



THE HIGHLANDS  
AT PITTSFORD

# Cultural and Educational Program Calendar

## September 2019



**Sunday September 1<sup>st</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 September 2<sup>nd</sup>: Labor Day**

No shopping and banking today

No Fitness Classes today

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

No Technology related classes today

1:00pm – Euchre Group. Social Room

1:00pm-3:00pm – Labor Day Cook Out. Main Dining Room. Reservations Required. This will replace regular dinner service.

**No Program Planning Meeting today. Please join us on Monday, September 9<sup>th</sup>**

4:00pm – Afternoon Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**Tuesday September 3<sup>rd</sup>:**

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

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. Exercise Room

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

2:00pm – **University of Rochester Presentation: *How can the Arts Help us Live Better Lives*** with Program Manager and Eastman School faculty Gaelen McCormick. Gaelen will introduce the Eastman Performing Arts Medicine Program and discuss the programs' progress and future. Please see page 18 for lecture information. Community Center



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance.  
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### Wednesday September 4<sup>th</sup>:

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

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

**\*11:45am – Depart for Finger Lakes Gaming and Race Track. Enjoy lunch at the Vineyard Buffet, slot machines, and horse racing. No fee to attend. Walking is required. Return Approx. 3:00pm**

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

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

2:00pm – Fine Dining Food Forum. All are welcome to join to discuss your dining experience. 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. Our featured artist this month is Vicki Gainsburg. In September we will display Vicki's art work in the Art Gallery featuring her watercolors.

### Thursday September 5<sup>th</sup>:

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

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

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

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

**2:00pm – University of Rochester Presentation: *Visions in the Presence of Incessant Eye Movements* with Michele Rucci, Ph.D. Professor in the Brain & Cognitive Sciences Department at the University of Rochester. Please see page 19 for lecture information. Community Center**

**2:30pm – Crosswords with Larry Shearer. Laurelwood Activities Room**

Residents Harry Carley, Lois Brown, Lucy Nunn and Barbara Harper enjoying a cruise on the Canandaigua Lady.



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 September 6<sup>th</sup>:

#### **No Walking Tall, Balance & Strength Class today**

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

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

11:00am – Tech Time, Topic: *Facebook, use and permissions* with Systems Specialist Crystal Rothfuss. Share ideas, information, and questions about technology. Music Room

\*1:00pm – Computer Class: *Intro to Computers- Basic Computer Use* 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 with Chaplain Steve Petrovich. Laurelwood Gallery

**2:30pm – Music Mixer, Entertainment with Frank Herkimer featuring piano. Laurelwood Gallery**

\*3:00pm – iMac/MacBook Class. Topic: *Using Pages to Create Documents* with Systems Specialist Crystal Rothfuss. Media Center



### Saturday September 7<sup>th</sup>:

\*10:00am – Depart for the Macedon Center 37<sup>th</sup> Annual Community Lumberjack Festival. Events include ax throwing, hot saw, two men crosscut, springboard and more. Pros from all over the United States and Canada come to compete. Festival also includes crafts and collectables along with food for purchase. Admission fee is \$3.00 and will be payed upon entrance. Heavy walking is required with minimal seating. Return approx. 2:00pm

10:30am – Tai Chi & Qigong Class. Fitness Room

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

Residents Mary Jane Henderson and Barbara Meagher taking in the beautiful flowers at the Cobbs Hills Daylily Garden.



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### Sunday September 8<sup>th</sup>: Grandparents' Day

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.

10:00am – 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 September 9<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 Numbers to Create Spreadsheets* with Systems Specialist Crystal Rothfuss. Media Room

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

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

1:00pm – Euchre Group. Social Room

\*1:00pm – Computer Class. Topic: *Intro to Computers – Basic Computer Use* with Systems Specialist Crystal Rothfuss. Media Room

2:00pm – Presentation: *Ambulance Service in Pittsford, New York* with Director of Operations John Smith. John will give an overview of Pittsford Volunteer Ambulance, and there Service to the Pittsford Community. Community Center

3:15pm – The Highlands Book Discussion Group. This month's book: The Death and Life of the Great Lakes by Dan Egan. Activities Room

Residents June Mihalov, Mary Kay Kidd and Linda Russell taking a walk through Canalside in Buffalo, NY.



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**Tuesday September 10<sup>th</sup>:**

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

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. Exercise Room

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

2:00pm – Presentation: *The Importance of Digital News Literacy as the 2020s Loom* with Michael Kilian Executive Editor of the Democrat & Chronicle. Listen as to why citizens of all ages should incorporate online news consumption into their daily habits, how this benefits our nation and communities, and how to do so effectively.

Please see page 19 for presenter information. Community Center

7:00pm – Evening Music with Laura Dubin featuring instrumental jazz. Community Center



Residents enjoying a summer day at the Red Wings game.

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance.  
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### Wednesday September 11<sup>th</sup>: Patriot Day

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

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

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

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

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

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

\*2:30pm – Depart for the Elegant East Avenue and Historic Downtown Rochester Bus tour with Cynthia Howk, Architectural Research Coordinator for the Landmark Society of Western New York. Cynthia will explain the history and architecture as the bus passes through the High Falls, Corn Hill, Susan B. Anthony Square & East Ave districts. Return approx. 3:30pm. To accommodate everyone interested, a second tour will be offered on Wednesday September 18<sup>th</sup>. Due to popularity, we ask that you sign up for only one tour.

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



Residents listening to our tour guide as they walk through the Frank Lloyd Wright's Rowing Boathouse in Buffalo, NY.

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

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

**\*9:00am – Depart for Montezuma’s Audubon Center and bus tour in Savannah, NY with Center Director Chris Lajewski. Learn how you can assist and promote wildlife management, habitat restoration, conservation education, and public use within the Montezuma Wetlands Complex (MWC). Tour fee is \$5.00 and will be collected on the bus. Please see page 20 for outing information. Return approx. 1:00pm (in time for the Mac & Cheese Cook off)**

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-2:00pm – Mac & Cheese Chef Cook-Off to benefit The Highlands at Pittsford’s Alzheimer’s Team. Sample and vote on your favorite macaroni and cheese! Suggested donation of \$4.00. Community Center**

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

2:30pm – Music & Life of Harry James with Larry Shearer. Laurelwood Activities Room



**Friday September 13<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 – Aquatic Exercise with students from Nazareth College Physical Therapy program. Pool**

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

**\*1:00pm – Computer Class. Topic: *Photo Editing* with Systems Specialist Crystal Rothfuss. Media Room**

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

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

**2:30pm – Music Mixer, Entertainment with Don NewComb featuring vocals and guitar in celebration of Assisted Living Week. Laurelwood Gallery**

3:30pm – Current Events Group. Topic: “*What does the Sheriff’s Office Do*” with Monroe County Sherrif Todd K. Baxter. Community Center

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

9:00am – 11:00am – Complimentary Saturday Breakfast Guest Day, Grandparents Day Celebration. Reservations required. Main Dining Room

10:30am – Tai Chi & Qigong Class. 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. Transportation to the Main Street Pittsford Food Truck and Music Festival is also available at the 12:00pm and 1:00pm departures. Last pick up will be at 2:00pm**

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

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

**Sunday September 15<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.

10:00am – First Presbyterian Church of Pittsford live stream service. Music Room

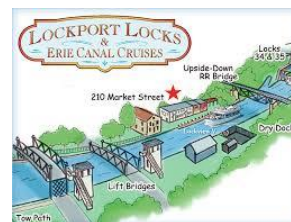
10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activities Room

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



Highlands at Pittsford Culinary Team at the 2019 resident picnic.

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### **Monday September 16<sup>th</sup>:**

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

9:30am – Depart for Lockport, NY for brunch and a cruise aboard the Lockport Locks & Erie Canal Cruise Inc. Tickets and transportation arrangements were made in advance.

Return approx. 4:30pm

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

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

\*1:00pm – Computer Class. Topic: *Photo Editing* with Systems Specialist Crystal Rothfuss.

Media Room

1:00pm – Euchre Group. Social Room

3:00pm – iPad/iPhone Class. Topic: *Using the Camera* with Systems Specialist Crystal Rothfuss.

Music Room

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

### **Tuesday September 17<sup>th</sup>:**

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

9:00am – Walking Tall, Balance & Strength 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. Exercise Room

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

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

2:00pm – University of Rochester Lecture: *The World Health Organization and the World of Global Health* with History Professor Theodore Brown Ph.D. From 1948 to 1998, position as the unquestioned leader of international health, to a much-diminished role in the crowded and contested world of global health. Community Center



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**Wednesday 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 – Meditation Class with Holly Ring-Tronlone. Fitness Room

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

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

**\*2:30pm – Depart for the Elegant East Avenue and Historic Downtown Rochester Bus tour with Cynthia Howk, Architectural Research Coordinator for The Landmark Society of Western New York. Cynthia will explain the history and architecture as the bus passes through the High Falls, Corn Hill, Susan B. Anthony Square & East Ave districts. Return approx. 3:30pm. To accommodate everyone interested, two identical tours will be offered. Due to popularity, we ask that you sign up for only one tour.**

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

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

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



Residents Nancy Hare, Larry Iwan and Ange Sorbello enjoying food, music and conversation at our 2019 resident and staff picnic!

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### Thursday September 19<sup>th</sup>:

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

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

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

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

2:00pm – Presentation: *Creating World in Miniature* with author and railroad model enthusiast Don Shilling. With picture slides, Don will showcase his handmade railroad modules. He will share how he constructed his model railroads, which depict scenes of our Victorian past, and discuss the scenes and trains he has recreated. Community Center

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

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Scheherazade.2*  
Please note transportation arrangements were made in advance. Return approx.

10:00pm



Thank you to our staff participants Lloyd and Chris for helping us support the Alzheimer's Association by taking a pie to the face!

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### Friday September 20<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 – Aquatic Exercise with students from Nazareth College Physical Therapy program.  
Pool

11:00am – Resident Portal. Topic: *Overview- open forum, let's look at and talk about the benefits of uses of the Resident Portal* with Systems Specialist Crystal Rothfuss.  
Music Room

\*1:00pm – Computer Class. Topic: *Useful Tools (Calculator, Snip it, and More)* with Systems Specialist Crystal Rothfuss. Media Room

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

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-3:30pm at The Highlands' Pub. From 2:30pm-3:30pm enjoy classical piano music with Ivanka Driankova.**



**Community Center**

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

### Saturday September 21<sup>st</sup>:

10:15am – Fitness: Tai Chi. Laurelwood Activities 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

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



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**Sunday September 22<sup>nd</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.

10:00am – 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 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

**No Technology related classes today**

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

1:00pm – Euchre Group. Social Room

2:00pm – Presentation: *What are Advance Directives and Why are they Important?* with Attorney Carolyn A. Reardon. This presentation will cover common misunderstandings and practical considerations on how to draft advance directives that will allow you to maintain control over your health care and finances as you age. This presentation provides an overview of end of life forms, such as Medical Orders for Life-Sustaining Treatment (MOLST), Do Not Resuscitate (DNR), living wills and more. Community Center

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



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## Tuesday September 24<sup>th</sup>:

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

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. Exercise Room

**\*11:15am – Depart for the Rochester Public Library Fall “Books Sandwiched In” Book Review:**

**Truth in Our Times: *Inside the Fight for Press Freedom in the Age of Alternative***

**Facts** with Deputy General Counsel of the New York Times, David E. McCraw. No fee to attend. Return approx. 1:30pm

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

2:00pm – Presentation: *Music Therapy and Aging: Nurturing Connection through Music, Rhythm, and Dance* with Expressive Arts Department Chair & Internship Director *Jennifer R. Phillips, MT-BC*. Take a look at the connection between music and memory and the many ways that the presence of music can improve quality of life in the aging population. Please see page 19 for Speaker information. Community Center



Residents enjoying the sights and smells of the Cobbs Hill Daylily Gardens.

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### Wednesday September 25<sup>th</sup>:

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

10:00am – First Presbyterian Church Pittsford Fellowship: A time of fellowship, bible study, and discussion. All are invited to attend. Music Room

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

**\*1:00pm – Depart for Eastview Mall, Target and Victor Crossings where store selection includes Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Return approx. 4:00pm**

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

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

**\*2:00pm-4:00pm – Walk to End Alzheimer's Campus Walk at! Enjoy music and refreshments from 2-4pm and the group walk beginning at 2:30pm. You do not have to participate in the walk to attend. Donors contributing \$20 or more will receive a Highlands at Pittsford Alzheimer's Association t-shirt, donations can be made at the Hospitality Desk. Hahnemann Club**

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 September 26<sup>th</sup>:

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

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

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

**\*11:30am – Depart for lunch at the Bee Hive Brew Pub and tour of The First Church of Christ, Scientist in Canandaigua, NY. Menu options including, soups, sandwiches, salads and burgers. No fee for the tour. Return approx. 4:00pm**

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

**2:30pm – Presentation: *Life Cycle of the Monarch Butterfly* with Amy Klee. Laurelwood Activities Room**



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**Friday September 27<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 – Aquatic Exercise with students from Nazareth College Physical Therapy program.  
 Pool

**No Technology related classes today**

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool  
 1:15pm – Summer time sing - along with Chaplain Steve Petrovich. Laurelwood Gallery  
**2:30pm – Music Mixer, Entertainment with The Rhythm Aces Duo featuring keyboard and  
 clarinet. Laurelwood Gallery**  
 3:30pm – Current Events Group. Topic: The Recent Democratic Debate. Music Room

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

**\* 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: The movie title will be announced in advance on the digital  
 sign and Resident Portal. Community Center

**Sunday September 29<sup>th</sup>: Rosh Hashanah begins at sundown**

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.  
 10:00am – First Presbyterian Church of Pittsford live stream service. Music Room  
 10:30am – Communion Service with volunteers from St. Louis Church. Laurelwood Activities  
 Room  
 11:00am-2:00pm – Sunday Brunch! To-Go orders are available for pick up only. Brunch is in  
 place of normal 5:00pm-7:00pm dinner service. Reservations are required for 5 or  
 more. Dining Room  
 2:30pm – Sunday Movie Matinee: The movie title will be announced in advance on the digital  
 sign and Resident Portal. Community Center



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**Monday September 30<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

2:00pm – Monthly Resident Meeting. Community Center

3:00pm – Afternoon Autumn Social: Join your friends for conversation and refreshments.

Highlands' Front Entrance

7:00pm – Evening Music with Top Brass featuring music from the American Song Book.

Laurelwood Galley

**University of Rochester Lecture Descriptions:****How can the Arts Help us Live Better Lives**

**Tuesday, September 3, 2019 2:00pm**

Is music medicine? Does listening to music during radiation treatment help improve the outcome? What does a music theorist have to do with removing a brain tumor? Can singing or dancing help a stroke patient? At the University of Rochester, a new program has developed that looks at what happens when the Eastman School and the UR Medical Center put their minds to work on healthcare - the Eastman Performing Arts Medicine program. Program Manager and Eastman School faculty Gaelen McCormick shares with us what this unique program looks like, what progress they have made in the first year of development, and what projects are on the horizon.

Gaelen McCormick (bass) joined the RPO in 1995, following freelancing with many regional orchestras in the northeast. She was the founding bassist for Gibbs & Main (a Rochester-based string quintet), and the Pittsburgh Live Music Chamber Orchestra in its inaugural year. Gaelen often collaborates with other artists and musicians and is happy to have performed new music for the Rochester City Ballet and to have improvised solos on local artists' albums. She has given recitals and masterclasses at St. Rose College, Williams College, Nazareth College, and Ithaca College. McCormick began teaching at the ECMS in 2001 and joined the faculty of Nazareth College in 2010. She holds degrees from the Eastman School and Carnegie Mellon University. Her first etude book, "Mastering the Bow," was published in 2013 by Carl Fischer.

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### **Visions in the Presence of Incessant Eye Movements**

**Thursday, September 5, 2019 2:00pm**

Researchers previously believed contrast sensitivity function—the minimum level of black and white that a person needs to detect a pattern—was mainly dictated by the optics of the eye and processing in the brain. Now researchers believe that there is another factor at play: contrast sensitivity also depends on small eye movements that a person is not even aware of making. When we fix our eyes on a single point, the world may appear stable, but at the microscopic level, our eyes are constantly jittering. These small eye movements, once thought to be inconsequential, are critical to the visual system in helping us reconstruct a scene. Eye movements transform a spatial pattern into temporal changes on the retina.

Michele Rucci is a Professor of Brain & Cognitive Sciences at the University of Rochester and member of the Center for Visual Science. He received Laurea (MA) and PhD degrees in biomedical engineering from the University of Florence and the Scuola Superiore S. Anna in Pisa, respectively. His research integrates experimental and theoretical approaches to elucidate the computational and biological mechanisms of visual perception. Research in his laboratory, has resulted in new methods for eye-tracking and real-time control of retinal stimulation, and has led to robots directly controlled by models of neural pathways.

### **Lecture Information:**

### **The Importance of Digital News Literacy as the 2020s Loom**

**Tuesday, September 10, 2019 2:00**

Michael Kilian has been a newspaper editor since 1990, working primarily with Gannett Co. Inc. in locations including Saratoga Springs, Utica and Rochester, New York; Burlington, Vermont; Salisbury, Maryland; and Cincinnati, Ohio. While news director at The Cincinnati Enquirer, the newspaper won the Pulitzer Prize for Local Reporting in 2018 for coverage of the heroin epidemic. Currently, he is Executive Editor of the Democrat & Chronicle and also Mid-Atlantic States Editor for Gannett, overseeing 11 news sites from Vermont to Virginia. Michael is a graduate of Fairport High School and of Cornell University.

### **Music Therapy and Aging: Nurturing Connection through Music, Rhythm, and Dance**

**Tuesday, September 24, 2019 2:00pm**

Jennifer Phillips is a board-certified music therapist specializing in early intervention, elder care, and stroke rehabilitation. She holds degrees in music therapy and voice from Fredonia State University. In addition to her work as a music therapist, she is also a certified early childhood music educator. Jennifer recently relocated back to the Rochester area after spending six years in private practice in Williamsburg, Virginia. Since her return to Rochester, she has co-founded the Greater Rochester Area Music Therapy Peer Supervision Group and been on the planning committee for and a panel presenter at the ROC MT networking dinner. Jennifer has also spent the past 8 years involved with community task forces on healthy aging. Jennifer sings professionally and is a past member of Concentus Women's Chorus, Eastman-Rochester Chorus, Williamsburg Bach Choir, and Cantori Choral Ensemble. Along with her work as a music therapist and educator, she is mom to two young children.

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.

### Outing Information

#### Montezuma Audubon Center and Tour Thursday, September 12, 2019

The Montezuma Audubon Center (MAC) is a state-owned facility operated through a cooperative agreement between the New York State Department of Environmental Conservation (NYSDEC) and the National Audubon Society. Managed by Audubon New York, the MAC houses a large exhibit area, classroom, nature store, office area, auditorium, and a meeting room. On its 198 acres, there are five different types of habitat, two restored freshwater marshes, two-miles of hiking trails, and an all-access observation platform.

The MAC is located in the Northern Montezuma State Wildlife Management Area in Savannah and provides a gateway to the Montezuma Wetlands Complex and National Wildlife Refuge. Montezuma provides resting, feeding, and nesting habitat for waterfowl and other migratory birds. Montezuma is situated in the middle of one of the most active flight lanes in the Atlantic Flyway. Through strategic partnerships, Audubon reintroduces audiences of all ages to nature with a diverse range of programs that highlight the critical importance of habitats focusing on wetland ecology, migration, and habitat restoration and improvements.

### 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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