



# Cultural and Educational Program Calendar

# December 2016

















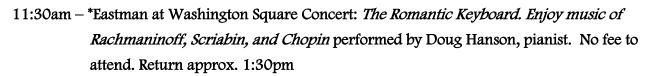
#### Thursday, December 1st:

9:00am – Water Fitness. Pool

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

10:30am~12:00pm – Circuit Training. Exercise Room

11:00am – Fitness Video. Fitness Room



1:00pm – \*Gentle Chair Yoga with instructor Eva Kane. Fitness Room

2:00pm – Presentation: *Meet the Pipe Organ* with Don Hall. With pictures, learn how the king of instruments works, including sections on the pipes, how they are controlled, where the air comes from, what a "stop" is, console and case design. Community Center

2:00pm – Blood Pressure Screenings. Club Room

3:00pm – Join us for the annual trimming of the Highlands Christmas tree. Hot chocolate and cookies will be served. Outside the Community Center

#### Friday, December 2<sup>nd</sup>:

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

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

11:15am – \*Tech Time with facilitator Cory White, IT Technician. Discussion topic: *Daniel Jones'*Tech Terms Presentations. Tech Time is a twice occurring monthly meeting for residents to share ideas, information and questions about technology. Bring your curiosity, ideas and open mind. Media Center

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

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

1:00pm – Pause for Peace Interfaith Worship Service with Chaplain Jim Grobe. Music Room

2:30pm – Music Mixer, live entertainment with Gary Scott, piano. Laurelwood Gallery

3:30pm – Current Events Club. Are you interested in discussing current issues of the day, expressing your opinions, and being exposed to the ideas of your fellow residents? Community Center

#### Saturday, December 3rd:

9:30am – \*Depart for the Crafts for a Cause Holiday Craft Show at the Eastside Family YMCA. The fair has approx. 70+ vendors and vendor's booth fees benefit the Y's annual campaign. The event is free. Return approx. 12:30pm

10:30am – Tai Chi Class with Dr. Kathy Gill. Fitness Room

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

2:30pm – Musical Saturday, Movie Matinee: Pal Joey (1957) with Frank Sinatra. Music Room

#### Sunday, December 4th:

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

1:30pm – Game: Cookie Bingo. Laurelwood Activity Room

2:30pm – Movie: Secret Life of Bees (2008) with Dakota Fanning. Community Center

#### Monday, December 5th:

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

10:00am – \*Monthly Kitchen Tour. Tour is approx. 30 minutes long. Space is limited; please sign up in the Program Book. Meet outside Lilac Shop

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 – \*Join us in decorating gingerbread houses. Show off your creativity! Bistro

3:00pm – Sing-a-long with Music Therapy Students from Nazareth College. They will share their musical talents with us, come to participate or listen. Laurelwood Gallery

- 4:00pm \*"UR" Always Learning lecture titled: *Mechanics and Optics in Antiquity* with John Lambropoulos, Professor of Mechanical Engineering and of Materials Science. Please see page 15 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm.
- 6:45pm Depart for the Penfield Symphony Concert: *Jazz Holidays*. Please note tickets and transportation arrangements were made in advance. Return approx. 9:30pm

#### Tuesday, December 6th:

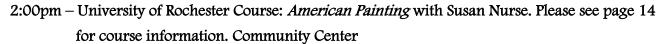
9:00am – Water Fitness with Robin Gallagher. Pool

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

10:30am~12:00pm – Circuit Training. Exercise Room

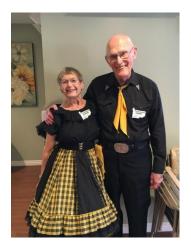
11:00am – Fitness Video. Fitness Room

1:15pm – Bible Study with Chaplain Jim Grobe. Laurelwood Gallery



- 4:45pm \*Depart for The Town of Pittsford's Candlelight Night. An annual holiday celebration featuing live music, carolers, and visits with Santa. Explore the village of Pittsford and shop! Walking is required. Two possible return departure times: 6:00pm and 6:30pm.
- 6:15pm Depart for the concert: Yo Yo Ma. Please note tickets were purchased in advance. Return approx. 10:00pm

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







Picture: Square Dancing (left to right): Jeanne and Harry Carley, Jeanette Corea, Ange Sorbello, and Jane and Vern Mize.

#### Wednesday, December 7th:

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

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

12:00pm – \*Depart for The Pittsford Highlands chorus performance at the Pittsford Senior Center.

Transportation will be provided for singers only. Return approx. 1:30pm

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

1:30pm – Sing-a-long with Music Therapy Students from Nazareth College will share their musical talents with us, come to participate or listen. Laurelwood Gallery

No Pittsford Highlands Chorus practice today

2:00pm – Fine Dining Food Forum. Seneca Dining Room

3:45pm - Visit with Lovie, a friendly German Shepard. Laurelwood Parlor

4:00pm - \*"UR" Always Learning lecture titled: *Capturing Mexico's Cultural Landscapes Insiders/Outsiders* with Claudia Schaefer, Professor of Spanish and Comparative Literature. Please see page 15 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm.

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

7:00pm – Evening Music with Roc City Singers. Community Center

#### Thursday, December 8th:

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

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

10:30am~12:00pm – Circuit Training. Exercise Room

11:00am – Fitness Video. Fitness Room

- 11:30am \*Depart for lunch at Mickey Finn's. All are invited to join the weekly Mickey Finn's group for a holiday celebration. Lunch includes a pre-selected soup and sandwich with your choice of side and coffee for \$10 plus tip, paid at the restaurant. Return approx. 2:00pm
- 1:00pm Knitting Group. Bring your own supplies; yarn is available for charity knitting. Music Room
- 2:00pm \*Informational Presentation: *Caption Phone* with Douglas Braun from ClearCaptions. A caption phone shows the phone conversation on the screen (like TV) it features an amplified handset, speaker phone, and large text and buttons. To qualify for a free ClearCaptions phone individuals must have hearing loss, a phone line, and internet access. The service is funded through the Americans with Disabilities Act of 1990 (Title IV). Community Center

#### Friday, December 9th:

No Fitness Classes with Robin Gallagher Today

10:15am – Fitness Video. Fitness Room

No Open Swim Today, pool is open, just need a buddy.

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

3:30pm – Annual Resident and Employee Holiday Party including the presentation of the Employee Appreciation Fund checks in the Community Center followed by a buffet style dinner.

#### Saturday, December 10th:

10:30am – Tai Chi Class with Dr. Kathy Gill. Fitness Room

2:30pm – Musical Saturday, Movie Matinee: The Music Man (1962) with Shirley Jones and Robert Preston. **Music Room** 

3:15pm – Afternoon Connection: History of the Nutcracker Story. Hearth Room

#### Sunday, December 11th:

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

1:15pm – Depart for the Rochester Philharmonic Orchestra Concert: *Handel's Messiah*. Please note transportation arrangements were made in advance. Return approx. 4:30pm

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

2:30pm - Movie: Local Hero (1983) with Burt Lancaster. Community Center

#### Monday, December 12th:

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

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

11:15am – Cultural Programming Meeting. All are welcome to join to discuss programming suggestions. Music Room

1:00pm – Euchre Group. Social Room

1:00pm~2:00pm – Open swim with Robin Gallagher. Pool

2:00pm - Monthly Resident Meeting. Community Center

3:30pm – Winter Social, enjoy hot chocolate and trivia with your neighbors. Music Room

6:45pm – Evening Music with Rochester Rhapsody Choir. Community Center



#### Tuesday, December 13th:

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

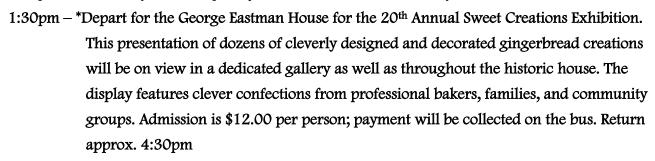
9:00am & 10:00am – Depart for shopping and banking

10:30am~12:00pm – Circuit Training. Exercise Room

11:00am – Fitness Video. Fitness Room

1:00pm – Walking Club. Meet in the Wellness Center

1:15pm – Bible Study with Chaplain Jim Grobe. Laurelwood Gallery



2:00pm - \*One on One meetings with Chaplain Jim Grobe. Please sign up in Program Book and he will contact you to schedule a date and time.

6:45pm~8:00pm – Join us for *The Evening Exchange*: A time to gather together to share ideas, play some games, view a Ted Talk, or more. The perfect way to end your day! Music Room

#### Wednesday, December 14th:

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

1:00pm - \*Alzheimer's Support Group for caregivers facilitated by Alzheimer's Association staff and volunteers. The group provides updated information, emotional support, and problem solving as related to the challenges of giving care to those living with Alzheimer's disease or other dementia. Seneca Dining Room

No Pittsford Highlands chorus practice today

2:00pm – Pittsford Highlands Chorus presents their Holiday Concert. This chorus is comprised of Highlands' residents and Pittsford community members. Community Center

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



#### Thursday, December 15th:

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

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

10:00am-2:00pm – \*Parkinson Café, a program designed to provide social, cultural and intellectual interaction for people with Parkinson's disease and their care partners. No fee to attend, bring your own lunch. Located at the Hahnemann Club, please request transportation.

10:15am –\*Depart for Christmas Caroling at the Highlands Living Center to spread some goodwill and cheer to our friends on campus with guitarist Karen LaBella leading the way. Music lyrics will be provided. Return at approx. 12:00pm

10:30am~12:00pm - Circuit Training. Exercise Room

11:00am – Fitness Video. Fitness Room

11:00am – Pray the Rosary with volunteers from St. Louis Church. Music Room

1:00pm – \*Gentle Chair Yoga with Eva Kane. Fitness Room

2:00pm – Presentation: *TrumpNation: What The Election Results Mean* with guest speaker and Trump biographer David Cay Johnston, author of The Making of Donald Trump.

Community Center

2:00pm – Blood Pressure Screenings. Club Room

#### Friday, December 16th:

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

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

11:15am – \*Tech Time with facilitator Cory White, IT Technician. Discussion topic: *Microsoft Office* and other productivity systems (Google Docs/Drive, Numbers/Pages, Open Office, Libre Office). Tech Time is a twice occurring monthly meeting for residents to share ideas, information and questions about technology. Bring your curiosity, ideas and open mind. Media Center

1:00pm~2:00pm – Open swim with Robin Gallagher. Pool

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

2:30pm – Music Mixer, live entertainment with Brad Batz Jazz Duo. Laurelwood Gallery

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

7:15pm – Depart for a POPS concert: *Gala Holiday Pops*. Please note tickets were purchased in advance. Return approx. 10:30pm

#### Saturday, December 17th:

10:30am – Tai Chi Class Dr. Kathy Gill. 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.

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

2:00pm – Afternoon music with jerry Warren, Christmas show. Laurelwood Gallery

2:30pm – Musical Saturday, Movie Matinee: The Court Jester (1955) with Danny Kaye. Music Room

#### Sunday, December 18th:

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

2:00pm – Kate Bohonas Piano Studio winter recital, piano performances by students of ages. Community Center

2:30pm – Movie: Waking Ned Devine (1998) with Ian Bannen. Music Room

#### Monday, December 19th:

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

1:00pm – Euchre Group. Social Room



- 2:00pm University of Rochester lecture: *Male and Female Differences in Behavior and Disease: We know they exist, but what do they mean?* with Renee Miller, PhD, faculty in Brain and Cognitive Sciences. We are all aware of the many morphological, behavioral, and health-related differences that exist between male and female members of all species. This talk will discuss what some of those differences are, why they persist, how they arise, and what they mean for us in terms of health and disease. The talk will span animal and human research. Community Center
- 6:15pm \*Depart for a Christmas Lights Evening Ride (Group 1) to see festive outdoor holiday decorations. Please sign up in the program book for Group 1. Return at approx. 7:15pm
- 7:45pm \*Depart for a Christmas Lights Evening Ride (Group 2) to see festive outdoor holiday decorations. Please sign up in the program book for Group 2. Return at Approx. 8:45pm

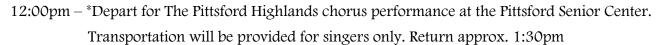
#### Tuesday, December 20th: First Day of Winter

No Water Fitness with Robin Gallagher Today

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

10:30am~12:00pm - Circuit Training~ON YOUR OWN. Exercise Room

11:00am – Fitness Video. Fitness Room



1:15pm – Bible Study with Chaplain Jim Grobe. Laurelwood Gallery

2:00pm – University of Rochester Course: *Introduction to Chinese Culture and Language* with Ting Huang, PhD Candidate and Senior Lecturer in Chinese Language. Please see page 14 for course information. Community Center

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

#### Wednesday, December 21st:

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

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

12:30pm – \*Depart for The Pittsford Highlands chorus performance at Monroe Golf Club.

Transportation will be provided for singers only. Return approx. 2:30pm

1:00pm~2:00pm – Open swim with Robin Gallagher. Pool

No Pittsford Highlands chorus practice today

2:00pm – \*Cookie Decorating Class with Highlands' Bakery Chef Laura Gilbert. Participants are welcome to take home their creations. Community Center

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

#### Thursday, December 22<sup>nd</sup>:

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

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

10:30am~12:00pm – Circuit Training. Exercise Room

11:00am – Fitness Video, Fitness Room

11:15am – \*Lunch and Shopping! Enjoy lunch at Root 31, menu includes soup and sandwiches, followed by shopping at A Different Point of View, Parkleigh, and Stever's Candies.

Finish up your holiday shopping and find great hostess gifts! Return approx. 4:00pm



#### Friday, December 23rd:

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

1:15pm – Christmas Worship Service with Chaplain Jim Grobe. Laurelwood Gallery

2:30pm – Music Mixer, live entertainment with Top Brass Duo, American Song Book. Community Center

### Saturday, December 24th: Christmas Eve and Hanukkah begin at sunset



No Tai Chi Class with Dr. Kathy Gill Today

1:30pm – Mystery Christmas Eve Bingo. Laurelwood Activity Room

2:30pm – Musical Saturday, Movie Matinee: White Christmas (1954) with Bing Crosby. Community Center

#### Sunday, December 25th: Christmas



No Communion Service with volunteers from St. Louis Church today

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

7:00pm – Movie: A Christmas Story (1983) with Peter Billingsley. Community Center

#### Monday, December 26th: Kwanzaa Begins

No Fitness Classes with Robin Gallagher Today

No Open Swim Today, pool is open, just need a buddy

1:00pm – Euchre Group. Social Room

7:00pm – Movie: Miracle on 34th Street (1947) with Edmund Gwenn. Community Center



#### Tuesday, December 27th:

No Water Fitness with Robin Gallagher Today

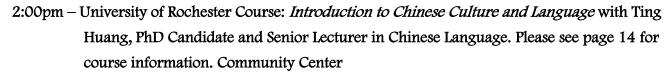
9:00am & 10:00am – Depart for shopping and banking

10:30am~12:00pm - Circuit Training~ON YOUR OWN. Exercise Room

11:00am – Fitness Video. Fitness Room

1:15pm – Bible Study with Chaplain Jim Grobe. Laurelwood Gallery

2:00pm – Prayer Service with Chaplain Jim Grobe. Music Room



6:45pm-8:00pm – Join us for *The Evening Exchange*. A time to gather together to share ideas, play some games, view a Ted Talk, or more. The perfect way to end your day! Music Room

#### Wednesday, December 28th:

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

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

11:00am – Hanukkah celebration and lighting of the Menorah with Rabbi Yitzi Hein. Light refreshments will be served. Laurelwood Activity Room

1:00pm~2:00pm – Open swim with Robin Gallagher. Pool

1:00pm – \*Shopping at Victor Crossings Plaza. Store selection includes: Dollar Store, HomeGoods, Wal-Mart, Kohl's, and PetSmart. Return approx. 4:00pm

No Pittsford Highlands chorus practice today

2:30pm – Hanukkah celebration with musician Susan Krasner, vocals and keyboard. Laurelwood Gallery

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

6:30pm – Evening Music with Joe Miltsh, keyboard and vocals. Laurelwood Gallery





#### Thursday, December 29th:

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

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

10:30am~12:00pm – Circuit Training. Exercise Room

11:00am – Fitness Video. Fitness Room

2:00pm – Presentation: *The Kennedy Family* with Michael Ahern. Michael is an American History teacher at Brighton High School. Community Center

#### Friday, December 30th:

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

1:15pm – Christmas Stories with Chaplain Jim Grobe. Laurelwood Gallery

2:30pm – Music Mixer, live entertainment with Dick Mazzatti, instrumental and vocals. Laurelwood Gallery

#### Saturday, December 31st: New Year's Eve

10:30am - Tai Chi Class. Fitness Room

2:30pm – Musical Saturday, Movie Matinee: Can Can (1960) with Frank Sinatra. Music Room

2:30pm – New Year's Eve Afternoon Celebration with live entertainment. Laurelwood Gallery

6:00pm-8:30pm - New Year's Eve Party with music by Patti Louis' Swing Band. Enjoy dessert and a

New Year's countdown at 8:00pm. Highlands' Pub and Community Center







Picture: Halloween Party (left to right): Bob and Jean Campbell, Pope Jamesson, Mary Kay Kidd, Nancy Robbins, Jeanne Carley, Ann Nealon, and Karen and Ted Moore, and Mary Jane Henderson.

#### **University of Rochester Course:**

#### American Painting

#### Tuesdays, November 8th –December 6th, 2:00pm~3:00pm

Join Susan for a 5 week course discussing Colonial Folk Art, Colonial trained Artists such as Copley and Benjamin West, the New Nation, including Gilbert Stuart, John Trumbull, John Vanderlyn, The Peale Family, and Hudson River Landscapists Thomas Cole, Ashur B. Durand, and Frederick Church.

Susan Nurse was the Visual Resources Coordinator at the Memorial Art Gallery (MAG) for 17 years. At the MAG she coordinated the Slide and Digital Image Library. She also managed Library and Archival Photography. She has a Masters in Art History from the University of Buffalo. Susan is also a lecturer at the Gallery's Creative Workshop and RIT Osher Center.

#### <u>Introduction to Chinese Culture and Language</u> Tuesdays, December 20<sup>th</sup> – January 10<sup>th</sup>

This lecture focuses on introduction to Chinese culture and language. The four lectures introduce basic cultural concepts in China, Chinese language, basic structures, and the writing system of Mandarin Chinese. Emphasis will be on developing basic understanding of China, basic understanding of Chinese language as well as building a foundation for future Chinese learning. Topics include: Chinese school of thoughts (Confucianism, Buddhism, and Taoism), classical and popular novels, and classical work.

- 1. Chinese popular culture (contemporary dynastic dramas). Chinese holidays
- 2. Introduction to Chinese language.
- 3. Daily Chinese phrases and sentences: greeting, time, and family

Ting Huang, PhD Candidate and Senior Lecturer in Chinese Language at the University of Rochester. Ting has taught Chinese language courses at all levels in college for 12 years including eight years of full-time teaching. He has also taught college-level Chinese language and writing courses to native Chinese speakers, and graduate methods for teachers, K-12 language courses, and other language classes in the US and China, most of which were taught independently. Chinese is Ting's Native language; he speaks standard Mandarin, native Wu dialect and has advanced skills in classical and modern Chinese.





Picture: Halloween Party (left to right): Lois Gibson, Jean Marritt, staff photo, and Chris Braunschweiger.

#### "UR" Always Learning Lecture:

## Mechanics and Optics in Antiquity Monday, December 5th, 4:00 pm-5:00 pm

In this talk, Mr. Lambropoulos will discuss two parallel tracks; the development of our human understanding of mechanics and of optics. The primary course materials are literary sources, in translation, supplemented with a modern discussion of mechanics and optics. The historical period cover developments from around 500 BCE to the work of Isaac Newton. The discussion of optics and mechanics concentrates contributions of three great cultures and their parallel intellectual developments: Greek, Islamic, and Chinese. What is most remarkable is the role that experiments have or have not played in our understanding, and how different cultures have placed a vastly different emphasis on the purely intellectual and philosophical development of mechanics and optics as opposed to or supplemented by the practical understanding promoted by experimentation and measurement.

John Lambropoulos Professor of Mechanical Engineering and of Materials Science; Director, Materials Science Program. Senior Scientist in the Laboratory for Laser Energetics; Department Chair of Materials Science Program

#### <u>Capturing Mexico's Cultural Landscapes Insiders/Outsiders</u> Wednesday, December 7<sup>th</sup>, 4:00 pm~5:00 pm

Across the nineteenth and early twentieth centuries, Mexico's close proximity to the United States allowed for easy access to the geography and people of that nation, often as an escape to exotic, timeless scenes of enduring value. Photographs taken by travelers both formed an American imaginary of Mexico and then confirmed what others would find there. What might the eye of Mexican photographers see that outsiders didn't? We will look at how the focus changes as a shift in photographic images occurs in mid-century.

Claudia Schaefer, Rush Rhees Chair. Professor of Spanish and Comparative Literature; Professor of Film and Media Studies









The Highlands' Annual Fall Festival! Left to Right: Lloyd Theiss, Joan Volonte, Chris Chelini, and Bea Abrams.