



THE **HIGHLANDS**
AT **PITTSFORD**

Cultural and Educational
Program Calendar

March 2019





Friday, March 1st:

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

9:00am-9:50am – Walking tall, Balance & Strength Class with Mark Strivings. Fitness Room

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: *Phone Spoofing- Let's talk about those annoying phone calls.* Music Room

12:00pm- 1:00pm – Aquatic Exercise Class with Students from Nazareth College. Pool

*1:00pm – Computer Class: Computer Basics: *How to use a computer: Keyboard and mouse.* Media Room

1:00pm – Catholic Mass with volunteers from St. Louis Church. Laurelwood Activities Room

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

1:15pm – Pause for Peace with Steve Petrovich. Music Room

2:30pm – Music Mixer, live entertainment Laurelwood Gallery

3:00pm – iMac/MacBook Class: *Navigating a Mac*, with Crystal Rothfuss, IT Technician. If you have a MacBook, please bring it with you. Media Center



Saturday, March 2nd:

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

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

2:30pm – Saturday Movie Matinee: Movie title will be announced in advance on the digital sign. Community Center

Sunday, March 3rd:

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

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

2:30pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign. 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, March 4th:

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

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

11:15am – **Join us for an informational POPS meeting. Come express which POP Concerts you would like to attend for the 2019-2020 season. Music Room**

*1:00pm – Computer Class: Computer Basics: *How to use a computer: Keyboard and mouse.* Media Room

1:00pm – Euchre Group. Social Room

2:00pm – University of Rochester Presentation: *Rochester soldiers in the Civil War: A look in the Archives* with Autumn Haag, Special Collections Librarian/Archivist for Research and Collections. This discussion will be *through the lens of the library's collection of letters from soldiers writing to their families back home.* Community Center

7:00pm – Monday Night Movie: Movie title will be announced in advance on the digital sign. Community Center



Tuesday, March 5th: Mardi Gras

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.

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

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

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

1:00pm-3:00pm – **Wellness Fair: Vendors will include home care agencies, pharmacies, and wellness specialties. Wellness Center**

1:30pm – New University of Rochester Course, 6 Part Series: *Women in the Bible* with Anne Merideth, PhD, Department of Religion and Classics. Please see page 16 for course information. Community Center

6:30pm – Evening Music with Tom Dunn, featuring guitar. Laurelwood Gallery



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Wednesday, March 6th: Ash Wednesday

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 – Depart for the University of Rochester’s Rare Books & Special Collections**

River Campus Library for a tour of the *Lewis Henry Morgan at 200: “A Critical Appreciation”* display. No fee to attend. Return approx. 4:00pm

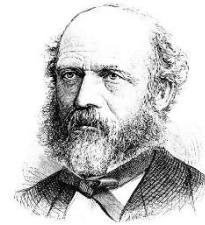
1:15pm – Ash Wednesday Service with Steve Petrovich. Laurelwood Gallery

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

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

3:30pm – Ash Wednesday Service with St. Louis Church. Laurelwood Activities Room

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



Thursday, March 7th:

8:00am-9:30am – Join us for a United Way Omelet Breakfast. All proceeds benefit the United Way. Dine in or take home. Cost is \$5.00. 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

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

***1:30pm – 2:30pm – Ontario Hearing, with Dr. Andrea Segmond for free hearing aid checks. Please sign up in the Program book. Highlands’ Parlor**

2:30pm – Yoga Lecture and Demonstration: *Yoga for Seniors: What, Why, and How?* with Eva Kane. Join Eva as she explains the health benefits of yoga and how it can be used in your daily life. Participation is optional. Please sign up in the Program Book. Fitness Room

6:30pm – Depart for a Rochester Philharmonic Orchestra Concert: *Shostakovich 10*. Please note transportation and ticket arrangements were made in advance. Return approx.

10:00pm



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Friday, March 8th: International Women's Day

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

9:00am-9:50am – Walking tall- Balance & Strength Class with Mark Strivings. Fitness Room

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

11:00am – iPhone/iPad Class with Crystal Rothfuss, IT Technician. Topic: *Using your Camera and Photos*. Please bring your devices with you. Music Room

12:00pm-1:00pm – Aquatic Exercise Class with Students from Nazareth College. Pool

*1:00pm – Computer Class: Computer Basics: *Intro to Microsoft Excel- Getting to know the toolbar*.
Media Room

*1:00pm – Shopping at Victor Crossings Plaza, Eastview Mall, or Target. Don't forget your post-holiday returns and sales! Stores include Dollar Store, HomeGoods, Wal-Mart, and PetSmart. Return approx. 4:00pm

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

1:15pm – Poems, Quotes & Songs with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – Music Mixer, live entertainment with Rhythm Aces Duo. 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, March 9th:

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

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

2:30pm – Saturday Movie Matinee: Movie title will be announced in advance on the digital sign.
Music Room



Sunday, March 10th: Daylight Savings: Turn your clocks AHEAD one hour before bed tonight.

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

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

2:30pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign.
Community Center



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Monday, March 11th:

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

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

***11:00am – iMac/MacBook Class: *Numbers and other Apps*, with Crystal Rothfuss, IT Technician.**

If you have a MacBook, please bring it with you. Media Center

12:45pm- 1:30pm – Water Fitness with Robin Gallagher. Pool

1:00pm – Euchre Group. Social Room

1:00pm – Computer Class: Computer Basics: *Intro to Microsoft Excel- Getting to know the toolbar.

Media Room

2:00pm – Lifespan Presentation: *How to Talk to your Doctor* with Health Care Coordinator Terri Maher. With all of the changes in health care these days, visits are often rushed, treatment plans can be confusing, and managing our health care can feel overwhelming. This discussion can provide you with some helpful tips to prepare for medical visits, as well as make sure your provider understands your needs. Community Center



***3:15pm – Highlands' Book Discussion Group. This month's book: *Pachinko* by Min Jin Lee.**

Activities Room

5:30pm – Depart for A Taste of Pittsford at Nazareth College's Schults Center, Sponsored by The Rotary Club of Pittsford. On this elegant night out you can enjoy the tastes of the region featuring wine tastings, door prizes, silent auctions, and fine food pairings. Discounted tickets are \$40.00. Please note that transportation and tickets arrangements were made in advance. Return approx. 8:00pm



Residents Ralph Carter, Art Frackenpohl, and John and Joanne Fisher
partaking in our Valentine's Day festivities.

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Tuesday, March 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

1:00pm – Knitting Group. Please bring your own supplies; yarn is available for charity knitting. Music Room

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

1:30pm – New University of Rochester Course, 6 Part Series: *Women in the Bible* with Anne Merideth, PhD, Department of Religion and Classics. Please see page 16 for course information. Community Center

7:00pm – Evening Music with UR Live with Eastman Hot Socks Jazz Quintet. Community Center

Wednesday, March 13th:

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

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

12:30pm – Depart for Geva Theatre: *The Humans*, trip includes prologue. Please note **transportation arrangements were made in advance. Return approx. 5:30pm**

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

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 – Saint Patrick’s Day Happy Hour: Drink specials and appetizers. Wear your **Green!** Highlands’ Pub



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Thursday, March 14th:

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

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

1:00pm-1:45pm – Pilates Class with Therese Bason. Fitness Room

2:30pm – Presentation: A day in the life of Deputy Bureau Chief of Local Courts, Kyle Steinebach. Community Center

***4:00pm – “UR” in Tune lecture titled: *A Librarian Reflects on American Piano* with David Peter Coppen. Special Collections Librarian and Archivist at the Eastman School of Music. Please see page 16 for lecture information. Community Center**

Friday, March 15th:

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

9:00am-9:50am – Walking tall- Balance & Strength Class with Mark Strivings. Fitness Room

***9:15am – Depart for the Genesee Country Village & Museum for *Maple Madness*. Event is from 10:30am-1:00pm. While enjoying a pancake breakfast with real maple syrup, freshly whipped cream and hot apple toppings, along with scrambled eggs and savory breakfast sausage, travel back in time with our interpreters. Find out how to identify a sugar maple tree, and what technique the early settlers used to collect sap in order to make it into maple sugar. Also enjoy a hands-on experience using some of the metal tools, buckets, and spiles used in the 19th Century! Admission fee is \$24.00 and can be paid at the Hospitality Desk. Return approx. 2:30pm**

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

11:00am – Getting Familiar with the Resident Portal with Crystal Rothfuss, IT Technician. Bring your device and learn what the resident portal has to offer. Music Room

No Aquatic Exercise Class with Students from Nazareth College today

*1:00pm – Computer Class: Keyboarding-Typing. Media Room

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

No Inspirational Hymn Study with Chaplain Steve Petrovich today

1:15pm – Enjoy a performance by the Young School of Irish Dance. Stop by and see these talented dancers perform traditional reels and jigs! Community Center



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Saturday, March 16th:

***10:00am – Depart for the GardenScape Flower Show located at The Dome. Enjoy interesting and educational seminars along with a delightful shopping area. Heavy walking is required. Admission is \$10.00 and will be paid upon entrance. Return approx.**

12:30pm

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

1:30pm – Visit with our furry friend Gooch. Laurelwood Entrance

2:30pm – Saturday Movie Matinee: Movie title will be announced in advance on the digital sign.

Community Center

Sunday, March 17th: Happy St. Patrick’s Day!



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

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

11:00am-2:00pm – NEW: Sunday Brunch! To-Go orders are available for pick up only. Brunch is in place of normal 5:00pm-7:00pm dinner service. Brunch reservations are required for parties of 5 or more. Dining Room

1:00pm - St. Patrick’s Day Dance Recital with Elizabeth Kinney School. Community Center

4:00pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign.

Community Center



Residents Karen Jensen, Marlys Whitcomb and Susanne Goll dipping delicious treats in chocolate.

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Monday, March 18th:

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

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

12:45pm- 1:30pm – Water Fitness with Robin Gallagher. Pool

1:00pm – Euchre Group. Social Room

*1:00pm – Computer Class: Keyboarding-Typing. Media Room

2:00pm – Asbury First Lenten Service: All are invited. Music Room

2:00pm – Presentation: *Are You Walking in Shoes that are too Small?* with Jennifer Klein. That was a reflection from the great psychologist Carl Jung – alluding to the restricted lives we often lead in order to fit our sense of who we “should be” in this world. You are the storyteller and script writer of your life – what story are you telling? Change your story, change your script and change your life! Community Center

3:00pm – iPhone/iPad Class with Crystal Rothfuss, IT Technician. Topic: *GarageBand- Make your own musical creations in the comfort of your own home.* Please bring your devices with you. Music Room

*7:00pm – Depart for Flower City Jazz Society Concert : *Bourbon Street Parade.* Tickets are \$9.00 each, pay upon arrival. Return approx. 10:00pm.

**Tuesday, March 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

*12:40pm – NEW: Monthly Men’s Group: Gather with your neighbors, Chaplain Steve Petrovich, and enjoy dessert and conversation! Laurelwood Gallery

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

1:30pm – New University of Rochester Course, 6 Part Series: *Women in the Bible* with Anne Merideth, PhD, Department of Religion and Classics. Please see page 16 for course information. Community Center



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Wednesday, March 20th: First Day of Spring!

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

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

***11:30am – Depart for Flaherty’s Grill & Tap Room. Menu Items include soups, burgers and their Famous Corned Beef and Cabbage. Trip includes a “Behind the Scenes” guided tour of Lollypop Farm. Volunteers will guide you around the campus while sharing information about their history, the animals they care for, and their community.**

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, March 21st:

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.

***10:00am-1:00pm –Parkinsons Café: *Aging, Parkinson’s & the Brain*: A program designed to provide social, cultural, and intellectual interaction for people with Parkinson’s disease and their care partners. A light lunch will be provided at no cost. A donation of at least \$2 per person is requested, as this is being provided by both The Highlands and National Parkinson’s Foundation. Located at the Hahnemann Club, please request transportation.**

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

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

***1:00pm – Depart for Christ Church on East Avenue in Rochester, NY for a tour and Lecture. Presentation Title: *Christ Church: Architecture, History and Religion*. Walking is required. Return approx. 4:00pm**

6:30pm – Depart for a Rochester Philharmonic Orchestra Concert: Zarathustra! Please note transportation arrangements were made in advance. Return approx. 10:00pm



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Friday, March 22nd:

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

9:00am-9:50am – Walking tall- Balance & Strength Class with Mark Strivings. Fitness Room

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

12:00pm- 1:00pm – Aquatic Exercise Class with Students from Nazareth College. Pool

12:00pm- 1:30pm – United Way Chili Lunch Fundraiser! Enjoy some chili with an assortment of toppings. Dine in or take home. Cost is \$5.00. All proceeds go to the United Way.

Community Center

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

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

2:30pm – Music Mixer, live entertainment with Joe Naples featuring 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? Music Room



Saturday, March 23rd:

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

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

12:15pm – Depart for Penfield High School's performance of Fiddler on the Roof. Please note transportation and ticket arrangements were made in advance. Return approx.

4:00pm

2:30pm – Saturday Movie Matinee: Movie title will be announced in advance on the digital sign.

Community Center

Sunday, March 24th:

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

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

1:30pm –Afternoon Entertainment: Spanish Music for the Cello with Flower City Cello Duo, featuring cello and piano. Community Center

2:30pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign.

Music Room

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Monday, March 25th:

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

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

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

12:45pm- 1:30pm – Water Fitness with Robin Gallagher. Pool

1:00pm – Euchre Group. Social Room

2:00pm – Resident Meeting. Community Center

3:00pm – Afternoon Social: Join your friends for conversation and refreshments. Outside Music Room.

7:00pm – Evening Music: Harp Ensemble with Roxanne Ziegler. Community Center

Tuesday, March 26th:

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

***11:15am – Depart for the Tuesday Pipes Concert at Christ Church. Performance title will be updated in the program book when it becomes available. No fee to attend. Return approx. 1:30pm**

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

2:00pm – University of Rochester Presentation: *The World as a Work of Art: John Milton's Paradise Lost* with William Miller PhD. Please see page 16 for lecture information.



Residents Pope Jamesson and Jean Chang Celebrating Valentine's Day!

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Wednesday, March 27th:

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 – Depart for a tour of the newly renovated Spiegel Community Center, Pittsford’s town Community Center. Join us to explore the updated center which includes the new home of the Pittsford Senior Center. Walking Required. Return approx. 3:30pm**

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, March 28th:

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

1:00pm-1:45pm – Pilates Class with Therese Bason. Fitness Room

2:00pm – Presentation: *Combating the Aging Process "A Healthy Spine Means a Healthier You!"* with Dr. Nate Riddle. Come listen as Dr. Riddle will discuss 4 ways to keep yourself healthy. Please see page 16 for lecture information. Community Center

3:30pm-5:30pm – United Way Spaghetti Dinner Fundraiser! Enjoy a delicious meal for a great cause. Dine in or take home. Sign up and pay at Hospitality Desk. Cost is \$8.00. All proceeds go to the United Way. Community Center

5:00pm – Highlands Bistro Special Event Week: Italian Wine Dinner, featuring the delicious foods and wines of Italy. This event is a 3-point meal. Wine Pairing is optional for an additional \$20.00 Resident Only Event. Highlands Bistro



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.

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Friday, March 29th:

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

9:00am-9:50am – Walking tall- Balance & Strength Class with Mark Strivings. Fitness Room

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

12:00pm- 1:00pm – Aquatic Exercise Class with Students from Nazareth College. Pool

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

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

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

5:00pm – Highlands Bistro Special Event Week: Italian Wine Dinner, featuring the delicious foods and wines of Italy. This event is a 3-point meal. Wine Pairing is optional for an additional \$20.00 Resident Only Event. Highlands Bistro

Saturday, March 30th:

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 Movie Matinee: Movie title will be announced in advance on the digital sign. Community Center

5:00pm – Highlands Bistro Special Event Week: Italian Wine Dinner, featuring the delicious foods and wines of Italy. This event is a 3-point meal. Wine Pairing is optional for an additional \$20.00 Resident Only Event. Highlands Bistro

Sunday, March 31st:

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

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

2:30pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign. Community Center



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University of Rochester Courses:

Women in the Bible

Tuesdays, March 5th ~ 19th 1:30pm

From a historical and cultural perspective, Anne Merideth will examine women helpmates, heroines, harlots, and warriors of the Bible. The course includes women in Genesis & Eve, Ruth, Esther, Susanna, & Judith, the Virgin Mary and Mary Magdalene, women in the Gospel, and the women in Apostle Paul's Pauline Letters.

Anne Merideth is a Senior Lecturer in Religion and Director of Undergraduate Studies for the Department of Religion and Classics at the University of Rochester. She received a master of theological studies from Harvard and PhD and masters from Princeton. She teaches a range of biblical topics such as Women in the Bible, Biblical Economy, and Judaism in the Ancient World. She teaches with a historical and cultural perspective rather than from a theological perspective.

The World as Work of Art: John Milton's Paradise Lost

Tuesday, March 26th 2019

From an early age, John Milton, the author of *Paradise Lost*, the greatest epic poem in English, viewed the natural world as a work of art, and saw his own destiny as a poet and dramatist as connected to the divine creativity evidenced in the observable universe. This talk introduces and explores Milton's views on creation and creativity as they link the fields of science and aesthetics, beginning with his early poems and culminating in *Paradise Lost*. It focuses in particular on Milton's sense of the natural-creative importance of drama, poetry, and music.

"UR" In Tune Lecture Offering:

A Librarian Reflects on American Piano

Thursday March 14th 4:00pm

In this talk, David will present three piano Sonatas by American composers. He will then explain how he came to discover each of the Sonatas through literature rather than music.

Lecture Information:

Combating the Aging Process "A Healthy Spine Means a Healthier You!"

Thursday, March 28th 2:00pm

Dr. Nate Riddle will be discussing, how to live a longer, happier, healthier, pain free life through a healthier spine and posture. The five nutrients that support the healing of chronic pain. Three types of foods to avoid that cause inflammation and simple stretches to counteract sitting stresses.

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