



THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

October 2019





### Tuesday October 1<sup>st</sup>:

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

**No Fit Living Class today**

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: *Songs of America: Patriotism, Protest, and the Music That Made a Nation* by Jon Meacham and Tim McGraw. No fee to attend. Return approx. 1:30pm**

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

**2:00pm – Presentation: *Early Voting* with Katherine Smith, past President of the League of Women Voters Rochester Metro Area. Kathy will provide impartial information about the New York State November Election. Community Center**

4:00pm – Rosh Hashanah Shofar Service with Rabbi Hein from Chabad-Lubavitch of Pittsford. Rabbi Hein will share some Jewish New Year inspiration and also sound a Shofar (Ram's horn) for the New Year. Music Room



### Wednesday October 2<sup>nd</sup>:

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

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

**1:00pm – Depart for Geva Theatre: *La Cage aux Folles*. Please note transportation arrangements were made in advance. If you plan to dine in the Dining Room after the Geva performance, please make a prior dinner reservation. Return approx. 5:00pm**

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

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

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

**2:30pm – Presentation: *Life Cycle of the Monarch Butterfly* with Amy Klee. Laurelwood Activities Room**  
**This presentation was rescheduled from September 26<sup>th</sup>.**

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



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance.  
 The sign up book is located beneath the digital sign.



Thursday October 3<sup>rd</sup>:

8:00am –12:00pm: Flu Shot Clinic. 8:00am to 10:00am if your last name starts with A Thru M, 10:00am to 12:00pm if your last name starts with N thru Z. Please wear a short sleeved shirt and bring your insurance information. 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.

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

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

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



\*12:45pm – Movie at Pittsford Cinema: *Downton Abbey*. The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. Admission fee is \$7.00, paid at the theatre. Please note departure time is subject to change. Return approx. 3:45pm

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

6:30pm – Depart for Rochester Philharmonic Orchestra Concert: *Dvorak 8*. Please note transportation arrangements were made in advance. Return approx. 10:30pm



Residents having a Disc Golf lesson out on our Highlands Disc Golf Course.

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### Friday October 4<sup>th</sup>:

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

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

**\*9:45am – Depart for a tour of the Rochester Mennonite Fellowship Congregation. Learn about the church’s history, beliefs, and practices. No fee to attend. Please note this outing was rescheduled from the winter. Return approx. 12:30pm**

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

11:00am – Tech Time, Topic: *What classes does IT offer and what can they do for me* with Systems Specialist Crystal Rothfuss. Share ideas, information, and questions about technology. Music Room

11:00am – Aquatic Exercise with students from Nazareth College Physical Therapy program. Pool

**\*1:00pm – Computer Class, Topic: *Microsoft Word- working with a document, moving text, spacing, and navigating a document*** 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, Live entertainment with Brad Batz Jazz Duo. Laurelwood Gallery**

**\*3:00pm – iMac/MacBook Class, Topic: *Pages, Numbers, and Keynote- New features what was added in recent updates*** with Systems Specialist Crystal Rothfuss. Media Center



### Saturday October 5<sup>th</sup>:

**8:45am – Depart for the Rochester & Genesee Valley Railroad Museum for a Fall Foliage Train Ride located in Rush, Please note tickets and transportation arrangements were made in advance. Return approx. 12:00pm**

10:30am – Stretch, Strength and Balance with Mark Strivings. Fitness 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 – Arm Chair Travel: *Germany* with Life Enrichment Assistant Brooklyn Santiago. Laurelwood Activities Room



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

8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for a 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 October 7<sup>th</sup>: Columbus Day**

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

10:15am – Fitness Class with Robin Gallagher. Fitness 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: *Microsoft Word- Adding photos and design using templates* with Systems Specialist Crystal Rothfuss. Media Room

2:00pm – **Presentation: *Frederick Douglass Family Initiatives (FDI)* with Robert J. Benz, Co-Founder & Executive Vice President. Robert will explain the mission of the FDI organization and Rochester's role for changing the paradigm of racial disparity. Please see page 19 for additional information.** Community Center

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



Residents with their souvenirs from the Macedon Lumberjack Festival

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### Tuesday October 8<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 – The Highlands’ 11<sup>th</sup> Annual Charity Fashion Show and Luncheon to benefit The Wilmot Cancer Institute and The Pluta Cancer Center. Clothes and accessories provided by Lord & Taylor. Reservations are made in advance. Dining Room**

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

7:00pm – Evening music with Tom Cometa’s Duo featuring vocals and piano. Laurelwood Gallery

### Wednesday October 9<sup>th</sup>:

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

**\*9:15am – Depart for tour at The Wings of Eagles Discovery Center located in Horseheads, NY. Enjoy a guided tour of the museum’s collection comprised of aircraft, engines, flight simulators, and displays. Admission fee is \$4.50. Lunch will be had at Mooney’s Sports Bar and Grill. Return approx. 4:00pm**

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

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

11:15am – Meditation Class with Holly Ring-Tronlone. Fitness Room

1:00pm – Alzheimer’s Support Group for current caregivers facilitated by Alzheimer’s Association. The group provides updated information, emotional support, and problem solving as related to the challenges of care giving. Community Center

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

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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LUNCHTIME CONCERTS BY THE  
EASTMAN COMMUNITY MUSIC SCHOOL

### Thursday October 10<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 – Eastman at Washington Square Concert. Concert title will be advertised in the program book when it becomes available. No fee to attend, brown bag lunches are welcome. Return approx.**

**1:30pm**

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

**2:00pm – University of Rochester Presentation: *3D Printing of Bacteria for Patterned Materials***

*Production: How to build a Lunar Habitat* with Associate Professor of Biology Anne Meyer Ph.D. Please see page 18 for additional information. Community Center

**2:30pm- Presentation: *Music and Life of Roger Whittaker* with Larry Shearer. Laurelwood Activities Room**

### Friday October 11<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 – iPad/iPhone Class, Topic: *Using the Maps App* with Systems Specialist Crystal Rothfuss. Music Room

11:00am – Aquatic Exercise with students from Nazareth College Physical Therapy program. Pool

**\*1:00pm – Computer Class, Topic: *Microsoft Word- Adding photos and design using templates* with Systems Specialist Crystal Rothfuss. Media Room**

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 Mike Kornrich featuring guitar and banjo. Laurelwood Gallery**

3:30pm – Current Events Group, Topic: *China and US Trade* presented by Professor Amit Batabyal from the Rochester Institute of Technology. Community Center



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### Saturday October 12<sup>th</sup>:

9:00am- 11:00am – Saturday Breakfast, Residents only. Reservations are required for parties of 5 or more. Dining Room

10:30am – Stretch, Strength and Balance with Mark Strivings. Fitness Room

1:30pm – Visit with “*Guiding Eyes*” for the Blind Dogs. 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

### Sunday October 13<sup>th</sup>:

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

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

**\*10:15am – Depart for Middlesex, NY, home of the Rochester Folk Art Guild for 50 years. Tour the pottery, woodworking and clothing design workshops, along with fresh baked bread, cider pressing, and the East Hill Gallery. Enjoy an a la cart farm –fresh lunch right on the campus. No admission fee, lunch for purchase. There will be walking on uneven ground. Return approx. 3:00pm**

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



Residents enjoying a day in Lockport, NY aboard the Lockview V

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### Monday October 14<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: *We can cover whatever you need, bring your questions with* Systems Specialist Crystal Rothfuss. Media Center
- 12:45pm – Water Fitness with Robin Gallagher. Pool
- \*1:00pm – Computer Class, Topic: *Using the internet to find information* with Systems Specialist Crystal Rothfuss. Media Center
- 1:00pm – Euchre Group. Social Room
- 2:00pm – Presentation: *Diversity and Inclusion* with Dr. Keith B. Jenkins, Professor, Vice President, and Associate Provost for Division of Diversity & Inclusion at the Rochester Institute of Technology. This presentation explores the dynamics involved when individuals communicate across cultures and the model of intercultural communication. Please see page 19 for speaker information. Community Center
- 3:15pm – Highlands’ Book Discussion Group. This month’s book: *The Library Book* by Susan Orlean Activities Room
- 7:00pm – Evening Music with Daniel Henry featuring jazz vocals. Community Center



### Tuesday October 15<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 – Non-Denominational Worship Service with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – University of Rochester Presentation: *The Image of Lincoln in American Art* with Director Emeritus of the Memorial Art Gallery Grant Holcomb. A look at how 19th, 20th and 21st century American painters, sculptors and photographers have depicted the life of Abraham Lincoln from his boyhood years in Kentucky and Indiana to his final years as President in Washington, D.C. Please see page 18 for speaker information. Community Center

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

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

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

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

**\*2:00pm – Depart for the Town of Pittsford Barn tour with Town Historian Audrey Johnson. Learn about the town and historical landmarks. To accommodate everyone interested, a second tour will be offered on Thursday October 17<sup>th</sup>. Due to popularity, we ask that you sign up for only one tour. Return approx. 3:30pm**

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

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

**Thursday October 17<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

**\*10:00am-1:00pm –Parkinson Café: *Growing Wiser*: 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. 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

**\*2:00pm – Depart for the Town of Pittsford Barn tour with Town Historian Audrey Johnson. Learn about the town and historical landmarks. To accommodate everyone interested, a second tour will be offered on Wednesday, October 16<sup>th</sup>. Due to popularity, we ask that you sign up for only one tour. Return approx. 3:30pm**

**6:30pm – Depart for Rochester Philharmonic Orchestra Concert: *Tchaikovsky 4*. Please note transportation arrangements were made in advance. Return approx. 10:30pm**



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**Friday October 18<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: *Intro to the Portal, what is its purpose and how can we access it* with Systems Specialist Crystal Rothfuss. Music Room

11:00am-12:00pm – Aquatic Exercise with students from Nazareth College Physical Therapy program. Pool

**\*11:45am – Depart for lunch at Shadow Lake in Penfield, NY. Enjoy a view of the golf course, pond, and fall foliage. Return approx. 1:45pm**

\*1:00pm – Computer Class, Topic: *Using the Internet to find information* with Systems Specialist Crystal Rothfuss. Media Room

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-3:30pm at The Highlands' Pub. From 2:30pm-3:30pm enjoy music from John Williams featuring piano. Community Center**

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

10:30am – Stretch, Strength and Balance with Mark Strivings. Fitness Room

**\*1:00pm-3:00pm – Fall Festival: Enjoy activities with your grandchildren and great grandchildren, featuring music by The Tenth Ward Boys and light refreshments! Hahnemann Square**

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

Residents Linda Russell, Paul Francis, and Rick Skelton  
bird watching at Montezuma's Audubon Property



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

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

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. Music Room

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

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

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

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

1:00pm – Euchre Group. Social Room

\*1:00pm – Computer Class, Topic: *Accessing the Portal from a computer* with Systems Specialist Crystal Rothfuss. Media Room

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

\*1:30pm – **Depart for a trip to Schutt's Apple Mill in Webster. Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items and much more. Return at approx. 3:30pm**

3:00pm – Sing a-long with Music Therapy Students from Nazareth College. Students will share their musical talents with us, come to participate or listen. Laurelwood Gallery

3:00pm – iPad/iPhone Class, Topic: *Exploring Settings* with Systems Specialist Crystal Rothfuss. Music Room

\*4:00pm – “UR” Always Learning lecture titled: *Unstuck in Time: A Closer Look at Slaughterhouse-Five & it's Rochesterian Novelist Kurt Vonnegut* with Grant Holcomb, Director Emeritus at The Memorial Art Gallery. Located in the Hahnemann Club. Please see page 21 for additional information. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm

\*7:00pm – Depart for Flower City Jazz Society Concert: Rod Blumenau's *Upstate Dixieland Band*. Tickets are \$9.00 each, pay upon arrival. Return approximately 10:00pm

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### Tuesday October 22<sup>nd</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: *Portrayal of Elizabeth Cady Stanton* with Eleanor Stearns a historical actor.**

**Portrayal will include events before Elizabeth Cady Stanton came to Seneca Falls, the life that she found there, and the conditions that moved her to fight for Women’s rights. Eleanor will also explain the role Elizabeth played at the first Women’s Rights Convention. Community Center**

3:00pm – Sing a-long with Music Therapy Students from Nazareth College. Students will share their musical talents with us, come to participate or listen. Laurelwood Gallery

### Wednesday October 23<sup>rd</sup>:

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

**\*9:00am – Depart for a tour and shopping at MacKenzie-Childs located in Aurora, NY. Followed by lunch at Parker’s Grille and Tap House. Return approx. 3:00pm**

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

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

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

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

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

**\*4:00pm – “UR” Always Learning lecture titled: *Translational Brain Mapping at the University of Rochester* with Brad Mahon Ph.D. department of Neurosurgery. Located in the Hahnemann Club. Please see page 20 for additional information. Transportation is provided from Hahnemann Square at 3:45pm. Return approx. 5:15pm**

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

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



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**Thursday October 24<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 – Eastman at Washington Square Concert. Concert title will be advertised in the program book when it becomes available. No fee to attend, brown bag lunches are welcome. Return approx.**

**1:30pm**

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

**Friday October 25<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

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

1:30pm-2:15pm – Open Swim with Robin Gallagher. Pool

**2:30pm – Music Mixer, Live entertainment with The Brylcreem Brothers featuring music from the 50's & 60's. Laurelwood Gallery**

3:30pm – Current Events Group, Topic: *“What does a District Attorney Do”* with District Attorney Sandra Doorley. Community Center

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

**\*10:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema and Pittsford Community Library. The bus departs from the Highlands at 10:00am, 11:00am and 12:00pm. Please not time change.**

10:30am – Stretch, Strength and Balance with Mark Strivings. Fitness Room

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



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**Sunday October 27<sup>th</sup>:**

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

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

11:00am – Trivia: What do you know? Laurelwood Hearth Room

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

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

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

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

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

1:00pm – Euchre Group. Social Room

2:00pm – **Presentation: *Medicare 101* with Charmel Trinidad, Program Coordinator at Lifespan. Community Center**

3:00pm – Sing a-long with Music Therapy Students from Nazareth College. Students will share their musical talents with us, come to participate or listen. Laurelwood Gallery

6:45pm – **Depart for the Penfield Symphony Orchestra Concert: *Brahms and Castanets*. Please note tickets and transportation arrangements were made in advance. Return approx. 10:00pm**



Residents with our tour guide from the Montezuma's Audubon Center

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### Tuesday October 29<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

**\*11:45am – Depart for lunch at Elmwood Inn followed by a tour of Mount Hope Cemetery guided by volunteer Pat Corcoran. The tour will highlight local history, famous Rochester residents, such as, Susan B. Anthony and Frederick Douglass, along with horticulture, geology, architecture, and Victorian symbolism. Return approx. 3:30pm. A Second identical outing will be offered on Thursday November 7<sup>th</sup>. Sign-up sheets for both dates are currently available in the Program Book.**

**No Bible Study with Chaplain Steve Petrovich today**

6:00pm – Sing a-long with Music Therapy Students from Nazareth College. Students will share their musical talents with us, come to participate or listen. Laurelwood Gallery

7:00pm – “UR” Live with Eastman concert series: *Ultimo Minuto Trio* featuring classical piano, violin, and cello. Enjoy classical music presented by Eastman school of Music Students Ela Kodzas (Rochester, violinist), Boubacar Diallo (New York, NY, Cellist), and Rena Wi (Shenzhen, China, pianist). Community Center

### Wednesday October 30<sup>th</sup>:

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

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

**\*11:30am – Depart for Live from Hochstein Concert: *Syrinx: XXII* featuring recorders, flutes and piano. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm**

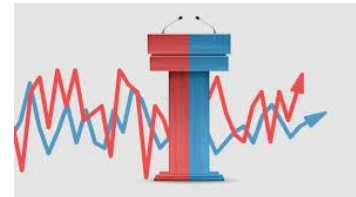
1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

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

3:00pm – Halloween Party and Happy Hour: drink specials, appetizers, live music, and a costume competition! Highlands’ Pub and Community Center

**No Catholic Communion today**

**\*4:00pm – “UR” Always Learning lecture titled: *Presidential Politics: The Election, A Year Ahead* with Curt Smith Located in the Hahnemann Club. Please see page 20 for speaker information Transportation is provided from Hahnemann Square at**



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### Thursday October 31<sup>st</sup>: Halloween

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

**\*9:00am – Depart for City of Rochester Public Market. Enjoy bargains, local produce, meats and seafood, eggs and dairy products, ethnic delicacies, prepared foods, specialty items, and general merchandise. Walking required. Bring your own tote or cart for your take home items. Return approx. 12:00pm**

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

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

**2:15pm – Halloween Movie: *Hocus Pocus* (1993) starring Sarah Jessica Parker, Bette Midler, and Kathy Najimy. Popcorn bar available starting at 2:15pm before the movie begins at 2:30pm.**  
Community Center

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



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

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.

## University of Rochester Lectures

### 3D Printing of Bacteria for Patterned Materials Production: How to build a lunar habitat

**Thursday, October 10, 2019 2:00pm**

Learn about the breakthroughs in 3D tissue printing as the Meyer lab is developing first-of-their-kind bacterial 3D printers that can deposit engineered bacteria in specific three-dimensional patterns using simple devices and chemistries.

Dr. Anne S. Meyer is an Associate Professor of Biology at the University of Rochester. Dr. Meyer received her Ph.D. in Biological Sciences at Stanford University in 2005. She was a post-doctoral fellow in the Department of Biology at the Massachusetts Institute of Technology. Anne served as an Assistant Professor in the Department of Bionanoscience at TU Delft (Delft University of Technology) in The Netherlands, prior to moving her research group to the University of Rochester in September, 2018. She has served as the lead advisor for five iGEM (International Genetically Engineered Organisms) teams, which have won numerous awards including the 2015 Grand Prize. Her research focuses on using quantitative techniques in the fields of biochemistry, microbiology, and biophysics to study structural dynamics, macromolecular interactions, and physiological responses of organisms to environmental stressors. She also uses tools of synthetic biology to engineer novel functions into microorganisms, with a particular focus on the production of improved, tunable biomaterials and the development of new tools for 3D patterning of bacteria.

### The Image of Lincoln in American Art

**Tuesday, October 15, 2019 2:00pm**

Grant Holcomb is Director Emeritus of the Memorial Art Gallery. Before coming to Rochester, he had taught art history at Mount Holyoke College before beginning his art museum career at curator and assistant director at the San Diego Museum of Art. A Kress Fellow at the National Gallery of Art, he has been the recipient of fellowships and grants from the American Council of Learned Societies, the J. Paul Getty Institute, the National Endowment for the Arts, the Henry Francis DuPont Winterthur Museum and the New York Council on the Arts. He has written articles, essays and exhibition on 19th and 20th century American art and edited *Voices in the Gallery: Writers on Art*, poems and essays on art by poets and novelists in Western New York.

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## Lecture Information

### Frederick Douglass Family Initiatives (FDFI)

**Monday, October, 7, 2019 2:00pm**

The Frederick Douglass Family Initiatives (FDFI) was co-founded in June 2007 by Nettie Washington Douglass, her son, Kenneth B. Morris, Jr. and Robert J. Benz. FDFI is an Abolitionist organization that combines lessons from the legacies of Frederick Douglass and Booker T. Washington: *Abolition Through Education*. FDFI brings the guidance of history to the fight against modern forms of slavery. Join this lecture to learn more about the FDFI organization.

Robert J. Benz is responsible for policy, programming, and strategic development at FDFI. He created and led the development of FDFI's core philosophy behind its prevention education approach to human trafficking which included projects such as: *Frederick Douglass Dialogues*, *Abolition Day*, *100 Days To Freedom* and he authored FDFI's curricular works including – *History, Human Rights and the Power of One*, *the Trafficking Free Community* and *Globalize 13*. He also created and developed FDFI's *One Million Abolitionists* project, which is striving to print and give away one million copies of the *Bicentennial Edition* of the *Narrative of the Life of Frederick Douglass, An American Slave* to young people across the country. Robert was the Editor of this book.

### Diversity and Inclusion

**Monday, October 14, 2019 2:00pm**

Dr. Keith B. Jenkins, Professor of Communication in the School of Communication, is the Vice President & Associate Provost for Diversity & Inclusion at Rochester Institute of Technology. Keith, a native of Pine Bluff, Arkansas, received his B.A. in Communication from the University of Arkansas and his M.A. and Ph.D. degrees in Communication from the Florida State University. Since joining RIT in 1992 as an Assistant Professor in the Department of Communication, Dr. Jenkins has also served as RIT Faculty-in-Residence (1993 – 1995), RIT's first Assistant Provost for Diversity (1999 – 2002), Director of Undergraduate Degree Programs in the School of Communication (2011 – 2016), and Interim Vice President and Associate Provost, Division for Diversity & Inclusion (2016 – 2017). He was also privileged to establish RIT's Multicultural Center for Academic Success and the School of Communication's Journalism Degree program. Jenkins is the recipient of many awards. Among the RIT awards are the 2010 Eisenhart Award for Outstanding Teaching, the 2005 Isaac L. Jordan Pluralism Award, the 2004 RIT Diversity Trailblazer Award, the 1993-94 Provost's Excellence in Teaching Award, the 1996 and 1997 Higher Education Opportunity Program "Community Professor" awards which recognize a professor who has made a difference in the lives of HEOP(Higher Education Opportunity Program)students at RIT, and NTID's (National Technical Institute for the Deaf) 1995 Pluralism Award. Jenkins' scholarly publications and presentations center around studies in intercultural communication, political and visual rhetoric, and the rhetoric of gospel song. Most recently, the focus of his research has been on pragmatism and the rhetoric of inclusion in Barack Obama's 2008 Presidential campaign and shaping institutional narratives around diversity.

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“UR” Always Learning Lectures

**Unstuck in Time: A Closer Look at Slaughterhouse-Five & It's Rochesterian**  
**Monday, October 21, 2019 4:00pm**

Grant Holcomb is Director Emeritus of the Memorial Art Gallery. Before coming to Rochester, he had taught art history at Mount Holyoke College before beginning his art museum career at curator and assistant director at the San Diego Museum of Art. A Kress Fellow at the National Gallery of Art, he has been the recipient of fellowships and grants from the American Council of Learned Societies, the J. Paul Getty Institute, the National Endowment for the Arts, the Henry Francis DuPont Winterthur Museum and the New York Council on the Arts. He has written articles, essays and exhibition on 19th and 20th century American art and edited *Voices in the Gallery: Writers on Art*, poems and essays on art by poets and novelists in Western New York.

**How the Human Brain Works and How it Recovers from Injury**  
**Wednesday, October 23, 2019 4:00pm**

Brad Mahon, PhD will describe how he uses state of the art methods to map the function and structure of the human brain to improve outcome in neurosurgery and stroke patients. He will provide an update on the Program for Translational Brain Mapping ([www.tbm.urmc.edu](http://www.tbm.urmc.edu)), which has become a national leader marrying basic neuroscience with neuromedicine. This talk will interest anyone wanting to learn about brain diseases and their treatment, how the human brain works, and how it recovers from injury. Brad Mahon, PhD is in the Department of Neurosurgery at the University of Rochester and Department of Psychology at Carnegie Mellon University, Pennsylvania.

Brad Mahon, PhD is a graduate from Harvard University, receiving his Masters in Cognitive Neuroscience in 2002 and Doctorate in 2009. He is presently an Assistant Professor in the Department of Brain & Cognitive Sciences, Neurosurgery Department, Center for Visual Science and Center for Language Science at The University of Rochester. Brad teaches undergraduate and graduate students on Cognitive Neuroscience, Plasticity, and Cognition.

**Presidential Politics: The Election, A Year Ahead**  
**Wednesday, October 30, 2019 4:00pm**

Curt Smith, the author of 17 books, Senior Lecturer of English at the University of Rochester, Gate House Media columnist, and former Speechwriter to President George H.W. Bush, will speak about both party's prospects: President Trump's achievements and his demeanor; the Democratic Party's candidates and the party's movement to the Left; who might be the strongest candidate versus Trump; and where the country is, culturally and

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