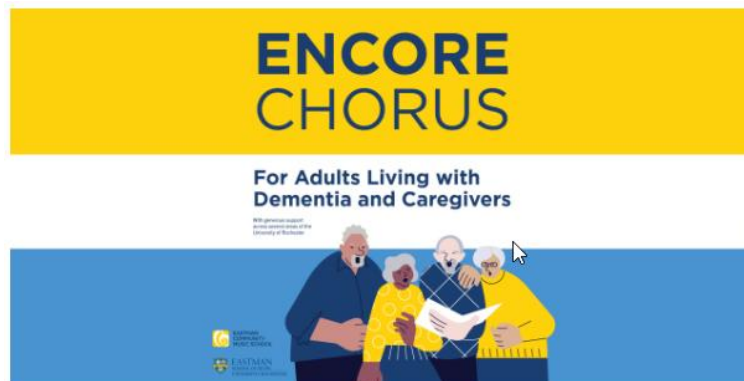


Now that we're ending another year, I was thinking about "cleaning house" with items that I just haven't used in years and probably won't ever be using again. I'm not talking about old clothes or old kitchenware, etc. I take a regular run to Goodwill with items like that. I'm thinking of more useful things. For example, I have a clock radio that I just don't have a need for. There's nothing wrong with it, but I just don't need 2 of them,

What do you think about me setting aside an area in this newsletter for things we have at home that you may want to give (or sell) to someone else who might want it. Many of us have children or grandchildren that might be able to use them.

What do you think? Yea or Nay?





The Eastman Community Music School (ECMS), together with support from Eastman Performing Arts Medicine (EPAM) and the University of Rochester Medical Center (URMC), announce the launch of ENCORE, a large intergenerational chorus to benefit both people with a diagnosis of Alzheimer’s Disease or related dementia in the early-to-mid stages and their caregivers. ENCORE aims to provide a structured musical experience for a vulnerable population that could benefit enormously from a nonpharmacological approach to a deadly disease. By offering the chorus to both dementia participants as well as their care partners, who register together, the program serves as both an outlet to assist with memory care, as well as general well-being.

Music-based interventions, particularly singing, are well known for improving the lives not only of people afflicted with dementia but also their care partners. Michael Anderson, Chair of the Eastman School of Music’s Musicology Department, published a case study in 2019 for the *Eastman Case Studies* series describing the Phoenix Symphony’s participation in clinical research involving people living with Alzheimer’s disease. He was so moved by the story that he was determined to see if it could work in Rochester, backed by the resources of a world-class music school and medical center, Eastman School of Music and URMC, respectively, brought together in recent years through the Eastman Performing Arts Medicine program.

“ENCORE is a terrific example of how the arts can benefit our lives as we age. Eastman Performing Arts Medicine is excited to see this new initiative come to fruition through the efforts of Michael Anderson and the Eastman Community Music School,” shares McCormick.

The ENCORE chorus will start rehearsals in March and is accepting both registrations and volunteers: esm.rochester.edu/community/registration

Dates: Mondays, March 18-May 20, 1:00-2:30 p.m.

Location: First Unitarian Church of Rochester

220 S. Winton Rd. Rochester, NY

For questions about this exciting program, call 585-274-1400 or email community@esm.rochester.edu



Things to do in Rochester

Tue, Dec. 31 – Fireworks @ Henrietta Town Park

Tue, Dec 31: New Year's Eve Musical Mayhem at Blackfriars Theatre!

Wed, Jan 15: A Symphonic Night at the Movies “Oz with Orchestra” at Rochester Philharmonic Orchestra (RPO)

Fri, Jan 3: Live Jazz Feat. Mel Henderson & Marvin Dolly at Flight Wine Bar

Sat, Jan 4: Stars with Carl at RMSC Strassenburgh Planetarium

Sat, Jan 4: Live Jazz Feat. E.S.P Jazz Duo at Flight Wine Bar

Sun, Jan 5: Antarctica Travelogue at Penfield Public Library

Wed, Jan 15: A Symphonic Night at the Movies “Oz with Orchestra” at Rochester Philharmonic Orchestra (RPO)



CHS DONATION REPORT

On Friday, December 20, Lynn and Barbara delivered the sub sandwiches and drinks to the CHS facility on Caulkins Road along with a nice little note expressing our gratitude for all they do for us. Thank you for your donations.



Rivers Run Cottages would like to take this moment to express our gratitude for the invaluable services your teams have provided our community throughout the year.
Thank you for being there when we need you the most. Your efforts and dedication do not go unnoticed, We are truly grateful for everything you do
Rivers Run Residents



December 2024 Cottage Calendar

- **1/1, WEDNESDAY, New Year's Day**
- **1/1, WEDNESDAY, Games & Pizza: 3:00 PM at the Cove**
- **1/8, WEDNESDAY, Men's Breakfast: 8:30 AM, Peppermints Restaurant**
- **1/10, FRIDAY, Friday by the Fire: 4:00 PM; Shirley & Ken's at 501 Rivers Run**
- **1/14, TUESDAY, Craft and Chat Group: 1:00-3:00 PM, at the Cove**
- **1/16, THURSDAY, Osher Lecture: 12:15-1:00 PM; *The Computer Exorcist***
- **1/18, SATURDAY, Afternoon at the Movies: 2:00 PM at the Cove; Poker, Rummikub, Mexican Dominoes, Carmel Corn; bring your own favorite drink**
- **1/20, MONDAY, Book Club: 6:30 PM at 1303 Rivers Run, *The Dream of the Celt* by Mario Vargas Llosa; Contact Jim Galvin at 585-270-8145**
- **1/22, WEDNESDAY, Men's Breakfast: 8:30 AM, Peppermints Restaurant**
- **1/23, THURSDAY, Osher Lecture: 12:15-1:00 PM; *The Good, the Bad and the Ugly***
- **1/28, TUESDAY, Craft and Chat Group: 1:00-3:00 PM, at the Cove**
- **1/30, THURSDAY, Osher Lecture: 12:15-1:00 PM; *Unpacking the Myth that English is Now a Global Language***
- **1/31, FRIDAY, Ladies Luncheon: 1:00 PM, 110 Grill; contact Claire Gnazzo 585-287-6009**

Social Committee

Lynn Musgraves
303-918-8638
lynn.mus@gmail.com

Mary Hayes
585-474-5427
hazymary34@gmail.com

Shirley Reed
585-414-9335
reed9166@gmail.com

Linda Kraft
585-683-2925
l_kraft@msn.com

Newsletter
Barbara DeOca
813-892-1219
bdeoca@aol.com

Greg Robbins
315-283-2949
greggrandjohnb@gmail.com

Michele Mayernik
203-521-7230
michele.mayernik@gmail.com

Ellen Andrieu
585-739-4415
eandieusp61@gmail.com

Sue Rausch
585-272-1147
laceyd627@rochester.rr.com