



THE HIGHLANDS  
AT PITTSFORD

**Cultural and Educational  
Program Calendar**

**December 2019**



**Sunday, December 1<sup>st</sup>:**

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, December 2<sup>nd</sup>:**

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 – Computer Class, Topic: *Introduction to Microsoft Excel- Getting to know the tool bar* with Systems Specialist Crystal Rothfuss. Media Center

1:00pm – Euchre Group. Social Room

\*1:15pm – **Depart for Christmas Caroling at the Highlands Living Center to spread some goodwill and holiday cheer with our friends on campus. Music lyrics and accompaniment will be provided. Return approx. 2:45pm**

2:00pm – Asbury Frist Service "Lessons and Carols" and communion. All are welcome. Music Room

7:00pm – Evening Entertainment with Rochester Rhapsody Women's Acapella Group. Community Center



Residents John Simonds, Alice Leddy, and Gayle Ader at the Wayne County Shopping Fling

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance.  
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**Tuesday, December 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.

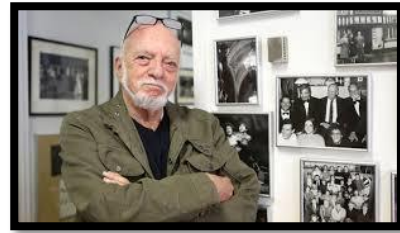
10:30am-12:00pm – Circuit Training. Exercise Room

1:15pm – Bible Study with guest Chaplain Jim Grobe. Laurelwood Gallery

2:00pm – Presentation: *Hal Prince - Prince of Broadway* with Bob Sagan, theatre educator and Broadway enthusiast. Learn more about the life and times of Hal Prince, a true Broadway Legend who spent 70 years in the American Theater. Community Center

\*4:00pm – To “UR” Health Lecture: *Prostate Cancer Screening & Treatment Options* with Dr. Jonathan Bloom. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm

\*4:45pm & 6:30pm – Depart for The Town of Pittsford’s Candlelight Night in the Village of Pittsford. An annual holiday celebration featuring live music, carolers, and visits with Santa. Explore the village of Pittsford and shop! Walking is required. In Pittsford, the shuttle pick up and drop off location is on the corner of Lincoln Ave and S. Main St, next to the Pittsford Florist Shop. Two possible return times: 6:30pm and 8:00pm.



Residents touring the Schweinfurth Art Center located in Auburn, NY

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**Wednesday, December 4<sup>th</sup>:**

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

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

10:30am – Join us for the annual trimming of the Highlands Christmas tree. Hot chocolate and cookies will be served. Outside the Community Center

\* 11:45am – Depart for The Pittsford Highlands chorus performance at the Pittsford Senior Center. **Transportation will be provided for singers only.** Return approx. 2:00pm

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

2:00pm – Dining Food Forum. Community Center

2:00pm – Presentation: *Successful Cognitive Aging* with Kaylin Cottone, Human subject research coordinator at the University of Rochester. Please see page 16 for lecture information.

**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

7:00pm – Evening sing-along with resident Mary Anna Geib featuring the piano. Sing your holiday favorites! Music Lyrics will be provided. Music Room

**Thursday, December 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

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

\*10:00am – Decorate a Gingerbread House for the Highlands! Show off your creativity! The Finished gingerbread house will be put on display outside the Community Center. All edible decorations will be provided. 2<sup>nd</sup> Floor Activities Room

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

2:00pm – University of Rochester Presentation: *Looking for Dark Matter* with Frank Wolfs Ph.D. professor, Department of Physics and Astronomy. This presentation will describe why we believe dark matter exists and how try to detect dark matter. Please see page 16 for more information. Community Center

\*6:15pm – Depart for a Christmas Lights Evening Ride (Group 1) to see festive outdoor holiday decorations. Please sign up in the program book for Group 1. Return at approx. 7:15pm

\*7:45pm – Depart for a Christmas Lights Evening Ride (Group 2) to see festive outdoor holiday decorations. Please sign up in the program book for Group 2. Return at Approx. 8:45pm

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**Friday, December 6<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. Exercise Room

11:00am – Tech Time, Topic: Open Forum – *What technology related topics would you like to discuss?* with Systems Specialist Crystal Rothfuss. Music Room

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

\*1:00pm – Computer Class, Topic: *Introduction to Microsoft Excel- Getting to know the tool bar* with Systems Specialist Crystal Rothfuss. Media Center

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

**No Pause for Peace today**

**3:30pm – Annual Resident and Employee Holiday Party including the presentation of the Employee Appreciation Fund checks in the Community Center, followed by a buffet style dinner at 4:30pm-6:30pm. Live piano music from Ivanka Driankova in the Music Room. Meal delivery available from 4:30pm-5:15pm**

**Saturday, December 7<sup>th</sup>:**

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

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

\*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.

2:00pm – Afternoon Entertainment: Holiday Piano Concert with the Kate Bohonas Piano Studio, featuring children of all ages. Laurelwood Gallery

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

**Sunday, December 8<sup>th</sup>:**

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

\*1:00pm – Depart for the New Horizon Band Holiday Concert at the University of Rochester Bloch Alumni and Advancement Center. No fee to attend, general admission. Space is limited. Return approx. 4:45pm

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, December 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: *Working with pages* with Systems Specialist Crystal Rothfuss. Media Center

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

\* 1:00pm – Computer Class, Topic: *Introduction to the Internet* with Systems Specialist Crystal Rothfuss. Media Center

1:00pm – Euchre Group. Social Room

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

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

**No Book Discussion Group this month, we will continue in January.**

**Tuesday, December 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

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

**No Bible Study today**

\* 1:15pm – Depart for the George Eastman House Annual Sweet Creations Exhibition. The display features clever confections from professional bakers, families, and community groups, including a gingerbread house created by Highlands' residents. Admission is \$13.00 and will be collected on the bus. Return approx. 3:30pm

7:00pm – “UR” Live with Eastman concert series: *Terry Dunphy Jazz Trio*, the trio members, Stephen Parisi on bass, Dana Wendel on drums, and Terry Dunphy on piano. Community Center



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### Wednesday, December 11<sup>th</sup>:

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

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

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

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

\*11:30am – Depart for Live from Hochstein Concert: *Madrigalia: A Cup of Good Cheer*. An annual celebration of the holiday season. No fee to attend, brown bag lunches are welcome.

Return approx. 1:30pm

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. Honeoye Dining Room

2:00pm – The Pittsford Highlands chorus performance: *Holiday Joys*. Come support your neighbors! Community Center

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, December 12<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

10:15am – Depart for the Genesee Country Village & Museum's *Home for the Holidays* event. Please note tickets and transportation arrangements were made in advance. Return approx.

2:30pm

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

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

4:00pm – Holiday sing-along with accompanist Frank Herkimer and social. Song lyrics will be provided. Light refreshments will be served. Community Center



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**Friday, December 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 – iPad/iPhone Class, Topic: *Sending messages with emojis (picture messages)* with Systems Specialist Crystal Rothfuss. Music Room

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

\*1:00pm – Computer Class, Topic: *Setting the Scene- how to access yule logs and other scenery* with Systems Specialist Crystal Rothfuss. Media Center

**No Poems, Quotes, & Songs today**

2:30pm – Music Mixer, Live Entertainment *holiday performance* featuring piano with Beata Golec. Laurelwood Gallery

3:30pm – Current Events Group, Topic: *Public Library Services* with County Librarian Patricia Uttaro. Community Center

7:15pm – Depart for The Nazareth College Art Center for the Performance of *Garth Fagan Dance*. Please note tickets and transportation arrangements were made in advance. Return approx. 11:00pm

**Saturday, December 14<sup>th</sup>:**

9:00am-11:00am – Saturday Breakfast with Santa, Guest Day: Bring your family and enjoy this wonderful holiday gathering. Dining Room

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

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

1:00pm – Depart for Monroe Community College Art Theater for the Pittsford Musicals production of *Cinderella*. Please note tickets and transportation arrangements were made in advance. Return approx. 5:00pm

1:30pm – Arm Chair Travel: *Egypt* with Life Enrichment Assistant Brooklyn Santiago. Laurelwood Activities Room

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



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**Sunday, December 15<sup>th</sup>:**

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

1:30pm – **Back by popular demand: Afternoon Entertainment with Lyric Voices– Show Choir performing their Holiday Show: *Christmas Radio through the Years*. Community Center**

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

**Monday, December 16<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 – Computer Class, Topic: *It's all about the music- how can we access music on the internet* with Systems Specialist Crystal Rothfuss. Media Center

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

1:00pm – Euchre Group. Social Room

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

2:00pm – University of Rochester Presentation: *The Outlook for the US Economy* with Narayana Kocherlakota Ph.D. Professor of Economics. Please see page 16 for more information.  
Community Center

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

6:30pm – Depart for the Penfield Symphony Concert: *Holiday Gifts*. Please note tickets and transportation arrangements were made in advance. Return approx. 9:45pm



Residents enjoying a tour of the new Schottland Family Branch YMCA.

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**Tuesday, December 17<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

**\*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 – Presentation: *Insect Pest Management in the Age of Biotechnology: What Would Rachel Carson Say?* with Professor Tony Shelton, International Professor in the Department of Entomology, Director of Feed the Future South Asia Eggplant Improvement Partnership, and Assoc. Director of International Programs for Cornell University. Learn about the evolution of biotechnology, how it is being used, and the challenges it faces. Please see page 18 for more information. Community Center**

**7:00pm – Evening Entertainment with Mendon Strings Attached featuring violin, viola, cello, and bass. Community Center**

**Wednesday, December 18<sup>th</sup>:**

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

**\*9:30am – Depart for Temple B’rith Kodesh for a self-guided audio tour of their Lewis Menorah Collection. View many diverse and unique menorahs ranging from traditional 19th century Russian and European silver models to contemporary designs. Free admission. Return approx. 11:30am**

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

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

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



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### Thursday, December 19<sup>th</sup>:

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

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

\*10:00am-1:00pm – Parkinson Café: *Apps that Deliver*. 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 – Pilates Class with Therese Bason. Fitness Room

**2:00pm – University of Rochester Presentation: *How Do Bird Populations Go Extinct?* with Nancy Chen, PhD, Department of Biology. This presentation will discuss birds generally and also the Florida Scrub-Jay specifically. Please see page 17 for more information. Community**

### Friday, December 20<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: Open Forum-*Lets talk about what improvements you would like to see* with Systems Specialist Crystal Rothfuss. Music Room

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

1:15pm – Christmas Worship with guest Chaplain Jim Grobe. 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 jazz music from Brad Batz Duo in the Community Center.**

### Saturday, December 21<sup>st</sup>: First Day of winter

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

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

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

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



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**Sunday, December 22<sup>nd</sup>: Hanukkah begins at Sundown**

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. Reservations are required for 5 or more. Brunch is in place of normal 5:00pm-7:00pm dinner service.

Dining Room

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

**Monday, December 23<sup>rd</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 – University of Rochester presentation: *Telemedicine Can Reduce ED Visits for People with Dementia* with Dr. Dallas L. Nelson, Associate professor in the Department of Medicine, Geriatrics/Aging (SMD). Learn how telemedicine can be an effective tool for providing timely care, while reducing emergency department visits for this growing population. Please see page 17 for more information. Community Center

3:30pm – Hanukkah Music with Susan Krasner featuring vocals and keyboard. Laurelwood Gallery

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

**Tuesday, December 24<sup>th</sup>: Christmas Eve**

9:00am – Water Fitness Class 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

11:00am – **Holiday Social: Come enjoy refreshments and each other's company!** Music Room

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

2:00pm – **Hanukkah celebration and lighting of the Menorah with Rabbi Yitzi Hein. Light refreshments will be served.** Music Room

7:00pm – **Asbury First Live Stream Christmas Service Broadcast.** Music Room



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**Wednesday, December 25<sup>th</sup>: Christmas Day**

No Fitness Classes, Wellness Center is open!

No Pittsford Highlands chorus practice

No Catholic Communion



11:30am- 2:00pm – Christmas Day Brunch. **Reservations must be made in advance. Please call the Reservation Line at 641- 6374.** Dining Room

No Happy Hour

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

**Thursday, December 26<sup>th</sup>: Kwanza Begins**

No Water Fitness today

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

1:00pm – Gentle Chair Yoga with Eva Kane. 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. Make holiday returns and enjoy the after-holiday sales! Return approx. 4:00pm

2:30pm – Presentation: *Music & Life of Doris Day* with Larry Shearer. Laurelwood Activities Room

### 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.

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**Friday, December 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

**No technology related classes today**

**\*11:15am – Depart for the Strasenburgh Planetarium for their annual Holiday Laser display followed by lunch at Wegmans Amore Italian Restaurant & Wine Bar. Enjoy your favorite holiday songs playing back-to-back, choreographed with dancing laser lights among the stars of the Planetarium sky. Admission fee is \$9.00 and will be collected on the bus. Return approx. 1:30pm**

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

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

**2:30pm – Music Mixer, live entertainment with Geoff Clough featuring keyboard. Laurelwood Gallery**

**No Current Events Group today**

**Saturday, December 28<sup>th</sup>:**

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

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

1:30pm – Visit with “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

**Sunday, December 29<sup>th</sup>:**

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



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**Monday, December 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

**\*1:15pm – Movie at Pittsford Cinema: *A Beautiful Day in the Neighborhood*. Admission fee is \$7.00, paid at the theatre. Please note movie selection, departure, and return time are subject to change. Return approx. 4:30pm**

7:00pm – Evening music with Ivanka Driankova featuring classical piano. Community Center

**Tuesday, December 31<sup>st</sup>: New Year's Eve**

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

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

**\*1:30pm – Depart for a scenic ride with a stop at Moonlight Creamery in Fairport. Enjoy the sweet tastes of their all natural ingredient flavors, using single use bowls, spoons, cups, and napkins that are made from renewable resources like corn, sugar cane, and potatoes instead of plastic or Styrofoam. Return approx. 3:30pm**

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

**4:30pm-8:00pm – Elegant New Year's Eve Celebration with live entertainment. Enjoy dessert and a New Year's countdown at 7:00pm. ALL Reservations must be made in advance. Please call the Reservation Line at 641- 6374. Meal Delivery is available starting at 4:30pm-5:15pm.**



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## University of Rochester Lectures

### Successful Cognitive Aging

Wednesday, December 4, 2019 2:00pm-3:00pm

This lecture will present the results of their recently completed PACT (Person-centered Approach to Cognitive Training) study, which focused on computer-based cognitive interventions, along with a discussion on techniques to promote healthy cognitive aging, and functional independence. This will include opportunities for involvement in future studies.

### Looking for Dark Matter

Thursday, December 5, 2019 2:00pm-3:00pm

More than 80% of all matter in the Universe is in a form we know nothing about except that it has to be there. That missing matter is what we call dark matter. In 2020, the largest dark matter detector will start to look for dark matter in a gold mine in South Dakota. Will we find dark matter?

Professor Wolfs received his BS and MS in physics from the University of Groningen (The Netherlands) in 1981 & 1983, respectively. He received his PhD in physics in 1987 from the University of Chicago. He was a postdoctoral associate at Argonne National Laboratory between 1987 and 1988. Between 1988 and 1990, he was an Enrico Fermi Fellow at Argonne National Laboratory. Professor Wolfs joined the University as an Assistant Professor of Physics in 1990, was promoted to Associate Professor in 1996, and to Professor in 2000. Wolfs received the University of Rochester Goergen Award for Distinguished Achievement and Artistry in Undergraduate Teaching (1997), and the Curtis Award for Nontenured Faculty Teaching Excellence (1995). Professor Wolfs' research interests are primarily focused on the area of high-energy nuclear physics and particle astrophysics.

### The Outlook for the US Economy

Monday, December 16, 2019 2:00pm ~ 3:00pm

Learn about the current state and the two-to-three year outlook of the US economy including, possible risks to that outlook. Additionally policy mitigants, monetary policy mitigants, and risks will be discussed.

Narayana Kocherlakota has been Lionel W. McKenzie Professor of Economics at the University of Rochester since 2016. He received an undergraduate degree in mathematics from Princeton University and his PhD in economics from The University of Chicago. He has held academic appointments at a number of institutions, including Stanford University, Northwestern University, The University of Iowa, and the University of Minnesota. He has published over fifty scholarly articles and one textbook in a variety of fields in economics. His current research is on monetary policy. He was the President and CEO of the Federal Reserve Bank of Minneapolis from 2009-2015. As part of his responsibilities in that position, he served on the Federal Open Market Committee (FOMC), the monetary policymaking arm of the Federal Reserve System. Since leaving the Federal Reserve, he has been an active commentator on the economy, with appearances on CNBC, Bloomberg, and National Public Radio. He has been a Bloomberg Opinion columnist since 2016. He was named one of the top 100 global thinkers of 2012 by Foreign Policy magazine.

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### **How Do Bird Populations Go Extinct?**

**Thursday, December 19, 2019 2:00pm-3:00pm**

According to a recent analysis published in the journal *Science*, the number of birds in the United States and Canada has declined by nearly 3 billion—a shocking 29 percent of the total—since 1970. The study paints a bleak picture of avian loss among not only endangered species, but supposedly abundant birds like sparrows, and raises questions fundamental to evolutionary biology. The Florida Scrub-Jays is an endangered population of wild birds that have been individually marked and monitored since 1969.

Nancy Chen, Ph.D. is an evolutionary biologist interested in the genomic basis of contemporary evolution in natural populations. Her research integrates genomics and long-term demographic studies with pedigree data to characterize the evolutionary processes shaping patterns of variation across the genome through space and time. Nancy earned her Ph.D. with Andy Clark and John Fitzpatrick at Cornell University and then did a postdoc with Graham Coop at UC Davis before joining the faculty at the University of Rochester in 2018. Nancy is Principal Investigator for the UR Chen Lab. Chen annually travels to Venus, Florida, to study Florida Scrub-Jays. Using 50 years of collected data, Chen creates family trees and develops pedigree simulations to analyze the ways the birds' genetic material is changing over time due to habitat loss. The tools she develops based on the field data allow her to investigate how different evolutionary forces shape genetic variation in a population and affect the probability of extinction.

### **Telemedicine Can Reduce ED Visits for People with Dementia**

**Monday, December 23, 2019 2:00pm-3:00pm**

It's estimated that 5.8 million people in the U.S. are living with dementia. That number is expected to triple in the next 30 years. Older adults with dementia have high rates of emergency department use for acute illnesses. A University of Rochester Medical Center trial found that telemedicine can be an effective tool for providing timely care while reducing emergency department visits for this growing population.

Dr. Dallas Nelson joined the faculty as an instructor in 2004. She graduated Alpha Omega Alpha from the University of Iowa Medical School and completed her residency training in internal medicine at the University of Rochester and Strong Memorial Hospital. She is a graduate of the University of Rochester clinical fellowship in geriatric medicine based at Monroe Community Hospital and the John A. Hartford research fellowship. She is working as a skilled nursing facility medical director, long term care physician, and an assisted living practice. Dr. Nelson's interest is in medical direction and faculty development.

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.

### Speaker Information

#### Insect Pest Management in the Age of Biotechnology: What Would Rachel Carson Say? Tuesday, December 17, 2019 2:00pm-3:00pm

The main tool for controlling insect pests is the use of insecticides, but there are concerns about their off-target effects and resistance to insecticides. Biotechnology is increasingly playing a role in insect pest management. Learn about the evolution of biotechnology, how it is being used, and the challenges it faces.

Dr. Anthony (Tony) Shelton is an international professor of entomology and associate director of International Programs for Cornell's College of Agriculture and Life Sciences (CALs).

In 2015, he became director of the \$4.8 million USAID-funded project on using insect-resistant eggplant (Bt brinjal) in Bangladesh and the Philippines. Dr. Shelton's research program is responsible for developing sound integrated pest management (IPM) strategies for vegetables with spin-offs for other crops. Components of his program stress insect population ecology, biological control, plant resistance, agricultural biotechnology, insecticide resistance, insect movement, trap cropping, and plant productivity and marketability as a function of insect infestations.

In the last 20 years, a considerable amount of his effort has been devoted to risk assessment of insect management strategies, especially insect-resistant genetically engineered crops. The program has a strong commitment to outreach education for the agricultural community and the general public, Dr. Shelton has received many awards, including the Entomology Society of America's (ESA) National Award for IPM on this topic.