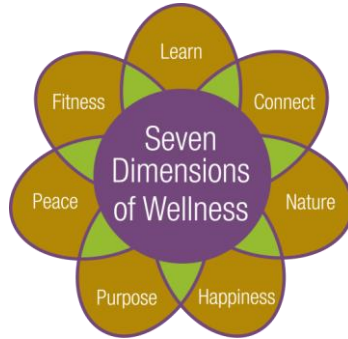


# THE HIGHLANDS AT PITTSFORD



## Cultural and Educational Program Calendar

# June 2018



**Friday, June 1<sup>st</sup>:**

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

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: *eReaders*: Do you have trouble reading? Do your eyes get tired from trying to read all that fine print? eReaders may be able to ease your pain.  
Music Room

1:00pm – Catholic Mass with volunteers from St. Louis Church. **Music Room**

**\*1:00pm – Computer Class: *Intro to Microsoft Word*. Learn how to Navigate and use the toolbars in Microsoft Word. Media Room**

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

1:15pm – Pause for Peace Interfaith Worship Service with Chaplain Steve Petrovich. **Laurelwood Gallery**

**2:30pm – Music Mixer, live entertainment with Top Brass Duo. Laurelwood Gallery**

**Saturday, June 2<sup>nd</sup>:**

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

**\*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: *Barnum (1986)* starring Michael Crawford. **Music Room**

**Sunday, June 3<sup>rd</sup>:**

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

11:00am – Trivia: What do you know? Laurelwood Hearth Room

2:30pm – Sunday Movie Matinee: *Get Out (2017)* starring Daniel Kaluuya. **Music Room**



Residents: June Mihalov, Nancy MacWhinney and Betty Iwan playing a friendly game of Corn Hole

\*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.

**Monday, June 4<sup>th</sup>:**

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

\*10:00am – Monthly Kitchen Tour. Tour is approximately 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

\*11:00am – **Computer Class: *Intro to Microsoft Word*. Learn how to Navigate and use the toolbars in Microsoft Word. Media Room**

1:00pm – Euchre Group. Social Room

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



2:00pm – University of Rochester Lecture Series: *Understanding Energy Sources: Fossil Fuels:*

*Sources, Uses and Impacts* with Karen Berger, PhD, Coordinator of College Sustainability Studies and Curriculum Coordinator of Environmental Programs at the University of Rochester. Please see page 15 for course information. Community Center

\*4:00pm – “UR” Always Learning Lecture: *Art in Early America* with Michael Hoppin Read, PhD, Department of History at the University of Rochester. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Please see page 17 for course information. Return approx. 5:15pm



Residents Betty Price, Helen VanNess, John Simonds, Rick Skelton, June Mihalov and Ginny Peterssen enjoying the outdoors at Pittsford Dairy.

\*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.

**Tuesday, June 5<sup>th</sup>:**

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 – Geva Theatre 2018-2019 Informational Session with Jonathon Hamolsky, Geva Theatre representative. Receive information about the upcoming season and ticket prices. Season subscriptions may be purchased, please bring your check book. Single tickets may be purchased at a later date, more information to come. The Highlands will be providing transportation for all Wednesday matinee shows. Community Center

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

2:00pm – University of Rochester Presentation: *Drumming Through the Ages* with John Beck, Professor Emeritus of Percussion at the University of Rochester. Please see page 16 for lecture information. Community Center

\*4:00pm – To “UR” Health Lecture: *Smile Makeover* with Dr. Kostantinos. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm.

7:00pm – Evening Music: *Classical String Quartet*. Community Center



Highlands Spring Chorus Concert: *A Trip Down Memory Lane*

\*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, June 6<sup>th</sup>:

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

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



\*12:30pm – Depart for the Hoffman Clock Museum in Newark, NY. Step into their "time machine" and to learn about the history of timekeeping! This unique collection of timepieces includes over 300 clocks, watches and tools. These Exhibits introduce the development of timekeeping technology and provide a wide variety of clock styles. No fee to attend. Return Approx. 4:00pm



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

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

2:00pm – Social: Hawaiian Luau with Julie Hall on Steel Drums. Laurelwood Patio

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



3:30pm – Resident Art Exhibition Opening: *Tickled Pink, A Stroll Through the Summer Garden* by artist Julie Tubbs and guest artist Helen VanNess. Enjoy beautiful watercolor paintings and crewel needle point. Resident Art Gallery.

\*4:00pm – “UR” Always Learning Lecture: *The Presidents and the Pastime: The History of Baseball and the White House* with Curt Smith, Senior Lecturer, in the Department of English at the University of Rochester. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Please see page 17 for course information. Return approx. 5:15pm

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

### Thursday, June 7<sup>th</sup>:

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 the Red Wings Stadium to watch the Rochester Red Wings play ball. Tickets and transportation arrangements were made in advance. Return Approx. 3:30pm

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

2:00pm – Blood Pressure Screenings. Club Room



\*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.

**Friday, June 8<sup>th</sup>:**

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 Word Level 1*. Basic use and formatting within Microsoft Word. Media Room**

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

**2:30pm – Music Mixer Live Entertainment with Paul Killion. 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

**Saturday, June 9<sup>th</sup>:**

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

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

1:30pm – Visit with our Furry Friends from “Guiding Eyes” for the blind. Laurelwood Activity Room

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

2:30pm – Saturday Musical Matinee: *Show Boat (1951)* starring Ava Gardner and Kathryn Grayson. Community Center

**Sunday, June 10<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 – Sunday Movie Matinee: *Three Billboards outside Ebbing Missouri (2017)* starring Frances McDormand. Community Center



Residents: Jean Chang, Jan Currie, and Allan Anderson enjoying an ice cream cone at Pittsford Dairy.

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The sign up book is located beneath the digital sign.

**Monday, June 11<sup>th</sup>:**

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

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

No Quilting Club with Susan O’Keefe today

\*11:00am –Computer Class: *Microsoft Word Level 1*. Basic use and formatting within Microsoft Word. Media Room

1:00pm – Euchre Group. Social Room

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

2:00pm – Monthly Resident Meeting. Community Center

3:15pm – University of Rochester Lecture Series: *Understanding Energy Sources: Nuclear Power: Real but Risky Power* with Karen Berger, PhD, Coordinator of College Sustainability Studies and Curriculum Coordinator of Environmental Programs at the University of Rochester. Please see page 15 for course information. Community Center

\*4:00pm – “UR” Always Learning Lecture: *Art in Early America* with Michael Hoppin Read PhD, Department of History at the University of Rochester. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Please see page 17 for course information. Return approx. 5:15pm

**Tuesday, June 12<sup>th</sup>:**

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 – University of Rochester Presentation: *Pheromones: Are they really real and what is their significance to humans* with Renee Miller PhD, Associate Professor, Brain and Cognitive Sciences, Instructional Track Director for Undergraduate Neuroscience Program. This lecture addresses historical research on pheromones, first discovered in 1959, as well as the anatomical basis for pheromone detection in certain animals. Please see page 16 for course information. Music Room



\*4:00pm – To “UR” Health Lecture: *Science of Aging: What happens to our faces when we age and what to do about it* with Dr. Mara Weinstein Valez. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm.

\*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, June 13<sup>th</sup>:**

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

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

**\*10:30am – Depart for a picnic lunch at B. Forman Park in Pultneyville. Come enjoy the outdoors and great conversation with your fellow neighbors. No fee to attend. Return Approx. 3:00pm (Please note time change from a previous advertisement.)**

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 – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room

**3:30pm – Flag Day Ceremony. Wear your red, white, and blue! Highlands Front Entrance**

4:00pm-6:00pm – Patriotic Happy Hour: drink specials and appetizers. **Bistro Patio**

**Thursday, June 14<sup>th</sup>: Flag Day**

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

2:00pm – Blood Pressure Screenings. Club Room



**\*2:00pm – Hands-On Science Lab: *Breast Cancer Risk: Genes and the Environment* with program manager, Cait Fallone, from the University of Rochester Environmental Health Science Center. Explore environmental and genetic risk factors for breast cancer. During this program, you will use results of simulated DNA tests and cancer occurrence to complete a pedigree that includes genotypes and cancer phenotypes. Community Center**



\*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.





**Friday, June 15<sup>th</sup>:**

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: *Open Forum, Bring your tech questions.* Music Room

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

**\*1:00pm – Computer Class: *Microsoft Word Level 2.* Learn to use templates and add design to your documents. Media Room**

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

**2:30pm – Music Mixer, live entertainment with Brad Batz Jazz Duo. Community Center**

**Saturday, June 16<sup>th</sup>:**

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

11:00am – Trivia: All Kinds. Laurelwood Hearth Room

2:30pm – Saturday Musical Matinee: *Oklahoma (1999)* starring Hugh Jackman. Community Center

**Sunday, June 17<sup>th</sup>: Father's Day**

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

**1:00pm-3:00pm- Father's Day Dinner: Reservations must be made in advance. Call the reservation line at 641- 6374. Main Dining Room**

**7:00pm** – Sunday Movie: *The Florida Project (2017)* starring Willem Dafoe and Brooklynn Prince.  
Community Center



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The sign up book is located beneath the digital sign.



**Monday, June 18<sup>th</sup>:**

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 Word Level 2*. Learn to use templates and add design to your documents. Media Room**

1:00pm – Euchre Group. Social Room

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

**2:00pm – University of Rochester Lecture Series: *Understanding Energy Sources: Renewable Energy: Harnessing Nature's Power* with Karen Berger, PhD, Coordinator of College Sustainability Studies and Curriculum Coordinator of Environmental Programs at the University of Rochester. Please see page 15 for course information. Community Center**

**3:15pm – iPhone/iPad Class with Crystal Rothfuss, IT Technician. Session will offer instruction on general maintenance and cleanup, with an open forum to follow. Topic: *Calendar: Learn to set up events and birthdays in the iPhone/iPad calendar with reminders*. Please bring your devices with you. Music Room**

3:15pm – Book Discussion Group. Book Title: *My Own Words*, by Supreme Court Justice Ruth Bader Gainsburg. Activities Room

**\*4:00pm – “UR” Always Learning Lecture: *Art in Early America* with Michael Hoppin Read, PhD, Department of History at the University of Rochester. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Please see page 17 for speaker information. Return approx. 5:15pm**

**\*7:00pm – Depart for Flower City Jazz Society Concert: *Barroom Buzzards Plus Two*. Tickets are \$12.00 each, pay upon arrival. Minimum of 2 participants. Return approximately 10:00pm**



\*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.

**Tuesday, June 19<sup>th</sup>:**

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

2:30pm – University of Rochester Presentation: *Dizziness, Imbalance, and Aging* with Dr. Gary D. Paige, PhD, Professor Emeritus of Neurology at the University of Rochester. Learn the causes of dizziness and simple ways to improve balance as you age. Community Center

\*4:00pm – To “UR” Health Lecture: *What Success Can Teach Us About Failure: Strategies for preventing cognitive decline as we age* with Dr. Feng Lin. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm.

6:30pm – Evening music with Joe Naples on piano. Community Center

**Wednesday, June 20<sup>th</sup>:**

\*8:30am – Depart for a guided tour at the Buffalo Zoo and lunch at the Wellington Pub. Lunch options include soups, salads, sandwiches, burgers and wraps. Walking 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 – “UR” Always Learning Lecture: *Violence by Another Name: Female Competition and Achievement in Black and White at Underground Railroad High School* with Signithia Fordham, Ph.D., Associate Professor in the Department of Anthropology at the University of Rochester. Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Please see page 17 for course information. Return approx. 5:15pm

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



\*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.



**Thursday, June 21<sup>st</sup>: First Day of Summer:**

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

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

2:00pm – **University of Rochester Presentation: *Living Well Now and in the Future* with Randall Curren, PhD, Professor of Philosophy. Please see page 16 for speaker information.**

**Community Center**



**Friday, June 22<sup>nd</sup>:**

9:00am – Walking tall, Balance & Strength Class with Mark Strivin

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

10:00am-12:00pm – **Quilt Show: Resident and loved one's quilts will be on display for viewing.**

**Community Center**

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

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

**No technology related classes with Crystal Rothfuss today**

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

1:30pm-3:30pm – **Quilt Show: Resident and loved one's quilts will be on display for viewing.**

**Community Center**

2:30pm – **Music Mixer Live Entertainment with Henry Boessl on accordion. 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



**Saturday, June 23<sup>rd</sup>:**

10:30am – Tai Chi Class. Fitness Room

\*11:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema and Pittsford Community Library. **There will also be a stop to the Pittsford Village Farmers Market in Schoen Place.** The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.

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

2:30pm – Saturday Musical Matinee: *Chitty Chitty Bang Bang (1968)* starring Dick Van Dyke and Sally Ann Howes. Community Center

\*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, June 24<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 – Sunday Movie Matinee: *Lady Bird (2017) starring Saoirse Ronan*. Community Center

**Monday, June 25<sup>th</sup>:**

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

**\*9:30am – Depart for Wayside Garden Center in Macedon, NY. Browse over 8 acres of annuals, perennials, shrubs, trees, and tropical plants. Minimum of 6 participants. Return Approx. 11:30am**

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 World Level 3*. Learn how to print labels and envelopes, plus an intro to mail merge. Media 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

**7:00pm – Movie: *Mary Poppins (1964) starring Julie Andrews and Dick Van Dyke*. Community Center**



Highlands Spring Chorus Concert: *A Trip Down Memory Lane*

\*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.

**Tuesday, June 26<sup>th</sup>:**

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 – Charity Luncheon and presentation by Caroline Yeager, Assistant Curator in the Moving Image Department at the George Eastman Museum. All proceeds will benefit the Pittsford Food Cupboard. Reservations are made in advance by contacting Ellie Forgach 641-6379. Dining Room**

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

**\*4:00pm – To “UR” Health Lecture: *What’s New In Hip and Knee Pain with Dr. Thomas Myers.***

**Located in the Hahnemann Club. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm.**



6:30pm – Evening music with Geoff Clough on keyboard. Laurelwood Gallery

**Wednesday, June 27<sup>th</sup>:**

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

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

**\*12:45pm – Depart for Charlotte Beach for ice cream from Abbott’s Frozen Custard and an optional walk on the Pier. 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. Music Room

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



**Thursday, June 28<sup>th</sup>:**

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 scenic ride through Geneva, NY with lunch at H.J. Stead Company. Lunch options include, soups, salads, sandwiches, along with other sharable creations. Optional wine tasting will be offered featuring 3 Brothers Winery. Return approx. 3:30pm**

\*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.

**Friday, June 29<sup>th</sup>:**

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

**No technology related classes with Crystal Rothfuss today**

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

**2:30pm – Music Mixer Live Entertainment with Jimmy's Old Time Country Trio. Community Center**

**Saturday, June 30<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

2:30pm – Saturday Musical Matinee: *Hello Dolly (1969)* starring Barbra Streisand and Walter Matthau Community Center

3:00pm – Game: Hangman. Laurelwood Hearth Room

### University of Rochester Lectures:

**Understanding Energy Sources**

**Monday June 4<sup>th</sup> – 18<sup>th</sup>, 2018 2:00pm**

***Monday, June 4: Fossil Fuels: Sources, Uses and Impacts:*** Fossil fuels provide more than three-quarters of the energy used today in the United States and worldwide. In this lecture, learn about where these fuels come from, what they're used for, and their impacts on environmental and public health.

***Monday, June 11 at 3:15pm: Nuclear Power: Real But Risky Power:*** Nuclear power lies at the center of the debate about clean energy: it can provide abundant, low-carbon electricity, but it carries unique risks among the energy sector. After a brief overview of how nuclear power is generated, the lecture will focus on the uncertainties in cost, environmental quality, and human health.

***Monday, June 18: Renewable Energy: Harnessing Nature's Power:*** Renewable resources such as wind, solar, hydropower, and geothermal, provide clean energy at increasingly competitive prices, yet they remain a small fraction of the country's and world's energy profile. This lecture will examine the challenges with scaling up renewable resources, and how those challenges may be overcome.

Karen Berger, PhD. Lecturer, Coordinator of College Sustainability Studies, Curriculum Coordinator of Environmental Programs, PhD, Civil and Environmental Engineering, Massachusetts Institute of Technology. Karen's teaching interests lie in the human use of and impacts on energy and water resources.

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The sign up book is located beneath the digital sign.

**Drumming Through the Ages**

**Tuesday June 5<sup>th</sup>, 2018 2:00pm**

Walk through the history of the drum from 1066 until the present. Learn how the drum is tuned, how it is played, how it was used throughout history, and how it is used along with other percussion instruments in the symphony orchestra. Concluding will be audience participation for those who would like to participate.

John will walk through the history of the drum from 1066 until the present. Learn how the drum is tuned, how it is played, how it was used throughout history, and how it is used along with other percussion instruments in the symphony orchestra. Concluding will be audience participation for those who would like to participate.

**Pheromones: Are they really real and what is their significance to humans?**

**Tuesday June 12<sup>th</sup>, 2018 2:00pm**

Renee is an Associate Professor of Brain and Cognitive Sciences, along with an Instructional Track Director for Undergraduate Neuroscience Program at the University of Rochester.

This lecture will address historical research on pheromones, first discovered in 1959, as well as the anatomical basis for pheromone detection in certain animals. It will cover solid, modern research into pheromone effects in scientific model organisms including nematodes, fruit flies, and mice as well as the controversial role of pheromones in people. Outstanding issues related to pheromone biology, and the ethics of products claiming to use pheromones to alter human behavior will be discussed.

**Living Well now and in the Future**

**Thursday June 21<sup>st</sup>, 2018 2:00pm**

I am an ethicist who works across the boundaries of moral, political, legal, environmental, and educational philosophy, often in ways grounded in my scholarship in ancient Greek philosophy and often collaboratively with colleagues in other disciplines, including law, history, sociology, psychology, psychometrics, and geology. Moral psychological constructs that are important to the fabric of society have long been at or near the center of my interests: well-being, responsibility, negligence (as a legal construct and basis of liability), virtues, rational self-determination, and forms of impaired agency such as weakness of will and states of denial. My 2000 book, *Aristotle on the Necessity of Public Education*, was a unitary interpretation of Aristotle's *Politics* and *Nicomachean Ethics*, but substantively very much about responsibility and the relationships between education and law. My 2017 book, *Living Well Now and in the Future: Why Sustainability Matters*, advances a conception of human flourishing or living well that can ground a eudaimonic theory of justice and support a conceptualization of what it would mean to preserve opportunities to live well across generations.



Residents Jeanette Corea and Larry Iwan having fun playing Corn Hole

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**“UR” Always Learning Lecture Series:**

**Art in Early America**

**Mondays June 4<sup>th</sup> – 18<sup>th</sup>, 2018 4:00pm**

In brushstrokes, patterned swatches of cloth, and chisel marks against marble, artists of the Atlantic world helped to shape our understanding of our nation’s past. Over the course of four weeks we will dip into art high and low, from grand tableaux of the American Revolution to quilts and samplers whose creators are now all but forgotten. We begin with the story of the American Revolution in art. Next, we survey the importation of European Romanticism and sentimentality to America’s shores. We then depart from elites and turn our attention toward vernacular art of the Jacksonian and antebellum eras. Finally, we weave the story together as we trace the origins, reception, and afterlives of a few key pieces of sculpture, commissioned for the nation’s Capital grounds, which offered complex treatments of our nation’s past, its westward expansion, and the relationship between slavery and freedom.

**The Presidents and the Pastime: The History of Baseball and the White House**

**Wednesday June 6<sup>th</sup>, 2018 4:00pm**

Curt Smith's new book, “The Presidents and the Pastime: The History of Baseball and the White House”, will be released in early June. In his presentation, Curt will discuss how these two areas of interest intersect to form a 'special relationship' between politics and baseball unique to any two great institutions in America. This stroll down memory lane will recall folks such as, FDR, Ike, JFK, Babe Ruth, Ted Williams, Mickey Mantle, all the way up to Ronald Reagan. He will talk about Derek Jeter and even more recent players and their relationship with White House Politics.

**Violence by Another Name: Female Competition and Achievement in Black and White at**

**Underground Railroad High School**

**Wednesday June 20<sup>th</sup>, 2018 4:00pm**

Violence inevitably harms. However, harm is not limited to physical damage or injury. Structural or symbolic violence is softer and more nuanced in its manifestation and impact, e.g. poverty, starvation, sexual and other workplace harassment, etc. Yet, despite its softer impact, this form of violence also wounds, often permanently. Anthropologists and other researchers argue that symbolic violence is the embodiment of this softer violence. Albeit nonphysical, it is particularly injurious in the case of bodies gendered female. In the book *Downed by Friendly Fire*, Fordham revisits and reframes John Ogbu’s cultural ecological model in order to document how symbolic violence is widely embraced and practiced at Underground Railroad High (UGRH), a predominately White, suburban high school in Upstate New York. Deploying multi-layered ethnographic data collected over 2 ½ years, the book documents why and how the ubiquity of structural or symbolic conflict propels the need to “rehabilitate” the meaning of violence to include nonphysical forms of aggression (privilege and stigma), bullying, female competition and the achievement-gap between (and among) the black and white female students at UGRH.

\*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.

### 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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