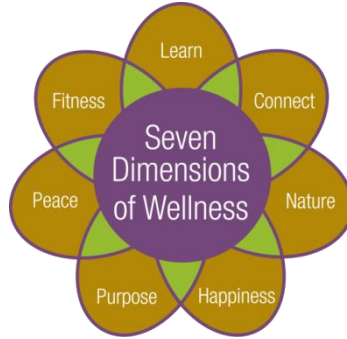


# THE HIGHLANDS AT PITTSFORD



## Cultural and Educational Program Calendar

# August 2015



**Saturday August 1<sup>st</sup>:**

10:30am – Tai Chi Class. Fitness Room

1:30pm – “Are You Smarter than a Fifth Grader?” game. Laurelwood Activity Room

**Sunday August 2<sup>nd</sup>:**

10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activity Room

11:00am – “What Do You Know” card game. Laurelwood Activity Room

2:30pm – Movie: Harold and Maude (1971) with Ruth Gordon. Community Center

**Monday August 3<sup>rd</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

1:00pm – Euchre Group. Social Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:00pm – Lecture with guest speaker Jack Garner sharing his memoir, *From My Seat on the Aisle*. Learn about Jack’s life as a film critic, columnist and interviewer. Jack Garner was chief film critic for the Gannett newspapers and staff film critic at the Democrat and Chronicle for 30 years before he retired in June, 2007. He also continues to write for the paper as a freelancer, doing a weekly film and entertainment column, and DVD reviews. And his weekly work as a film and DVD critic continues with WHAM-TV and WRMM-FM and WFKL-FM.  
Community Center



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**Tuesday August 4<sup>th</sup>:**

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

10:00am – \*Depart for a bus tour of Mount Hope Cemetery with tour guide Don Hall.

Highlights include the "new" chapel (built over 100 years ago), the first and second tallest monuments, the burial site of George Washington's drummer boy, and a new, half million dollar family mausoleum. Return approx.

12:00pm

10:00am – \*Gentle Yoga with Eva Kane. Fitness Room

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Computer help by appointment. Assistance is available for email, internet and Microsoft programs. Please call Margaret ext. 287 to set up an appointment.

11:00am-12:00pm – Circuit Training. Exercise Room

1:00pm – Nordic Walking with Robin Gallagher. Meet in Wellness Center

1:15pm – Bible Study with Chaplain Grobe. Laurelwood Activity Room

2:00pm – University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 16. Music Room

6:00pm-7:30pm – Antique Car Show on Stoutenburgh Lane near the Hahnemann Club. Enjoy culinary delights, entertainment, and of course the classic automobiles! Transportation from the Highlands' main entrance to the car show is provided throughout the event.



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance. The sign up book is located beneath the digital sign.



Wednesday August 5<sup>th</sup>:

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

9:40am – **\*Powers Farm Hay Wagon Ride and Tour.** Enjoy a peaceful hay wagon ride around the farm. Learn about the farm's history and the crops they are growing. Ability to use stairs to access the wagon is required. \$6.00 fee paid on the bus. Return approx. 11:30am

10:15am – Fitness Class with Robin Gallagher. Fitness Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate in the chorus. Community Center

2:30pm – Fine Dining Food Forum. Music Room

4:30pm-6:00pm – Happy Hour: drink specials and appetizers. Highlands' Pub

6:30pm – Evening music with Dick Leschorn on keyboard. Laurelwood Activity Room

Thursday August 6<sup>th</sup>:

9:00am – Depart for shopping and banking rescue

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Circuit Training. Exercise Room

11:30am-2:00pm – **\*Resident Summer Picnic at the Hahnemann Club.** Enjoy music with George Hogan's country duo. No meal points used to attend. Buses will make a continuous loop from the Highlands' main entrance to the Hahnemann Club starting at 11:30am. Hope you can join us!

1:00pm – Tai Chi for Seniors with Robin Gallagher. Fitness Room

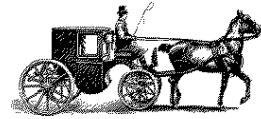
2:30pm – Presentation: *A Look Inside Iran 2015* with guest speaker Deborah Shea Doyle. Debbie will talk about her recent trip to Iran with the World Affairs Committee. She received a Master of Arts in Teaching at Cornell University and taught history at Pittsford Sutherland High School for many years. Community Center

3:00pm – Blood Pressure Screening. Club Room



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**Friday August 7<sup>th</sup>:**



9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:00am – \*Depart for the Walnut Hill Farm Driving Competition. Enjoy an international celebration in a 19<sup>th</sup> century country fair setting. Admission fee is \$10.00 and will be collected on the bus. Walking on uneven ground is required. Return approx. 12:00pm

10:15am – Fitness Class with Robin Gallagher. Fitness Room

11:15am – **The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals: *Political Assassinations*.** Music Room

No Worship Service with Chaplain Jim Grobe today

1:00pm – Catholic Mass with volunteers from St. Louis Church. Community Center

1:00pm-2:30pm – Open Swim with Robin Gallagher. Pool

2:30pm – **Music Mixer, live entertainment with Rhythm Aces Duo, vocals and clarinet.**  
Community Center

**Saturday August 8<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

11:00am – \*Pathway to Pittsford Errand Bus departs for Pittsford Plaza and Pittsford Library. The bus departs from the Highlands every hour until the last departure at 3:00pm.

**Sunday August 9<sup>th</sup>:**

10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activity Room

1:30pm – Casual Bridge Game. All are welcome to join. Social Room

2:30pm – Movie: Lincoln (2012) with Daniel Day-Lewis. Community Center

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**Monday August 10<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

12:00pm – **\*Hot Dog and Corn Roast Luncheon in the Bistro. No fee to attend. Due to popularity, two luncheons will be available, August 10<sup>th</sup> and 17<sup>th</sup>, please sign up in the Program Book for only one luncheon.**



1:00pm – Euchre Group. Social Room

1:00pm – **\*Somatic Meditation with Christy Smith. Meditation Room**

No Open Swim today. Pool is open, just need a buddy.

3:00pm – National Geographic Documentary DVD: *Inside the Vatican*. For nearly 2,000 years, the Vatican has managed to remain mostly unchanged spiritually and physically. Enjoy a behind-the-scenes peek into the inner workings of the Vatican with access into the private chapels and papal quarters. Community Center

**Tuesday August 11<sup>th</sup>:**

No Water Fitness today

9:00am – Depart for shopping and banking

10:00am–Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Circuit Training-on your own. Exercise Room

11:00am-12:00pm – Computer help by appointment. Assistance is available for email, internet and Microsoft programs. Please call Margaret ext. 287 to set up an appointment.

No Nordic Walking today

No Bible Study with Chaplain Jim Grobe today

2:00pm – University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 16. Community Center

7:00pm – Game Night! Games are provided or bring your favorite game to share! Music Room



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**Wednesday August 12<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

No Open Swim today. Pool is open, just need a buddy.

**1:30pm – \*Depart for a Bus Tour of the University of Rochester’s Grounds off University Avenue (Memorial Art Gallery grounds) with tour guide Susan Nurse. Due to popularity, two identical bus tours will be offered on August 12<sup>th</sup> and 19<sup>th</sup>. Please sign up for only one tour. Return approx. 4:00pm**

2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate in the chorus. Music Room

No Happy Hour today, join us on Friday, August 14<sup>th</sup> for Happy Hour and live music!

**Thursday August 13<sup>th</sup>:**

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

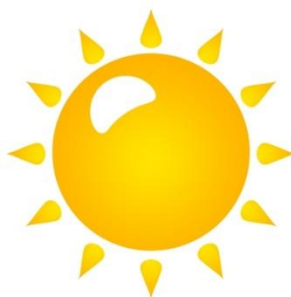
**10:00am – \*Lunch and shopping in East Aurora. Enjoy lunch at The Roycroft Inn followed by shopping on Main Street. Stores include the famous Vidler’s 5&10 variety store, The Dress Shop and The Woolly Lamb, a true knitter’s destination. Walking is required. Return approx. 4:45pm**

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Circuit Training. Exercise Room

No Tai Chi for Seniors today

3:00pm – Blood Pressure Screening. Club Room



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**Friday August 14<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

11:15am – **The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals: *Mysteries of the Romanov Family*. Music Room**

No Open Swim today. Pool is open, just need a buddy.

1:15pm – Inspirational Hymns with Chaplain Jim Grobe. Laurelwood Activity Room

**2:00pm – Resident Meeting. Community Center**

3:00pm – Book Discussion Group. All are welcome to join. Dining Room

**3:00pm-5:00pm – Happy Hour: drink specials, appetizers and live entrainment with Seth Sealfon’s Jazz Duo. Highlands’ Pub and Music Room**

**6:30pm – Gateway Music Festival artists perform classical music. Community Center**

**Saturday August 15<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

1:30pm – Visit with the guide dogs from “Guiding Eyes for the Blind” Laurelwood Gallery

**Sunday August 16<sup>th</sup>:**

10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activity Room

11:00am – “What Do You Know” card game. Laurelwood Activity Room

2:30pm – Movie: Up in the Air (2009) with George Clooney. Community Center



Picture: Resident Council’s Vice Chairperson Bob Peck cuts the ribbon at the Cottage Pergola Dedication Party.

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**Monday August 17<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room



12:00pm – \*Hot Dog and Corn Roast Luncheon in the Bistro. No fee to attend. Due to popularity, two luncheons will be available, August 10<sup>th</sup> and 17<sup>th</sup>, please sign up in the Program Book for only one luncheon.

1:00pm – Euchre Group. Social Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:00pm – University of Rochester Lecture: *Anxious Wealth: The Rise of China's New Rich* with Dr. John Osburg, Assistant Professor, Dept. of Anthropology. This lecture examines the rise of the entrepreneurs and government officials that have prospered as a result of China's dramatic economic growth over the past three and a half decades. John will discuss their backgrounds, values, aspirations, and their possible effect on China's government and economy. As they and their families begin to emigrate overseas in ever greater numbers, China's new rich have the potential to impact societies and economies around the world. John is author of *Anxious Wealth: Money and Morality among China's New Rich*, a book that examines the rise of elite networks in China and documents the changing values, lifestyles, and consumption habits. Community Center

3:30pm – Presentation: *A Taste of Southern Africa* with Joan Steinmetz, daughter of resident Thelma Hammerton. Joan will talk about her recent trip to Zambia, Zimbabwe, and Botswana with family to visit her daughter who is currently serving in the US Peace Corps as a Community Health volunteer in Zambia. Joan will show pictures of Victoria Falls and the safari in Botswana. She will also talk about the Peace Corps and show pictures from her daughter's current home. Community Center

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**Tuesday August 18<sup>th</sup>:**

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

**10:00am – \*Gentle Yoga with Eva Kane. Fitness Room**

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Computer help by appointment. Assistance is available for email, internet and Microsoft programs. Please call Margaret ext. 287 to set up an appointment.

11:00am-12:00pm – Circuit Training. Exercise Room

No Bible Study with Chaplain Jim Grobe today

1:00pm – Nordic Walking with Robin Gallagher. Meet in the Wellness Center

**2:00pm – University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 16. Community Center**

**7:00pm – \*Depart for an evening ride and stop for ice cream at The Cowlick in Macedon. Return at approx. 8:30pm**

**Wednesday August 19<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

**1:30pm – \*Depart for a Bus Tour of the University of Rochester's Grounds off University Avenue (Memorial Art Gallery grounds) with tour guide Susan Nurse. Due to popularity, two identical bus tours will be offered on August 12<sup>th</sup> and 19<sup>th</sup>. Please sign up for only one tour. Return approx. 4:00pm**

2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate in the chorus. Community Center

4:30pm-6:00pm – Happy Hour: drink specials and appetizers. Highlands' Pub

**7:00pm – Evening music with Melody Masters Big Band. A lively fifteen member group performing music from the big band era. Community Center**



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### Thursday August 20<sup>th</sup>:

- 9:00am – Depart for shopping and banking
- 9:30am – \*Depart for a day of Shopping with a stop for lunch at Trata. Stores include Different Point of View in Pittsford, Panache Consignment Shop in Brighton, and Parkleigh on Park Avenue. Return approx. 3:30pm
- 10:00am – Depart for shopping and banking
- 11:00am – Fitness Video. Fitness Room
- 11:00am-12:00pm – Circuit Training. Exercise Room
- 1:00pm – Tai Chi for Seniors with Robin Gallagher. Fitness Room
- 2:00pm – Informational Presentation on the Guiding Eyes for the Blind organization with guest speaker Pam Boy. Guiding Eyes trains & places guide dogs all over our area.  
Laurelwood Activity Room
- 3:00pm – Blood Pressure Screening. Club Room

### Friday August 21<sup>st</sup>: National Senior Citizens' Day

- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 11:15am – **The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals: *Forensics of Genocide*. Music Room**
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 1:00pm – \*Depart for Shopping at Victor Commons. Stores include Wal-Mart, HomeGoods, Kohl's, and PetSmart. Return approx. 4:00pm
- 1:15pm – Worship Service with Chaplain Jim Grobe. Laurelwood Activity Room
- 2:30pm – Music Mixer, live entertainment with Karen LaBella, guitar and vocals.  
Laurelwood Activity Room
- 6:30pm – Evening music with BJ Hughes, vocals and piano. Laurelwood Gallery

### Saturday August 22<sup>nd</sup>:

- 10:30am – Tai Chi Class. Fitness Room
- 11:00am – \*Pathway to Pittsford Errand Bus departs to Pittsford Plaza and Pittsford Library.  
The bus departs from the Highlands every hour until the last departure at 3:00pm.

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance. The sign up book is located beneath the digital sign.

**Sunday August 23<sup>rd</sup>:**

10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activity Room

1:30pm – Casual Bridge Game. All are welcome to join. Social Room

2:30pm – Movie: Danny Collins (2015) with Al Pacino. Community Center

**Monday August 24<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

1:00pm – Euchre Group. Social Room

1:00pm – **\*Somatic Meditation with Christy Smith. Meditation Room**

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:30pm – **Presentation: *Exciting Developments at the Memorial Art Gallery (MAG)* with guest speaker Jonathan Binstock, Director of MAG. Jonathan will speak about his vision for the future of the gallery. Before serving as the MAG's Director, Binstock was the senior vice president and senior advisor in modern and contemporary art for Citi Private Bank's Art Advisory & Finance group in NYC.**

7:00pm – **Movie Night: Woman in Gold (2015) with Helen Mirren. Community Center**

**Tuesday August 25<sup>th</sup>:**

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am & 10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Computer help by appointment. Assistance is available for email, internet and Microsoft programs. Please call Margaret ext. 287.

11:00am-12:00pm – Circuit Training. Exercise Room

1:00pm – Nordic Walking with Robin Gallagher. Meet in the Wellness Center

1:15pm – Bible Study with Chaplain Grobe. Laurelwood Activity Room

2:00pm – **University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 16. Community Center**

7:00pm – **Game Night! Games are provided or bring your favorite game to share! Music Room**

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**Wednesday August 26<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

11:15am – **\*Visit to Conesus Lake and lunch by the water. No fee to attend. Return approx.**

**3:30pm**

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate in the chorus. Community Center

4:30pm-6:00pm – Happy Hour: drink specials and appetizers. Highlands' Pub

**Thursday August 27<sup>th</sup>:**

9:00am – Downtown Buffalo, NY Bus Tour with tour guide Joel Dombrowski of Buffalo History Tours. Enjoy a one hour bus tour of the city including information about the city's history, Erie Canal, and buildings with some stops. Followed by the tour, lunch will be held at the Lafayette hotel. Reservations were made in advance. Return approx. 2:45pm

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

11:00am-12:00pm – Circuit Training. Exercise Room

1:00pm – Tai Chi for Seniors with Robin Gallagher. Fitness Room

3:00pm – Blood Pressure Screening. Club Room



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**Friday August 28<sup>th</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

11:00am – Pre-Shabbat service with Rabbi Yitzi Hein, of Chabad-Lubavitch of Pittsford for prayer, friendship, and reflection. Laurelwood Parlor

**11:15am – The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals: *The Nazis and the Witch of Buchenwald*. Music Room**

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

1:15pm – Worship Service with Chaplain Jim Grobe. Laurelwood Activity Room

**2:30pm – Music Mixer and summer party, live entertainment with Julie Hall playing the steel drums. Community Center**

**Saturday August 29<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

10:45am – Trivia. Laurelwood Activity Room

**Sunday August 30<sup>th</sup>:**

10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activity Room

1:30pm – Dominoes. Laurelwood Activity Room

2:30pm – Movie: The Second Best Exotic Marigold Hotel (2015) with Judi Dench. Community Center



Picture: Residents Dr. Ted and Joanne VanZandt celebrating Flag Day!

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**Monday August 31<sup>st</sup>:**

9:00am – Fitness Class with Robin Gallagher. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. Fitness Room

11:15am – **Cultural Programming Meeting. Music Room**

1:00pm – Euchre Group. Social Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:00pm – **University of Rochester Lecture: *Rochester NY: Music City USA?* with Joseph Hanson, instructor at the University of Rochester's College Music Department. Most people consider Nashville, TN to be America's "music city," but did you know that the economic impact of music and the arts is stronger right here in Rochester, NY? Join us as we explore the fascinating history of both classical and popular music in our hometown-- America's first music city. Along the way, we'll bump into George Gershwin and Cab Calloway, hear about the magnificent (and sadly extinct) Corinthian Hall, and perhaps meet a few little-known heroes from Rochester's musical past. We'll also discuss Rochester's musical future and exciting new developments in our city's cultural organizations, including the RPO and Eastman School. Community Center**



Picture: Residents working in the community garden: Emily Castner, Betty Fisher, Bill Burleigh and Nancy Robbins.

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University of Rochester Lecture and Course Descriptions:

The Pride of Salinas, California: The Life and times, and the Writings of John E. Steinbeck  
Tuesday, August 4<sup>th</sup> – September 15<sup>th</sup> at 2:00pm

Join us for the fourth course offering in the series: Great American Writers who were Awarded the Nobel Prize for Literature offered by Rufino Pabico, MD. In this course, Dr. Pabico will review John Steinbeck's life including his early years, career, and his legacy. Five lectures will be allotted to a sampling of John Steinbeck's writings including *The Long Valley*, *The Red Pony*, *Tortilla Flat*, *Of Mice and Men*, *The Grapes of Wrath*, and *Travels with Charley: In Search of America*.

Rufino Pabico, MD was the medical director of the Nephrology Clinical Laboratory and the Nephrology Transplantation Program, as well as the Associate Chief of the Nephrology Unit at the University of Rochester Medical Center. Upon retirement, Dr. Pabico has pursued his life-long interests in Humanities, specifically Literature and History. He continues to participate in the activities of the Division of Medical Humanities and the History of Medicine Programs at URMC. Dr. Pabico has been happily married for over 40 years and has two daughters and two grandsons.

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