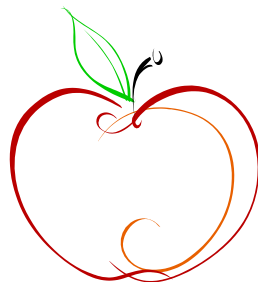




THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

September 2015



**Tuesday September 1<sup>st</sup>:**

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

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

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

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

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

2:00pm – University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 13. Community Center

**Wednesday September 2<sup>nd</sup>:**

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

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

11:30am – \*Lunch at Richardson Canal House on the Erie Canal. Lunch is \$20.00 per person. The lunch fee includes an entrée (chosen at the restaurant from a predetermined menu), drink, tax and guaranty. Alcohol and dessert can be purchased for an additional fee. Return approx. 2:00pm

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

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

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

4:30pm-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 September 3<sup>rd</sup>:**

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

11:00am – Fitness Video. Fitness Room

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

12:45pm – **\*Three Brothers Winery in Geneva, enjoy three distinct wineries and one microbrewery on the estate: Stony Lonesome Estates, Passion Feet Vineyard & Wine Bar, Bagg Dare Wine Co, and War Horse Brewing Co. Purchase a passport to sample 5 tastings at each winery/microbrewery for \$12.00. Or choose a tasting at one location for \$3.00. Payment will be collected on the bus. Walking is required. Return approx. 4:45pm**



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

3:00pm – Blood Pressure Screening. Club Room

**Friday September 4<sup>th</sup>:**

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

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

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

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

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

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

2:30pm – **Music Mixer, Entertainment with Larry Bitterman, vocals and guitar. Laurelwood Activity Room**

**Saturday September 5<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

1:30pm – Dominoes. Laurelwood Activity Room

**Sunday September 6<sup>th</sup>:**

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

2:30pm – Movie: Locke (2014) with Tom Hardy. Subtitles may not be available with all movie rentals. 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.

**Monday September 7<sup>th</sup>: Labor Day**

No Fitness Classes or open swim Today

1:00pm – Euchre Group. Social Room

7:00pm – **Movie: This Is Where I leave You (2014) with Jason Bateman.** Subtitles may not be available with all movie rentals. Community Center

**Tuesday September 8<sup>th</sup>:**

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

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

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

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

No Bible Study with Chaplain Jim Grobe today

2:00pm – **University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico.** For additional course information, please see page 13. Community Center

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

**Wednesday September 9<sup>th</sup>:**

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

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

12:00pm – \*Pittsford Highlands Chorus departure for concert at the Pittsford Senior Center.

Transportation is provided for chorus members only. Return approx. 1:30pm

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

No Pittsford Highlands Chorus practice today

2:30pm – \***Skin Checks with Dr. Manasi Kadam Ladrigan of Comprehensive Dermatology of Rochester.** A flyer with more information will be available in your in-house mail box. Community Center

4:30pm-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 September 10<sup>th</sup>:**

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

10:30am – \*Depart for a trip to Skaneateles for lunch at Blue Water Grill and shopping on Main St. Lunch will be ordered off the menu with separate checks. Please note this trip requires a lot of walking. Return at approx. 4:00pm.

11:00am – Fitness Video. Fitness Room

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

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

2:00pm – Presentation: *Swing Era Music Videos* with Larry Shearer. Laurelwood Activity Room

3:00pm – Blood Pressure Screening. Club Room

6:45pm – Evening music with Brad Batz Classical Trio. Laurelwood Gallery

**Friday September 11<sup>th</sup>: Patriot Day**

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

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

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

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

No Interfaith Worship Service Chaplain Jim Grobe today

2:30pm – Music Mixer, Entertainment with Tom and Peg, keyboard and guitar. Community Center

**Saturday September 12<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

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

**Sunday September 13<sup>th</sup>: Rosh Hashanah begins at sundown and Grandparents' 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

2:30pm – Movie: Rosewater (2014) with Gael Garcia Bernal. Subtitles may not be available with all movie rentals. 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.

**Monday September 14<sup>th</sup>:**

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

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

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

1:00pm – Euchre Group. Social Room

2:00pm – **\*Instructional painting class with artist Meghan from Easel Does It!, a Rochester-local mobile painting event company. Step by step instructions are provided as the artist walks participants through a predetermined painting. All art materials are provided and no artistic experience is needed! \$10.00 per person. Activities Room (Second Floor). Please sign up in the Program Book by Tuesday, September 8<sup>th</sup>.**

3:30pm – **Rosh Hashanah Shofar Service with Rabbi Hein from Chabad-Lubavitch of Pittsford. Rabbi Hein will come and share some Jewish New Year inspiration and also sound a Shofar (Ram's horn) for the New Year. Laurelwood Activity Room**

5:30pm – **\*Celebration of Life Service at The Highlands Living Center Memory Garden. Chaplain Jim Grobe will be honoring residents of The Highlands who have passed away in the last year. Transportation will be provided from The Highlands main entrance at 5:00pm. Return approx. 6:30pm. (In the event of rain, the service will be held in the Hahnemann Club.)**

**Tuesday September 15<sup>th</sup>:**

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

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

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

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

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

2:00pm – **University of Rochester Course: *The Pride of Salinas, California: The Life and Times, and the Writings of John Steinbeck* with Dr. Rufino Pabico. For additional course information, please see page 13. 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.

**Wednesday September 16<sup>th</sup>:**

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

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

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

1:30pm – \*Bus tour: *Mansions & Millionaires of Early Rochester* with historian Warren Kling.

It is the 175<sup>th</sup> anniversary of the very first mansion ever built on Eats Avenue. Enjoy a ride along East Avenue to learn about the mansions of early Rochester and he amazing stories of the millionaires who built them. Return approx. 3:30pm. This tour will also be offered on Thursday, September 24<sup>th</sup>. Due to Popularity, please sign up for only one bus tour.

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

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

**Thursday September 17<sup>th</sup>:**

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

12:30pm – \*Pittsford Highlands Chorus departure for concert at the East Rochester Senior Center. Transportation is provided for chorus members only. Return approx. 2:30pm

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

1:00pm – Presentation: *The History of Jazz* with Charles Lambert. Charles will present a live narrated slide show, share live and recorded musical selections. Community Center

2:30pm – \*Cooking Demonstration with Executive Chef Michael Wasylko. Community Center

3:00pm – Blood Pressure Screening. Club Room

7:00pm – Evening Music with The Deceivers, guitar and vocal duo. Community Center



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**Friday September 18<sup>th</sup>:**

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

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

11:15am – **The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals:**

*Identification Matters.* Music Room

12:30pm – \*Aquatic Exercise Class with students from Nazareth. Pool

1:00pm – \*Shopping at Eastview Mall or Target. Return approx. 4:00pm



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

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

2:30pm – Music Mixer, live entertainment with Dick Mazzatti's Duo. Laurelwood Activity Room

**Saturday September 19<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

10:45am – Trivia. Laurelwood Activity Room

**Sunday September 20<sup>th</sup>:**

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

2:30pm – Movie: Belle (2013) with Gugu Mbatha-Raw. Subtitles may not be available with all movie rentals. Community Center

**Monday September 21<sup>st</sup>:**

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

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

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

1:00pm – Euchre Group. Social Room

2:00pm –Lecture: *A Panoply of Poets* with Kathleen Cadle. Poets include: Catallus, Rumi, W.B. Yeats, Elizabeth Bishop, W.S. Merwin, Stephen Spender, Pablo Neruda and Mary Oliver. Kathleen taught secondary English for 33 years at Monroe High School and Fairport High School. Community Center

7:00pm – Movie Night: My Old Lady (2014) with Maggie Smith. Subtitles may not be available with all movie rentals. Community Center

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**Tuesday September 22<sup>nd</sup>: Yom Kippur begins at sundown**

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

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

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

**11:30am – \*Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review: *Infamy: The Shocking Story of the Japanese-American Internment in WWII* by Richard Reeves. Reviewer: William Hauser, PhD, retired Professor of Global History at the University of Rochester. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm**

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

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

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

**Wednesday September 23<sup>rd</sup>: First day of autumn**



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 Performance: *A Sentimental Journey*. Community Center**

4:30pm-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 September 24<sup>th</sup>:**

9:00am – Depart for shopping and banking

10:00am – Depart for shopping and banking

11:00am – Fitness Video. Fitness Room

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

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

1:30pm – \*Bus tour: ***Mansions & Millionaires of Early Rochester*** with historian Warren Kling.

It is the 175<sup>th</sup> anniversary of the very first mansion ever built on Eats Avenue. Enjoy a ride along East Avenue to learn about the mansions of early Rochester and the amazing stories of the millionaires who built them. Return approx. 3:30pm. This tour will also be offered on Wednesday, September 16<sup>th</sup>. Due to Popularity, please sign up for only one bus tour.

2:30pm – Presentation: ***The Red Baron*** with Rosemary Irwin. Fifty years ago, Charles Schulz introduced an imaginary aerial dogfight between Charlie Brown's dog Snoopy and the German Flyer--the Red Baron in his popular Peanuts comic strip. Schultz introduced this storyline during the 50<sup>th</sup> anniversary of WWI, in comic tribute to the real Red Baron, Manfred von Richthofen, who had been the most feared and admired aviator in the WWI skies. On this 100<sup>th</sup> anniversary of the Great War, we will revisit the facts and mystery of the real Red Baron and look at the real story which inspired this comic classic. Laurelwood Activity Room



3:00pm – Blood Pressure Screening. Club Room

**Friday September 25<sup>th</sup>:**

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

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

No Pre-Shabbat service with Rabbi Yitzi Hein, of Chabad-Lubavitch of Pittsford today

11:15am – **The Great Courses DVD: Forensic History: Crimes, Frauds, and Scandals: *The Past, Present, and Future of Forensics.*** Music Room

12:30pm – \*Aquatic Exercise Class with students from Nazareth. Pool

No Interfaith Worship Service Chaplain Jim Grobe today

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

2:30pm – **Music Mixer, Entertainment with Mike Kornrich, guitar and banjo.** 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.

**Saturday September 26<sup>th</sup>:**

10:30am – Tai Chi Class. Fitness Room

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

1:30pm – Scrabble. Laurelwood Activity Room

**Sunday September 27<sup>th</sup>: Sukkot beings at sundown**

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: Gravity (2013) with Sandra Bullock. Subtitles may not be available with all movie rentals. Community Center

**Monday September 28<sup>th</sup>:**

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

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

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

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

1:00pm – Euchre Group. Social Room

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

2:30pm – **Book Review: An Italian Wife by Ann Hood, reviewed by Ann McKay. Join for casual book talk. Laurelwood Activity Room**

3:15pm – **Celebrate Autumn Social, enjoy caramel apple bites and sparkling apple juice. Highlands Front Entrance**



Picture: (left to right) Vick Ginsburg, Verna Doeltz, Mary Doino and Joan Volonte selling tickets for the annual Duck Drop Race to benefit Pittsford Youth Services.

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**Tuesday September 29<sup>th</sup>:**

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

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

11:00am – Fitness Video. Fitness Room

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

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

12:30pm – **\*Pittsford Cinema: *Pawn Sacrifice*. Synopsis: American chess champion Bobby Fischer prepares for a legendary match-up against Russian Boris Spassky. Starring Tobey Maguire. Tickets are \$6.50 payable at the theatre. Return approx. 3:30pm**

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

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

**Wednesday September 30<sup>th</sup>:**

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

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

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

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

1:30pm – **\*Bus tour: *Million Dollar Mansions of Rochester's New Billionaires* with historian Warren Kling. A compliment to Warren's Mansion and Millionaires tour, this bus tour focuses on the current owners of the historic homes and how they continue to make their fortunes. Return approx. 3:30pm. This tour will also be offered on Tuesday, October 5<sup>th</sup>. Due to Popularity, please sign up for only one bus tour. The 10/5 sign-up sheet will be available mid-September.**

2:00pm – Crossword Puzzle with Larry Shearer. Laurelwood Activity Room

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



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University of Rochester Course Description:

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

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

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

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