

# THE HIGHLANDS AT PITTSFORD



## Cultural and Educational Program Calendar

### August 2019



## Thursday August 1<sup>st</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.

10:00am – Line Dancing with Will Herzog. Fitness Room

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

10:30am – Poetry Discussion: *Billy Collins' Poems Meander with Humor and The Telling Detail* with Kathleen Cadle. Read aloud and learn more about his humor, both dark and light.  
Music Room

\*11:30am – Depart for the Red Wings Stadium to watch the Rochester Red Wings play ball against Scranton. Tickets and transportation arrangements were made in advance. Return approx. 4:00pm

2:30pm – Crosswords with Larry Shearer. Laurelwood Activities 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 August 2<sup>nd</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
- 11:00am – Tech Time, Topic: *Public Wi-Fi what to use it for* with Systems Specialist Crystal Rothfuss. Share ideas, information, and questions about technology. Music Room
- \*1:00pm – Computer Class, Topic: *Shutterfly - lets get creative* with Systems Specialist Crystal Rothfuss. Media Room
- 1:00pm – Catholic Mass with volunteers from St. Louis Church. Community Center
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 1:15pm – Pause for Peace Interfaith Worship Service with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:15pm – TED Talks, prerecorded short online talks presented by industry leaders. Topics include: The Power of Vulnerability, What makes a good life, and Why good leaders make you feel safe. Community Center
- 2:30pm – Music Mixer, live entertainment with Brad Batz Jazz Duo. Laurelwood Gallery
- 3:00pm – iMac/MacBook Class with Systems Specialist Crystal Rothfuss. Topic: *Pages- formatting* Media Room
- \*5:45pm – Depart for The Pittsford Summer Concert Series: *Mr. Mustard: Beatles Tribute Band*. The concert is located outside the Port of Pittsford. Lawn chair seating, bring your own or a chair can be provided. Food vendors available at the Pittsford Library Parking lot. No fee to attend. Weather permitting. Return Approx. 9:00pm

### Saturday August 3<sup>rd</sup>:

- 10:30am – Tai Chi Class with Master Kathy Gill, Ph.D. Fitness Room
- 1:30pm – Visit with the guide dogs from “Guiding Eyes for the Blind”. Laurelwood Activities Room
- 2:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center



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### Sunday August 4<sup>th</sup>:

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

9:30am – First Presbyterian Church of Pittsford live stream service. Music Room

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

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

### Monday August 5<sup>th</sup>:

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

11:15am – **Program Planning Meeting.** All are welcome to discuss and evaluate outings and lectures. Music Room

1:00pm – Euchre Group. Social Room

\*1:00pm – Computer Class, Topic: *Shutterfly - lets get creative* with Systems Specialist Crystal Rothfuss. Media Room

2:00pm –University of Rochester Lecture Series: *Observations of Black Holes ~ They really do exist!* with Kelly Douglass, PhD., Visiting Assistant Professor in the Astronomy Department. Please see page 18 for course description. Community Center

No Water Fitness Class with Robin Gallagher today.

7:00pm – Evening Music with Hanna Klau featuring piano and vocals. Community Center



Residents Helen VanNess and Marie Thorn enjoying some pie at Colbys Ice Cream and Bake Shop.

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### Tuesday August 6<sup>th</sup>:

No water fitness with Robin Gallagher today.

9:00am – Fit Living Class with Mark Strivings. Fitness Room

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

10:30am-12:00pm – Circuit Training- **on your own**. Exercise Room

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

2:00pm – Lecture Series: *The Revolutionary Progress of Human History: The Russian Revolution* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Please see page 19 for more information. Laurelwood Activities Room

6:00pm-7:30pm – Antique Car Show. Enjoy culinary delights, entertainment, and of course the classic automobiles! The event will be held at The Highlands' Main Entrance and in the Music Room.



### Wednesday August 7<sup>th</sup>:

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

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

\*12:30pm – Depart for a Scenic Ride to Holley, NY with stops at Hurd Orchards' Market for shopping (items include fruits, jams, baked goods, and gifts) and Lugia's for ice cream. Return approx. 4:00pm

No Pittsford Highlands Chorus practice today.

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

3:30pm – Catholic Communion with a volunteer from St. Louis Church. Laurelwood Activities Room

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



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### **Thursday August 8<sup>th</sup>:**

No water fitness with Robin Gallagher today.

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

\*10:00am – Depart for a tour of The Charlotte Genesee Lighthouse located in Rochester, N.Y. and lunch at Mr. Dominic's at the Lake. Tour fee is \$5.00, collected on the bus. Walking is required with an optional walk up the light house. Lunch menu options include soups, salads, sandwiches, and pasta. Return approx. 2:00pm

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

2:30pm – Presentation: *Music of Karen & Richard Carpenter* (Part 2) with Larry Shearer.  
Laurelwood Activities Room

### **Friday August 9<sup>th</sup>:**

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

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

11:00am – iPad/iPhone Class, Topic: *Using Siri* with Systems Specialist, Crystal Rothfuss. Music Room

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

\*1:00pm – Computer Class, Topic: *Microsoft Word – Toolbar* with Systems Specialist, Crystal Rothfuss. Media Center

No Inspirational Hymns with Chaplain Steve Petrovich today.

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

7:00pm – Evening Music: Gateway Music Festival small ensemble, classical musicians of African descent performing chamber and orchestral music. Community Center



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**Saturday August 10<sup>th</sup>:**

10:30am – Tai Chi Class with Master Kathy Gill, Ph.D. 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 at the Pittsford Senior Center. The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.**

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

**Sunday August 11<sup>th</sup>:**

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

9:30am – First Presbyterian Church of Pittsford live stream service. Music Room

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

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

**3:00pm – Depart for the Gateways Music Festival Orchestra located at Kodak Hall at the Eastman Theatre. Tickets and transportation arrangements were made in advance. Return approx. 6:30pm**



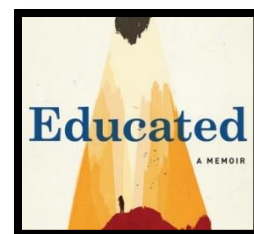
Residents viewing pieces of art on their tour of the Alfred Ceramic Art Museum.

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### **Monday August 12<sup>th</sup>:**

- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- \*11:00am – iMac/MacBook Class, Topic: *Using Siri* with Systems Specialist Crystal Rothfuss.  
Media Room
- 1:00pm – Computer Class, Topic: *Microsoft Word - Toolbar* with Systems Specialist Crystal Rothfuss. Music Room
- 1:00pm – Euchre Group. Social Room
- 12:45pm – Water Fitness with Robin Gallagher. Pool
- 2:00pm – Resident Meeting. Community Center**
- 3:00pm – Afternoon Social: Join your friends for conversation and refreshments. Highlands' Front Entrance**
- 3:15pm – Book Discussion Group. Book Title: Educated By Tara Westover. All are welcome.  
Activities Room



### **Tuesday August 13<sup>th</sup>:**

- 9:00am – Water Fitness with Robin Gallagher. Pool
- 9:00am – Fit Living with Mark Strivings. Fitness Room
- 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
- No Bible Study with Chaplain Steve Petrovich today**
- 2:00pm – Lecture Series: *The Revolutionary Progress of Human History: Meiji Restoration* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Please see page 19 for more information. Community Center**



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**Wednesday August 14<sup>th</sup>:**

7:00am – Depart for Koning Day Tours Trip: Niagara-on-the-Lake for the show *Getting Married* at the Royal George Theatre. Please note ticket and transportation arrangements were made in advance. Return approx. 7:00pm

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

\*10:00am – Monthly Kitchen Tour. Tour is approx. 30 minutes long. Meet outside the Lilac Shop

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

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

1:00pm – Alzheimer’s Support Group for current 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. Community Center

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

3:30pm – Catholic Communion with a volunteer from St. Louis Church. Laurelwood Activities Room

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



**Thursday August 15<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

\*1:15pm – Pittsford Highlands’ Chorus Departure to Sisters of St. Joseph Motherhouse for a chorus performance. Transportation will be provided for singers only. Return approx. 2:30pm

No Pittsford Highlands Chorus practice today.

\*1:30pm – Depart for the Rare Books, Special Collections and Preservation at the River Campus Library at the University of Rochester for the exhibit *Victoria: A Ruling Image*. No Fee to attend. Walking is required. Return approx. 4:00pm

3:00pm-5:00pm – Annual Chicken BBQ supporting the Highlands’ Team for the Alzheimer’s Association Walk. Purchase dinner tickets at the Hospitality Desk. Dinners are \$9.00 and are to-go only. Highlands’ Living Room

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### Friday August 16<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
- 11:00am – Resident Portal, Topic: *Using Forms* with Systems Specialist Crystal Rothfuss. Music Room
- \*1:00pm – Computer Class, Topic: *Microsoft Word- Formatting* with Systems Specialist Crystal Rothfuss. Media Room
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- \*1:00pm – Hands-on Science Lab: Sun Safety Workshop with Cait Fallone, MA, Program Manager at the University of Rochester Medical Center. Learn about skin cancer and sun protection by participating in a science workshop. Music Room**
- 1:15pm – Poems, Quotes and Songs with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Music Mixer, live entertainment with Gary Murphy featuring guitar and vocals. Laurelwood Gallery

### Saturday August 17<sup>th</sup>:

- \*9:15am – Depart for Sonnenberg Gardens and Mansion State Historic Park for the Arts in the Garden Festival. The festival includes art exhibitions, music, food, and wine. Exhibits include paintings, ceramics, jewelry, photography, fabrics, and woodworking. There will be walking on uneven ground. Admission fee is \$10.00, collected on the bus. This outing is weather dependent and does not include a tour of the garden or mansion. Return approx. 1:00pm**
- 10:30am – Tai Chi Class with Master Kathy Gill, Ph.D. Fitness Room
- 2:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center



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**Sunday August 18<sup>th</sup>:**

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

9:30am – First Presbyterian Church of Pittsford live stream service. Music Room

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

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

**Monday August 19<sup>th</sup>:**

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

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

**No Technology related classes today.**

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

1:00pm – Euchre Group. Social Room

\*1:00pm – Computer Class, Topic: *Microsoft Word- Formatting* with Systems Specialist Crystal Rothfuss. Media Room

2:00pm – Presentation and meet and greet with the UR Medicine Geriatrics Group (URMGG), office located at The Highlands at Pittsford. Join Geriatrician, Sarah Howd, MD, for a brief presentation about the benefits of seeing a geriatrician and the URMGG practice. Following the presentation, you are invited to ask questions and meet the UR Medicine team. Light refreshments will be served. Laurelwood Activities Room

3:00pm – iPad/iPhone Class, Topic: *Using the Health App* with Systems Specialist Crystal Rothfuss. Music Room

\*7:00pm – Depart for Flower City Jazz Society Concert: *The Jazz Happens Band* at the Radisson Hotel Airport. Tickets are \$9.00 each, pay upon arrival. Return approximately 10:00pm

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



# Flower City Jazz Society

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### Tuesday August 20<sup>th</sup>:

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

9:00am – Fit Living with Mark Strivings. Fitness Room

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

11:30am-2:00pm – Resident and Employee Summer Picnic! Enjoy lunch prepared by the Dining Team (no meal points needed) live entertainment, games, and conversation. This year's theme is the 1950's! Partake in the costume contest, prize given to the winner. Hope you can join us! This year's picnic will be located outside off the Laurelwood Gallery on the Laurelwood Green under a tent.

No Monthly Men's Group gathering today. Please join us on Tuesday, August 27<sup>th</sup>.

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

2:00pm – Lecture Series: *The Revolutionary Progress of Human History: Communist China* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Please see page 19 for more information. Community Center

7:00pm – Evening Music with Uptown Grove Acoustic Jazz Duo. Community Center

### Wednesday August 21<sup>st</sup>: National Senior Citizens' Day

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 – The Pittsford Highlands' Chorus performance: *Music of Johnny Mercer, Hoagy Carmichael, and Tony Bennett*. Come support your neighbors! Community Center

3:30pm – Catholic Communion with a volunteer from St. Louis Church. Laurelwood Activities Room

5:00pm-7:00pm – Happy Hour under the Tent: heavy hors d'oeuvres, drink specials, live music, and dancing. Located outside off the Laurelwood Gallery on the Laurelwood Green.



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**Thursday August 22<sup>nd</sup>:**

- \*8:30am** – Depart for a tour at the Finger Lakes Boating Museum and lunch at Bully Hill Vineyards located in Hammondsport, NY. Museum admission fee is \$8.00, collected on the bus. Lunch options include, soups, salads, and sandwiches and of course wine! Walking is required. Please see page 18 for outing information. Return approx. 4:00pm
- 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 – Line Dancing with Will Herzog. Fitness Room
- 10:30am-12:00pm – Circuit Training. Exercise Room

**Friday August 23<sup>rd</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

**No Technology related classes today.**

- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 1:15pm – Hymn Study with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – Wine Down Friday: concert and refreshments. Enjoy complimentary refreshments, wine for purchase, and conversation from 2:00pm-3:15pm at The Highlands' Pub. From 2:30pm-3:15pm enjoy classical string music from the Flower City Cello Duo.
-  Community Center
- 3:30pm – Current Events Club. Topic: *Federal Government* with Congressman Joe Morelle. Community Center

**Saturday August 24<sup>th</sup>:**

- 10:30am – Tai Chi Class with Master Kathy Gill, Ph.D. 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 at the Pittsford Senior Center. The bus departs from the Highlands at 11:00am, 12:00pm and 1:00pm.
- 2:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

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**Sunday August 25<sup>th</sup>:**

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

9:30am – First Presbyterian Church of Pittsford live stream service. Music Room

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

2:30pm – **Sunday Movie Matinee: Documentary Film: *Anote's Ark* (2018).** A look at the devastating effects that climate change has on the people living on Kiribati, a low-lying atoll in the Pacific. Community Center

**Monday August 26<sup>th</sup>:**

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

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

**No Technology related classes today.**

12:45pm – Water Fitness with Robin Gallagher

1:00pm – Euchre Group. Social Room

12:00pm – **Documentary Film: *Anote's Ark* (2018).** A look at the devastating effects that climate change has on the people living on Kiribati, a low-lying atoll in the Pacific. Community Center

2:00pm – **Presentation: *Climate Change Migrants* with Brady Fergusson, Co-Lead of the Peace Corps Action Team of Citizens' Climate Lobby and member of Returned Peace Corps.** Brady is also the Senior Academic Advisor at the University of Rochester. This presentation will discuss the documentary film: *Anote's Ark* (2018). Please see page 19 for lecture information. Community Center



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### Tuesday August 27<sup>th</sup>:

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

9:00am – Fit Living with Mark Strivings. Fitness Room

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

**\*12:40pm – Monthly Men’s Group: Gather with your neighbors and Chaplain Steve Petrovich to enjoy dessert and conversation! Laurelwood Activities Room**

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

**2:00pm – Lecture Series: *The Revolutionary Progress of Human History: 1989* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Please see page 19 for more information. Community Center**

**\*5:30pm – Celebration of Life Service. Highlands’ Chaplain Steve Petrovich will celebrate the lives of those special residents who have gone before us during this past year. Community Center**



### Wednesday August 28<sup>th</sup>:

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

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

**\*11:30am – Depart for lunch at Parkside Diner and Mini Golf at Whispering Pines Golf Course. Golf fee is \$8.50, collected on the bus. Lunch options include soups, salads, sandwiches, and burgers. Walking is required. Return approx. 3:00pm**

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

3:30pm – Catholic Communion with a volunteer from St. Louis Church. Laurelwood Activities Room

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



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**Thursday August 29<sup>th</sup>:**

No Water Fitness with Robin Gallagher today.

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

\*9:15am – Depart for a bus tour of Geneva, NY with John Marks from the Geneva Historical Society. Hear how Seneca Lake shaped the city, along with learning about the town's downtown area, architecture, and Cornell AgriTech (formerly the NYS Agricultural Experiment Station). Trip includes a stop at the Finger Lakes Welcome Center. Tour fee is \$5.00, collected on the bus. Return approx. 12:15pm

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

12:00pm-4:00pm – American Red Cross Blood Drive. To schedule an appointment please sign up at the Hospitality Desk. You may also visit [www.redcrossblood.org](http://www.redcrossblood.org) and use sponsor keyword: highlandsatpittsford to sign up. Spread the word to friends and family.



Community Center

2:30pm – Presentation: *Birds on your Window* with Richard Ashworth, past President of the Rochester Birding Association. Please see page 19 for speaker information. Laurelwood Activities Room

**Friday August 30<sup>th</sup>:**

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

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

No Technology related classes today.

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

\*1:00pm– Depart for the Moonlight Creamery in Fairport, NY. Enjoy a walk on the canal while eating a summer treat. Moonlight offers fair trade and certified products along with aiding global efforts to alleviate poverty and promote environmental sustainability. Return approx. 3:00pm

1:15pm – Summertime Sing-along with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – Music Mixer, Live Entertainment with Allen Hopkins featuring guitar and banjo. Laurelwood Gallery



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**Saturday August 31<sup>st</sup>:**

10:30am – Tai Chi Class with Master Kathy Gill, Ph.D. Fitness Room

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

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



Residents visiting the Hindu Temple of Rochester.

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## Outing Information

### Finger Lakes Boating Museum Thursday, August 22<sup>nd</sup>, 2019

The Finger Lakes Boating Museum exists for the education and preservation of the boating activities and boat building heritage of the Finger Lakes. In 1996 a small group of dedicated antique boating enthusiasts, motivated in part by a common concern over the rapidly dwindling population of locally-built wooden boats, committed to establishing a museum that would preserve the boating heritage of the Finger Lakes Region of New York State. The Museum Collection has now grown to more than 200 boats built by many of the 40+ commercial builders identified to date as having built boats throughout the Finger Lakes Region during the last century. Finger Lakes Boating Museum found its permanent home in 2014 on the South end of Keuka Lake just outside of the village of Hammondsport. The historic Taylor campus, 14 acres and 19 buildings, allows the museum to exhibit a good selection of the collection while maintaining room to expand in the future.

## University of Rochester Course Descriptions:

### Observations of Black Holes ~ They really do exist! Mondays July 15<sup>th</sup> –August 5<sup>th</sup> 2:00pm

The publication of Einstein's theory of general relativity in 1915 resulted in the prediction of black holes: regions of space where the gravity is so strong that not even light can escape. The existence of such an object was met with much skepticism, with many believing that they were a sign that the theory was flawed. Join as we discuss the various observations over the years that have led to the conclusion that black holes are real, but just as mysterious as ever. This course is a continuation of Kelly's Black Holes discussion she began at The Highlands' in August 2018. The 2018 course is not a prerequisite for her new 2019 course. All are welcome!

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

## 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: Dining Committee, Community Outreach Committee, Program Planning Group, Friendship Committee, Go Green Committee, Health Affairs Committee, Landscape Committee, and Library Committee.

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### **Climate Change Migrants**

**Monday, August 26<sup>th</sup>, 2019 2:00pm**

The film Anote's Ark (2018) tells the story of the people of Kiribati and the challenges they face due to climate change and the rising ocean. They are not the only people in the world facing these kinds of challenges - many people will be forced to migrate due to rising sea levels and other impacts of climate change. What should we do to address climate change and support climate change migrants?

Brady Fergusson was born and raised in Rochester. He traveled to Kiribati to do health and community development work with the Peace Corps. Due in part to the time he spent in Kiribati, Brady has become an advocate for action on climate change and support for climate change migrants. Brady is a Senior Academic Advisor for the Pre-College Program at The David T. Kearns Center.

### **Lecture information**

### **Birds in your Window**

**Thursday, August 29<sup>th</sup> 2019 2:30pm**

Richard Ashworth started birding fifty years ago in his native England, where he was active in the Royal Society for the Protection of Birds. Since moving to Pittsford in 1986, Richard has studied the birds of our region intensively. He is a Past President of the Rochester Birding Association, for which he leads field trips to birding 'hotspots' in the Greater Rochester area. Richard is a professional photographer, and he will share some of his many beautiful images of our local birds.

### **The Revolutionary Progress of Human History**

**Tuesdays, July 9<sup>th</sup> – August 27<sup>th</sup> 2:00pm**

Human history can be viewed as a long experiment filled with trial, error, and revision aimed at fostering perpetual progress. Many of these experiments have resulted in chaos as a society sought to completely remake itself; often with unintended consequences. Each of these experiments has changed human life and interaction on all levels and in all areas of society. Due to this total upheaval we have dubbed these experiments revolutionary. This lecture series will explore the nature, purpose, and outcome of the significant revolutions in human history while exploring the notion of progress and asking if it can be achieved without this messy upheaval.

Sarah Hodgson is a high school Social Studies teacher who has taught a variety of courses including Advanced Placement World History, Sociology, and Government and Economics. She earned her undergraduate degree in History from Nazareth College and went on to complete her Masters of Arts in Liberal Studies. She attended SUNY Brockport for a post-graduated certificate in administration. Sarah has attended numerous conferences and learning workshops with Hickey Center for Interfaith Studies and Dialogue due to her research interest in the world's religions. Her research interests also include the French Revolution with a focus on the art of Jacques-Louis David and the development of civilization.

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.