

THE HIGHLANDS AT PITTSFORD



Cultural and Educational Program Calendar

May 2017



Monday, May 1st:

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

1:00pm – Euchre Group. Social Room

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

2:00pm – Presentation: *Breaking Down Stigmas of Hearing Healthcare and Your Path to Better Hearing* with Pittsford Hearing and Balance. May is Better Hearing Month so join us for this presentation. Screenings and hearing aid cleanings available following the presentation, first come first serve. Community Center

***4:00pm – “UR” Always Learning: *The First Hundred Days of the Trump Presidency* with Curt Smith, Senior Lecturer, Department of English. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.**

6:45pm – Depart for Penfield Symphony Orchestra Concert: *The Two B’s*. Please note tickets and transportation arrangements were made in advance. Return approximately 9:30pm

Tuesday, May 2nd:

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 Leo’s Bakery and Deli and shopping at Panorama Plaza. Enjoy their coffee bar, smoothies, homemade gelato, subs, sandwiches, salads, breakfast sandwiches and famous Leo’s desserts! Afterwards we will go shopping at Panorama Plaza. Stores include TOPS, Tuesday Morning, Dollar Tree and more. Return approximately 3:30pm.**

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

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

Wednesday, May 3rd:

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

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

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

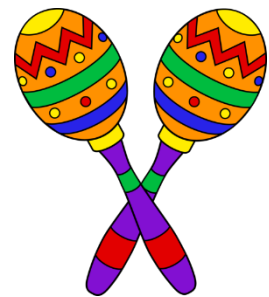
The Food Forum will be held on Wednesday, May 10th

2:00pm – Pittsford Highlands Spring Chorus Concert. Join us to hear your friends and neighbors share their amazing talents with us! Community Center

*4:00pm – “UR” Always Learning Lecture: *The Seward Family of Auburn, NY 1830’s* with Thomas P. Slaughter Ph.D.; Arthur R. Miller Professor and Professor of History; Editor, Reviews in American History. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.

4:30pm-6:00pm – Cinco De Mayo Happy Hour: drink specials and appetizers. The Highlands’ Pub

6:30pm – Evening Music with singer, Cyndi Kingsley. Laurelwood Gallery

**Thursday, May 4th:**

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 the *Eastman at Washington Square* Concert: *The New Horizons Chorus* will offer songs of hope, courage and love found in human connection; directed by Juli Elliott. No fee to attend, brown bag lunches are welcome. Return approximately 1:30pm

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

2:00pm – Blood Pressure Screening. Club Room

2:00pm – University of Rochester Presentation: *From Bad to Verse: Politics and Poetry* with Melissa Balmain, Adjunct Professor, Department of English. Even if you can't laugh off today's political figures and events, maybe you can laugh at 'em. The past year has brought a bonanza of funny poems on both sides of the aisle. Community Center

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Friday, May 5th: Cinco De Mayo

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. Tech

Time is a twice occurring monthly meeting for residents to share ideas, information and questions about technology.

Bring your curiosity, ideas and an open mind. Music Room

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**

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

2:30pm – **Cinco de Mayo Music Mixer: Live Entertainment with Tom and Peg on piano and guitar. Community Center**

Saturday, May 6th: Kentucky Derby Day

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 Friends of Pittsford Library Spring Book Sale is today from 10:00am to 5:00pm.** The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.

2:30pm – Saturday Musical Matinee: *Ray (2004)* with Jamie Foxx, Regina King and Kerry Washington. Community Center

Sunday, May 7th:

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

11:00am – Current Events: Royal Windsor Horse Show. Laurelwood Hearth Room

2:30pm – Movie: *Midnight Cowboy* (1969) with Dustin Hoffman, Jon Voight, and Sylvia Miles. Community Center



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Monday, May 8th:

No Fitness Classes with Robin Gallagher today.

10:15am – Fitness Video. Fitness Room

No Open Swim with Robin Gallagher today.

1:00pm – Euchre Group. Social Room

2:00pm – University of Rochester Presentation: *Bell Tour and Concert: Hopeman Carillon at University of Rochester* with Doris Aman, faculty at UR River Campus Music Department. Enjoy bells in springtime? Hopeman Bells at University of Rochester are ringing again. Students will play an online carillon concert presentation of early Dutch, Baroque music, and Shaker tunes. Doris Aman, will talk about the bells and their human connection over time. Community Center

*4:00pm – “UR” Always Learning Lecture: *The Facts about the “Failed” Foreign Policies of President Franklin D. Roosevelt* with Rufino C. Pabico, MD, Nephrology Unit and Clinical Renal Transplant Department, University of Rochester Medical Center. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.

7:00pm – Monday Night Movie: *Sully* (2016) with Tom Hanks, Aaron Eckhart, and Laura Linney. Community Center

**Tuesday, May 9th:**

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

2:30pm – Presentation: *The Psychic Highway: How the Erie Canal Changed America* with Author Michael Keene. Michael Keene’s new, groundbreaking book uncovers how the Erie Canal opened up vital passageways that led to the advent of the major social, political, and religious movements that swept through upstate New York during the 19th century. Community Center

7:00pm – Join us for The Evening Exchange: A time to gather and share ideas, play some games, view a Ted Talk, or more. The perfect way to end your day! Music Room



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Wednesday, May 10th:

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

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

*11:30am –Depart for Live from Hochstein Performance: Antara Winds perform Janáček’s *“Mládí”* (*“Youth”*) *Suite for Woodwind Sextet*. Diane Smith, flute; Judith Ricker, oboe; Margaret Quackenbush, clarinet; Natalya Rose Vrbsky, bassoon; and Nikolette LaBonte, horn; with guest Ramon Ricker, bass clarinet. No fee to attend. Return approximately 1:30pm

1:00pm-2:00pm – Open Swim/Water Walking 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

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

*4:00pm – “UR” Always Learning: *The Relevance of Nonviolence Today*, with Robert Holmes, Ph.D. Emeritus Professor of Philosophy. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.

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



A visit to the Hindu Temple of Rochester with residents Mary Kay Kidd, Marlys Whitcomb, Jean Marritt, Linda Russell, Jeanette Corea, Betty Fisher, Mary Lou Brewer, Nancy Robbins, Gayle Ader, Ted Moore, Karen Moore, and Jeanne Carley.

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Thursday, May 11th:

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

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

*1:30pm – Depart for Jefferson Road Elementary School to enjoy Milk and Cookies with Third Graders, many of whom we have been exchanging letters with. We will have the chance to listen to some of the student poets reading their works and perhaps we can share some of our own with them! Return approximately 3:00pm

*4:00 pm – “UR” In Tune Lecture: *Percussion, The New Violin with Michael Burritt, Professor of Percussion, Eastman School of Music; Chair, Woodwinds, Brass, & Percussion Department.* Community Center

6:30pm – Depart for a Rochester Philharmonic Orchestra Concert: *Debussy's La Mer.* Please note transportation arrangements were made in advance. Return approximately 10:00pm.

Friday, May 12th:

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

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

*11:00am – **Jr. League Garden Club Presentation and Luncheon.** Lunch is two points. Please see the **Program Book for presentation information. Sign up in the Program Book by Wednesday, May 10th to attend.** Community Center

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

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

2:30pm – Music Mixer with Karen Labella, vocal and guitar. 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**



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Saturday, May 13th:

9:00am- 11:00am – **Saturday Breakfast Guest Day, Mother’s Day Celebration. Dining Room**

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

2:30pm – Saturday Musical Matinee: *A Late Quartet* (2012) with Philip Seymour Hoffman, Christopher Walken, and Catherine Keener. **Music Room**

**Sunday, May 14th: Mother’s Day**

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

7:00pm – Movie: *O Brother, Where Art Thou?* (2000) with George Clooney, John Turturro, and Tim Blake Nelson. **Music Room**

Monday, May 15th:

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/Water Walking with Robin Gallagher. Pool

2:00pm – **Presentation: *Who Really Killed President John F. Kennedy?* with Marty Molinari. One of the greatest crimes of the 20th century was the assassination of President John F. Kennedy in 1963. Arguably, an even greater crime was the subsequent investigation and cover-up of that assassination. Marty Molinari follows the trails of evidence disclosed since the Warren Commission Report was released. He will present an analysis of these details and subsequent testimony of witnesses over these decades. Community Center**

*4:00pm – “UR” Always Learning: *Bees are Nature’s Keystones* with Robert Minckley, Ph.D.; Senior Lecturer, Biology; Adjunct Assistant Professor. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.

7:00pm – Depart for Flower City Jazz Society Concert: *The Fredtown Stompers* at the Radisson Hotel Airport. Purchase your tickets and sign up for transportation at the Hospitality Desk by Monday, May 8th. Tickets are \$12:00 each. Return approximately 10:00pm



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Tuesday, May 16th:

- 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
- 2:00pm – **Presentation: *Refugees in Rochester* with Lisa Hoyt, Department Director, Refugee, Immigration & Employment Services Department of Catholic Family Center. The United States is struggling to agree on how to assist refugees fleeing war-torn areas of the world, often arriving with serious health risks, economic difficulties and mental health strain. Find out what determines how wide a country will swing open their borders in a resource-limited world and learn about the resettlement process and how Catholic Family Center has helped over 15,000 refugees resettle in Rochester. Community Center**
- 7:00pm – Game Night! Games are provided or bring your favorite game to share! Music Room
- 6:45pm – Evening Music with Silver Tones, flute ensemble. Community Center

**Wednesday, May 17th:**

- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 1:00pm-2:00pm – Open Swim/Water Walking with Robin Gallagher. Pool
- 1:00pm – **Depart for Geva Theatre: *Other Than Honorable*. Please note tickets were purchased in advance. Return approximately 5:00pm**
- 2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- *4:00pm – “UR” Always Learning: *Life in Layers: Uncovering Women’s History* with Andrea Reithmayr, Special Collections Librarian for Rare Books and Conservation; Curator of the Bragdon Family Papers, Department of Rare Books, Special Collections, and Preservation. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.**
- 4:30pm-6:00pm – Happy Hour: drink specials and appetizers. Highlands’ Pub
- 7:00pm – Evening music with Ivanka Driankova, classical piano. Community Center



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Thursday, May 18th:

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

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

***10:00am-1:00pm** – 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.
As this is the last of the series for this year, a light lunch will be provided immediately following the morning session. Located at the Hahnemann Club, please request transportation.

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

11:00am – Fitness Video. Fitness Room

11:00am – ***Depart for the Annual Sunshine Luncheon at St. Louis Church hosted by the students of St. Louis School. The children will serve lunch and dessert and provide musical entertainment. No fee to attend. Space is limited. Return at approximately 1:30pm**

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

2:00pm – Presentation: *The History of the Genesee Country Village and Museum*. Hear from founder CEO & President of the museum Becky Wehle (granddaughter of founder, John L. Wehle), along with Melanie Diaz Director of Special Events, and Peter Wisbey, Curator of Collections on how John L. Wehle’s vision grew into a historic institution of over 65 restored buildings bringing life to the 19th century and its relevance today. Community Center

2:00pm – Blood Pressure Screening. Club Room

**Friday, May 19th:**

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. Tech Time is a twice occurring monthly meeting for residents to share ideas, information and questions about technology. Bring your curiosity, ideas and an open mind. Music Room

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

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

2:30pm – **Music Mixer: Live Entertainment with Seth Sealfron, jazz duo. Community Center**

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Saturday, May 20th:

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: *Quartet* (1981) with Alan Bates, Maggie Smith, and Isabelle Adjani. Community Center

6:15pm – Depart for The Chorus of the Genesee's Spring Show: *WCOG Radio – The Songs of Your Life.*
Please note tickets were purchased in advance. Return approximately 9:30pm

Sunday, May 21st:

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

2:00pm – Afternoon Music with Katy Ruggiero on piano. Laurelwood Gallery

2:30pm – Movie: *Cool Hand Luke* (1967) with Paul Newman, George Kennedy, and Strother Martin. Community Center

Monday, May 22nd:

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-2:00pm – Open Swim/Water Walking with Robin Gallagher. Pool

1:00pm – Euchre Group. Social Room

2:00pm – Presentation: In 2006, at the age of 74, resident Ted Moore rode his first Des Moines Register Annual Great Bicycle Ride Across Iowa (RAGBRAI). This non-competitive ride is the oldest, largest, and longest bicycle touring event in the world. It draws riders from across the United States and many foreign countries. The seven-day ride goes from west to east across Iowa. It started in 1973, and on average it is 468 miles long. It is limited to 8,500 week-long riders and an average of 1,500 day-riders, selected randomly by computer lottery. Sports Illustrated named RAGBRAI: "One of the 25 Summer Essential things that absolutely must be done". Community Center



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Tuesday, May 23rd:

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 – Presentation: *Get Smart: Don't Get Scammed* with Jim Lynd of Lifespan. Learn how to identify scams and ways to protect your information from telemarketers, scammers and more.

Community Center

7:00pm – Join us for The Evening Exchange: A time to gather and share ideas, play some games, view a Ted Talk, or more. The perfect way to end your day! Music Room

**Wednesday, May 24th:**

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

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

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

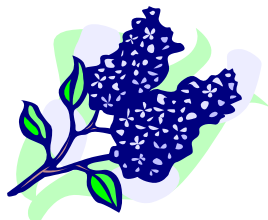
***11:30am – Depart for Lunch and Highland Park. We will have lunch at RYCE: Rochester Youth Culinary Experience, a restaurant in Village Gate, run and operated by East High School students. We will also enjoy viewing the Lilac bushes of Highland Park, and get out and smell the flowers, weather permitting. Lunch entrée plus beverage is between \$12-\$15 to be paid in cash at the restaurant. Return approximately 3:30pm.**

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

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

***4:00pm – “UR” Always Learning Lecture: *“Mountain of Destiny”: The German Assault on Nanga Parbat, 1932-1953* with Stewart Weaver, Ph.D.; Professor and Chair, History Department. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.**

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



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Thursday, May 25th:

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 the *Eastman at Washington Square Concert: Honors Finale II*. Don't miss the final concert of the season, featuring more ECMS honors graduates! No fee to attend, brown bag lunches are welcome. Return approximately 1:30pm

*2:00pm – Cooking Demonstration with our Highlands' Chef. Community Center

6:30pm – Depart for a Rochester Philharmonic Orchestra Concert: *Puccini's La Boheme in Concert*. Please note transportation arrangements were made in advance. Return approximately 10:00pm.

Friday, May 26th:

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

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

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

No Worship Service with Chaplain Jim Grobe today, it has been moved to Wednesday, May 24th.

2:30pm – Music Mixer with Dick Mazzatti Duo on saxophone, clarinet, and piano. 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? Community Center

Saturday, May 27th:

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

11:00am – Trivia: May. Laurelwood Hearth Room

2:30pm – Saturday Musical Matinee: *Les Miserables* (2013) with Hugh Jackman, Russell Crowe and Anne Hathaway. Community Center

Sunday, May 28th:

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: *The Sting* (1973) with Paul Newman, Robert Redford and Robert Shaw. Community Center

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Monday, May 29th: Memorial Day

No Fitness Classes with Robin Gallagher today

1:00pm – Euchre Group. Social Room

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

7:00pm – Monday Night Movie: *Lion* (2016) with Dev Patel, Nicole Kidman and Rooney Mara.
Community Center

Tuesday, May 30th:

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

No Bible Study with Chaplain Jim Grobe. Rescheduled on Wednesday May 31st.

*1:00pm – Depart for the Gandhi Institute for Nonviolence. We will meet with the Institute’s director, Kit Miller, for a tour, a quick overview of the work of the Institute with local children and youth, and have an opportunity to participate in one or two activities to learn about nonviolence. Return approximately 3:30pm

Wednesday, May 31st:

7:30am – Depart for a Koning Day Tour trip to Niagara on the Lake to see the performance of *Me and My Girl* at the Festival Theatre. Please note tickets were purchased in advance. Return approximately 7:30pm

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

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

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

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

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

*4:00pm – “UR” Always Learning Lecture: *One Second to Change Your Life* with Jennifer Klein, M.A.; Physical Therapist/Spiritual Caregiver, Thompson Health. This presentation will be held at The Hahnemann Club at 4:00pm. Transportation provided from Hahnemann Square at 3:45pm, returning approximately 5:15pm.

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

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We really enjoyed our Buckwheat Pancake and maple syrup breakfast at Cartwright's Maple Tree Inn!



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