

THE HIGHLANDS AT PITTSFORD



Cultural and Educational Program Calendar

July 2018



Sunday, July 1st:

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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

1:30pm – Musical Interaction with Nikhila and Nilesh Rao, featuring Indian Musical Instruments.

Laurelwood Gallery

2:30pm – Movie Matinee: *Black Panther (2018)* starring Chadwick Boseman and Michael B. Jordan.

Community Center

Monday, July 2nd:

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

10:30am – Quilting Club with Susan O’Keefe, all are welcome. Laurelwood Activities Room

No technology related classes with Crystal Rothfuss today.

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

1:00pm – Euchre Group. Social Room

2:00pm – University of Rochester Lecture: *Hopeman Carillon: 100th Anniversary World War I Songs and Bells: We Remember (Nous Souvenons)* with Doris Aman, Carillonneur and Adjunct Instructor at River Campus Music Department. The Hopeman Carillon is located on the campus of the University of Rochester. Please see page 15 for lecture information.
Community Center



Residents visiting the Farmington Friends Church: Quaker Meeting House in Farmington, NY.

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Tuesday, July 3rd:

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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – Eastman School of Music Lecture: *Composing Music in America* with David Liptak, Professor of Composition. Please see page 15 for lecture information. Community Center

4:00pm-6:00pm – Patriotic Happy Hour: drink specials, appetizers, Wear red, white, and blue! Highlands' Pub

Wednesday, July 4th: Independence Day

No Fitness Classes with Robin today.

No open swim today, but pool is open- just need a buddy.

1:00pm-3:00pm- **4th of July Cookout: Reservations must be made in advance. Call the reservation line at 641- 6374. Dining Room**

No Pittsford Highlands Chorus practice today.

Fine Dining Food Forum has been rescheduled for Wednesday July 11th.

7:00pm – Movie Matinee: *Born on the 4th of July (1989)* starring Tom Cruise. Community Center



Thursday, July 5th:

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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

*9:00am – Depart for a wine tour with lunch at Wagner's Vineyard and Fox Run Winery on Seneca Lake. Lunch options at Wagner's include soups, salads, burgers and sandwiches. Tasting fee for Wagner's is \$8.00 and Fox Run Winery is \$5.00. Tasting fees will be collected on the bus if you choose to taste. Some walking and standing is required. Minimum of 6 participants. Return approx. 3:00pm

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

2:00pm – Blood Pressure Screening. Club Room



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Friday, July 6th:

No Walking tall, Balance & Strength Class with Mark Strivings today.

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

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

No technology related classes with Crystal Rothfuss today.

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

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

1:15pm – Pause for Peace Interfaith Worship Service with Chaplain Steve Petrovich. Music Room

2:30pm – Music Mixer, live entertainment with Standard Time featuring keyboard and saxophone.

Community Center

**Saturday, July 7th:**

10:30am – Tai Chi Class. Fitness Room

1:30pm – Travelogue Presentation: Featuring *Guatemala, Tunisia, Morocco, Sarajevo, and Dubrovnik* with Alice Swett, Director of Global Programs at the United Religions Initiative located in San Francisco, California. Alice is the daughter of a former HAP resident. She is excited to visit and share her travels for her job. Please see page 16 for lecture information. Community Center

2:30pm – Saturday Musical Matinee: *Barnum (1986)* starring Michael Crawford. Music Room

Sunday, July 8th:

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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

2:30pm – Movie Matinee: *The Godfather (1972)* starring Marlon Brando and Al Pacino. Community Center



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Monday, July 9th:

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

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

10:30am – Quilting Club with Susan O’Keefe, all are welcome. Laurelwood Activities Room

***11:00am – Computer Class: *Intro to Microsoft Excel. Navigation and Toolbars.* Media Room**

1:00pm – Euchre Group. Social Room

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

2:00pm – 4 Part Lecture Series: *Unpacking America’s Forgotten War, highlighting the Korean War and its lasting Legacy* with Michael Ahern, American history teacher at Brighton High School. Michael will also be touching on the US Cold War Policy and MacArthur & Truman. Please see page 16 for speaker information. Community Center

Tuesday, July 10th:

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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

***11:00am – Depart for a picnic lunch at Perinton Park with optional walk on the canal. No fee to attend. Space is limited. Minimum of 6 participants. Return approx. 3:30pm**

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery



Resident Marlys Whitcomb displaying her beautiful work at the Highlands Quilt Show.

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Wednesday, July 11th:

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

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

***11:30am – Depart for Finger Lakes Gaming and Race Track. Enjoy lunch at the Vineyard Buffet, slot machines, and horse racing. Minimum of 6 participants. No fee to attend. Walking is required. Return Approx. 3:00pm**

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

2:00pm – Fine Dining Food Forum. Community Center

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

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

Thursday, July 12th:

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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

**12:45pm – Depart for the Jewish Community Center Film Festival showing of *A Bag of Marbles*.
Advanced registration is required. Return approx. 4:00pm**

1:00pm-2:00pm – Gentle Chair Yoga with Eva Kane. Fitness Room



Residents enjoying music performed by a Park Road Elementary School's chorus.

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Friday, July 13th:

9:00am – Walking tall, Balance & Strength Class with Mark Strivings. Fitness Room

9:00am – Fitness Class with Glenda Senior. Hahnemann Club

10:15am – Fitness Class with Glenda Senior. Fitness Room

No open swim today, but pool is open- just need a buddy.

***1:00pm – Computer Class: *Intro to Microsoft Excel. Navigation and Toolbars.* Media Room**

1:15pm – Inspirational Hymns with Chaplain Steve Petrovich. Laurelwood Gallery

**2:30pm – Music Mixer, live entertainment with Hymn & Her featuring keyboard and vocals.
Laurelwood Gallery**

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

***5:45pm – Depart for Pittsford Summer Concert Series: *David Miller & the Other Sinners: Southern Soul.* Concert is located at the Port of Pittsford. Outdoor lawn chair seating available at the Pittsford Library Parking lot where there will be food vendors and the view of the canal. No fee to attend. Weather permitting. Return Approx. 9:00pm**

**Saturday, July 14th:**

9:00am-11:00am – Saturday Breakfast, Residents only. Dining Room

10:30am – Tai Chi Class. Fitness Room

***11:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema, Pittsford Community Library. The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.**

2:30pm – Saturday Musical Matinee: *Camelot (1967)* starring Richard Harris and David Hemmings. Community Center

Sunday, July 15th:

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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

2:30pm – Movie: *I Tonya (2017)* starring Margot Robbie and Sebastian Stan. Community Center

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Monday, July 16th:

- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 10:30am – Quilting Club with Susan O’Keefe, all are welcome. Laurelwood Activities Room
- *11:00am – Computer Class: *Microsoft Excel Level 1. Creating tables and formatting.* Media Room
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 1:00pm – Euchre Group. Social Room
- 2:00pm – 4 Part Lecture Series: *Unpacking America’s Forgotten War, highlighting the Korean War and its lasting Legacy* with Michael Ahern, American history teacher at Brighton High School. Michael will also be touching on the US Cold War Policy and MacArthur & Truman. Please see page 16 for speaker information. Community Center
- 3:00pm – iPhone/iPad Class with Crystal Rothfuss, IT Technician. Session will offer instruction on general maintenance and cleanup, with an open forum to follow. Topic: *Using the camera.* Please bring your devices with you. Music Room
- *3:15pm – Book Discussion Group. Book Title: *The Things They Carried* by Tim O’Brien. All are welcome. Please contact resident Janet Steiner if you plan to attend. Activities Room
- *7:00pm – Depart for Flower City Jazz Society Concert: *Joe Cavallaro's Dixieland Band* at the Radisson Hotel Airport. Tickets are \$12.00 each, pay upon arrival. Return approximately 10:00pm



Tuesday, July 17th:

- 9:00am – Water Fitness with Robin Gallagher. Pool
- 9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.
- 10:30am-12:00pm – Circuit Training. Exercise Room
- 10:30am – Functional Fitness with Maureen Keller. Fitness Room
- No Bible Study with Chaplain Steve Petrovich today.
- 2:00pm – 3 Part University of Rochester Course: *Black Holes* with Kelly Douglass, PhD., Visiting Assistant Professor in the Astronomy Department. Lectures will be held on July 17, 31, and August 7th. Please see page 15 for course information. Community Center



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Wednesday, July 18th:

- 8:00am** – Depart for the U.S. Mail Boat Cruise on Skaneateles Lake, with time for shopping in town following the cruise. Please note advance sign up is required. Return approx. 4:00pm
- 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
- 2:00pm** – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- 4:00pm-6:00pm** – Happy Hour: drink specials and appetizers. Highlands' Pub
- 7:00pm** – Evening Music with Tom Cometa featuring 40's swing. Community Center

**Thursday, July 19th:**

- 9:00am** – Water Fitness with Robin Gallagher. Pool
- 9:00am & 10:00am** – Depart for shopping and banking at Country Club Plaza. No sign up required.
- 10:30am-12:00pm** – Circuit Training. Exercise Room
- 10:30am** – Functional Fitness with Maureen Keller. Fitness Room
- 11:00am** – Pray the Rosary with volunteers from St. Louis Church. Music Room
- *12:30pm** – Depart for The First Universalist Church located in Downton Rochester. First Universalist Church of Rochester was called the “Beautiful Necessity” by its famous architect Claude Bragdon. Enjoy an orientation to the religion given by Peter, Membership Chair, followed by a tour of the building by a longtime member of the congregation. Minimum of 6 participants. No fee to attend. Return approx. 4:00pm
- 2:00pm** – Blood Pressure Screening. Club Room
- 7:00pm** – Evening piano music with resident Mark Williams. Music Room



Resident Dr. John Leddy enjoying the Hoffman Clock Museum in Newark, NY.

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Friday, July 20th:

9:00am – Walking tall, Balance & Strength Class with Mark Strivings. Fitness Room

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

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

11:00am – Tech Time with facilitator Crystal Rothfuss, IT Technician. Share ideas, information and questions about technology. *Topic: On Demand (cable TV)*. Music Room

1:00pm** – **Computer Class: *Microsoft Excel Level 1. Creating Table with Formatting. Media Room

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

1:15pm – Poems, Quotes and Songs with Chaplain Steve Petrovich, a non-religious based discussion.
Laurelwood Gallery

2:30pm – **Music Mixer, live entertainment with Dick Mazzatti Duo featuring saxophone and piano.**
Community Center

**Saturday, July 21st:**

10:30am – Tai Chi Class. Fitness Rom

1:30pm – Pet Visit with Gooch the Rottweiler. Laurelwood Front Entrance

2:30pm – Saturday Musical Matinee: *Finian's Rainbow (1968)* starring Fred Astaire and Petula Clark. Music Room

**Sunday, July 22nd:**

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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

2:30pm – Movie Matinee: *Around the World in 80 Days (2004)* starring Jackie Chan and Steve Coogan. Community Center



Residents Honoring Flag day as we raise a new flag at the Highlands.

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Monday, July 23rd:

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

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

10:30am – Quilting Club with Susan O’Keefe, all are welcome. Laurelwood Activities Room

***11:00am – Computer Class: *Microsoft Excel Level 2. Simple formulas.* Media Room**

1:00pm – Euchre Group. Social Room

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

2:00pm – 4 Part Lecture Series: *Unpacking America’s Forgotten War, highlighting the Korean War and its lasting Legacy* with Michael Ahern, American history teacher at Brighton High School. Michael will also be touching on the US Cold War Policy and MacArthur & Truman. Please see page 16 for speaker information. Community Center

7:00pm – Monday Night Movie Matinee: *Blues Brothers (1980)* starring John Belushi and Dan Aykroyd. Community Center

Tuesday, July 24th:

***8:30am –Men’s Breakfast with guest speaker Dan Cody, American Historian presenting *James Cunningham, Son & Co.* Located in Rochester, Cunningham, Son & Co. produced horse drawn carriages to automobiles from 1838 to 1977. A suggested donation of \$5.00 will be collected at the breakfast. Proceeds benefit the Shepherd Home, hospice house. Community Center**



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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

1:15pm –Worship Service with Chaplain Steve Petrovich. Laurelwood Gallery

***1:45pm – Depart for a scenic ride to Bloomfield, NY with a stop at Sharks Ice Cream. Enjoy over 20 flavors of soft/hard and sugar free ice cream. Minimum of 6 participants. Return approx. 4:00pm**

No University of Rochester Lecture: *Black Holes* with Kelly Douglass today.



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Wednesday, July 25th:

***8:30am** – Depart for East Aurora NY, for a guided tour of The Museum on the Historic Roycroft Campus, lunch at the Roycroft Inn, and shopping on Main Street. Enjoy a guided tour of The Roycroft Museum featuring the Roycroft's history and Elbert Hubbard's legacy. Museum admission is \$8.00 and will be collected on the bus. Lunch at the Roycroft Inn, featuring soups, salads and sandwiches, will be ordered off the menu. Following lunch, enjoy shopping on Main Street, including Vidlers 5& 10 Inc. Return approx. 4:00pm

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

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

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

Thursday, July 26th:

9:00am – Water Fitness with Robin Gallagher.

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

11:00am – Join Rabbi Yitzi Hein of Chabad of Pittsford for prayer, friendship, and reflection.

Laurelwood Gallery

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

***1:00pm** –Depart for Eastview Mall, Target, or Victor Crossings. Store selections include the Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Return approx. 4:00pm

2:00pm-4:00pm –Ice Cream for Alzheimer's Sale, \$2.00 sundaes. Highlands Front Entrance
(Rain/extreme heat location Highlands commons are)

2:30pm – Presentation: Casual Book talk with Ann Mckay. Laurelwood Activities Room



Roycroft Campus in East Aurora, NY.

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Friday, July 27th:

9:00am – Walking tall, Balance & Strength Class with Mark Strivings. Fitness Room

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 – **Computer Class: *Microsoft Excel Level 2. Simple formulas.* Media Room**

1:15pm – Inspirational Hymns with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – Music Mixer, live entertainment with Laura Dubin’s duo featuring jazz music on piano and drums. Community Center

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

Saturday, July 28th:

10:30am – Tai Chi Class. Fitness Rom

*11:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema and Pittsford Community Library. The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.

2:30pm – Saturday Musical Matinee: *My Fair Lady (1964)* starring Audrey Hepburn Rex Harrison and Stanley Holloway. Community Center

**Sunday, July 29th:**

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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

1:30pm – Cello Duo with Sandra Halleran and Teresa Kubiak. Community Center

2:30pm – Movie Matinee: *Quo Vadis (1951)* starring Robert Taylor and Deborah Kerr. Music Room



Residents: Mary Lou Brewer, Dr. Paul Francis, Karen Francis, Anna Koomen, June Mihalov, and Nancy Robbins exploring the Buffalo zoo.

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**Monday, July 30th:**

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

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

10:30am – Quilting Club with Susan O’Keefe, all are welcome. Laurelwood Activities Room

***11:00am – Computer Class: *Microsoft Excel Level 3. Combining tabs.* Media 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 – 4 Part Lecture Series: *Unpacking America’s Forgotten War, highlighting the Korean War and its lasting Legacy* with Michael Ahern, American history teacher at Brighton High School. Michael will also be touching on the US Cold War Policy and MacArthur & Truman. Please see page 16 for speaker information. Community Center

No Resident Meeting today. The next Resident Meeting will be held on Monday, August 13th.

***6:00pm – Depart for the Hopeman Carillon Concert at the University of Rochester. Music by Van Uft from the Netherlands and Springfield IL. This expert Carillonneur will perform a marvelous collection of European classics and Les Miserable selections. No fee to attend and walking is required. The concert is enjoyed outdoors on lawn chairs. Weather permitting. Return Approx. 9:30pm**

**Tuesday, July 31st:**

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

9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required.

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

10:30am – Functional Fitness with Maureen Keller. Fitness Room

***10:30am – Closet to the Pin Chipping Match. Come enjoy friendly competition with your neighbors on the green. Spectators welcome. Please sign up in the program book if you would like to participate in the chipping match. The match will be held on the chipping green at The Highlands at Pittsford. (Rain/Extreme heat location will be Community Center for a putting contest)**

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – 3 Part University of Rochester Course: *Black Holes* with Kelly Douglass, PhD., Visiting Assistant Professor in the Astronomy Department. Lectures will be held on July 17, 31, and August 7th. Please see page 15 for course information. Community Center

6:30pm – Evening Music with Katy Ruggiero featuring violin. Laurelwood Gallery

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University of Rochester Course Description

Hopeman Carillon: 100th Anniversary World War I Songs and Bells: We Remember
Tuesday July 2nd at 2:00pm

Learn the influence of World War I on song and how our North American carillon installations encouraged post WWI European reconstruction. The talk will include opportunities to sing along with several familiar WWI era songs we are preparing for the evening concert. Song titles may include: Over There, it's a Long Way to Tipperary, Moonlight Bay, Keep the Home Fires Burning, God Bless America. The speaker will address important bell installations in western New York and discuss how several NY carillon installations function as memorials to loved ones lost through fighting in World War I.

Doris Aman has been working to revive the Carillon Society at University of Rochester since 2008 by coaching students to play carillon and organizing team concerts for the campus. She is thrilled to be able to offer a similar opportunity to Eastman Community Music School teens and adults. Ms. Aman received a Bachelor degree from Alfred University and has studied with Frank Pechin Law, former president of the Guild of Carillonneurs of North America. Since 2013 Doris has been an adjunct Faculty member of the University of Rochester.

Composing Music in America
Tuesday July 3rd at 2:00pm

What makes American Composers American? Is it possible to find national identity in the music of specific American composers of concert music? This talk will explore a bit about composing music in America, speculating on the importance of "place" for creative artists, concentrating on the newest music.

David has taught at the Eastman School of Music since 1986. His compositions have been performed by many including the San Francisco Symphony, the Montreal Symphony, the St. Paul Chamber Orchestra, and the Rochester Philharmonic Orchestra.

Black Holes
Tuesdays July 17th & 31st and August 7th at 2:00pm

A presentation of Einstein's theory of relativity and its application to black holes and the Big Bang. Black holes turn out to be quite real, and the origin and expansion of the Universe has much in common with black holes. All of this is connected with relativity in a manner that is much less mysterious than you might think.

Professor Douglass graduated from Cornell University with her Bachelors in Physics and from Drexel University with her PhD in Physics. Currently a visiting assistant professor at the University of Rochester, she teaches and conducts research on understanding how the large-scale environment influences galaxy evolution. Outside of academia, she is an amateur Latin and ballroom dancer and enjoys reading, sewing, and mowing the lawn.

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Lecture Information

Travelogue Presentation: Guatemala, Tunisia, Morocco, Sarajevo and Dubrovnik
Saturday July 7th at 1:30pm

Alice Swett is the daughter of a former Highlands' resident. She is happy to come back for a visit. She will show some pictures & share a few stories from her travels for her job at the United Religions Initiative, a grassroots interfaith peacebuilding organization. Alice currently lives in San Francisco, where United Religions Initiative is based.

Unpacking America's Forgotten War- highlighting the Korean War and its lasting legacy
Monday's July 9th – 30th at 2:00pm

Michael Ahern is an American history teacher at Brighton High School. Over the past number of years, he has been privileged enough to speak to retirement communities on a number of topics including the American Civil War, World War II, the Korean War, as well as the Kennedy family and its legacy.

Committees and Task Force Groups

The Highlands' has a variety of committees for residents to play an active role in the community. If you find a committee that interests you, please contact Margaret Leyden 641-6387 for more information.

Committees: Bistro and Fine Dining Committees, Community Outreach Committee, Cultural Programming Planning Group, Friendship Committee, Go Green Committee, Health Affairs Committee, Landscape Committee, and Library Committee.

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