



THE HIGHLANDS AT PITTSFORD

Cultural and Educational Program Calendar

November 2019



Welcome November

2

Friday, November 1st:

- 9:00am – Walking Tall, Balance & Strength Class with Mark Strivings. Fitness Room
- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 11:00am – Tech Time, Topic: *Wi-Fi, What is interfering with the Signal in your Home?* with Systems Specialist Crystal Rothfuss. Music Room
- 11:00am – Aquatic Exercise Class with students from Nazareth College Physical Therapy Program. Please note, participants signed up in advance. Pool
- 1:00pm – Catholic Mass with volunteers from St. Louis Church. Community Center
- *1:00pm – Computer Class, Topic: *Basic Computer Skills (Keyboarding and Mouse use)* with Systems Specialist Crystal Rothfuss. Media Center
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Pool
- 1:15pm – Pause for Peace with Chaplin Steve Petrovich. Laurelwood Gallery
- *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, we added an additional tour to accommodate the residents on the waitlist. Return approx. 4:00pm
- 2:30pm – Music Mixer, Live Entertainment with Tom and Peg featuring keyboard and guitar. Laurelwood Gallery
- *3:00pm – iMac/MacBook Class, Topic: *Peer Group. All Mac users come in and chat* with Systems Specialist Crystal Rothfuss. Media Center

Saturday, November 2nd:

(Daylights Savings Time: Turn your clocks back 1 hour before going to bed)

- *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 & Balance with Mark Strivings. Fitness Room
- 1:30pm – **Arm Chair Travel: *Wales, England.* With Brooklyn, Life Enrichment Assistant.**
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



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.

Sunday, November 3rd:

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. Music Room

**Monday, November 4th:**

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: *Basic Computer Skills (Keyboarding and Mouse use)* with Systems Specialist Crystal Rothfuss. Media Center

2:00pm – University of Rochester Lecture: *Aging and Engaging: Behavioral Strategies to Promote Social Engagement in Later Life* with Kim Van Orden Ph.D., Associate Professor in the Department of Psychiatry. Please see page 19 for more information. Music Room

3:00pm – Sing-along with Music Therapy Students from Nazareth College. Students will share their musical talents. Come to participate or listen. Laurelwood Gallery

7:00pm – “UR” Live with Eastman concert series: *Broken Bones Quartet*. The quartet members, Chase Gasko, Dillon Downey, Lauren Rudzinskaskas, and Sophie Volpe, are members of the trombone studio at Eastman where each member is pursuing a trombone performance degree. In addition, some members are pursuing music education degrees at Eastman. Community Center



EASTMAN
SCHOOL OF MUSIC
UNIVERSITY of ROCHESTER

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.



Tuesday, November 5th: Election Day

6:00am-9:00pm: General Election Voting. Music Room

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 with Robin Gallagher. Exercise Room

*11:30am – Depart for the Rochester Public Library Fall “Books Sandwiched In” Book Review:

Separate: The Story of Plessy V. Ferguson and America’s Journey from Slavery to Segregation. No fee to attend. Return approx. 1:30pm

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

2:00pm – University of Rochester Lecture Series: *Current Water Issues: Great Lakes Report Card* with Karen Berger, Ph.D. Associate Professor of Earth and Environmental Studies and Coordinator of College Sustainability Studies. Please see page 19 for lecture information. Laurelwood Activities Room

*4:00pm – To “UR” Health Lecture: *Lung Cancer Screening Programs* with Kara Mestnik P.A. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm

6:00pm – Sing-along with Music Therapy Students from Nazareth College. Students will share their musical talents. Come to participate or listen. Laurelwood Gallery

7:00pm – Evening Music with Hanna and the Blue Hearts Duo featuring piano, vocals, and drums. Community Center



Nancy Hare, Gayle Ader, Marion & Bob Deprez, June Mihalov, and Joanne Hirsch at the Rochester Mennonite Fellowship



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.

Wednesday, November 6th:

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 – Dining Food Forum. Oneida Dining Room

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. To accommodate everyone interested, we added an additional tour. Return approx. 4:00pm**

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

***4:00pm – “UR” Always Learning lecture titled: *How Classical Performances Became Accessible to Ordinary People* with Joan Shelley Rubin, Ph.D. Please see page 20 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm**

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



LANDMARK
SOCIETY
of WESTERN NEW YORK



Residents at the Wings of Eagles Discovery Center in Horseheads, NY

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, November 7th:

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 with Robin Gallagher. Exercise Room

***10:30am-12:30pm – Watch battery replacement with Joe Dellaria. Replacement fee is \$5.00 per watch. Bistro Hallway**

***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. To accommodate everyone interested, a second tour was offered on October 29th. Return approx. 3:30pm**

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

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

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



Residents and staff at the unveiling of our new 7 Dimensions of Wellness Photo Wall.

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, November 8th:

- 9:00am – Walking Tall, Balance & Strength Class with Mark Strivings. Fitness Room
- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- *9:30am – Depart for lunch and shopping in Wayne County, NY. Browse through a variety of unique local shops to find the perfect gifts this holiday season. Enjoy lunch at Captain Jack’s Good Time Tavern. Return approx. 3:00pm**
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 11:00am – iPad/iPhone Class, Topic: *The Weather App* with Systems Specialist Crystal Rothfuss. Music Room
- 11:00am – Aquatic Exercise Class with students from Nazareth College Physical Therapy Program. Please note, participants signed up in advance. Pool
- *1:00pm – Computer Class, Topic: *Using Internet email* with Systems Specialist Crystal Rothfuss. Media Center**
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Pool
- 1:15pm – Hymn Study with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Music Mixer, Live Entertainment with Standard Time Duo featuring piano and saxophone. Laurelwood Gallery**
- 3:30pm – Current Events Group, Topic: *Bail Reform* with Brighton Town Judge Karen Morris. Community Center

Saturday, November 9th:

- 9:00am-11:00am – Saturday breakfast, residents only. Community Center
- 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. Community Center



Residents Dawn Murley, Mary Lou Brewer, and Marie Thorn at Schutt’s Apple Farm

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.

Sunday, November 10th:

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

Stop by and see our Veteran's Day Tribute Display: Located in the Bistro Hallway

Monday, November 11th: Veterans' Day/Remembrance Day

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

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

*11:00am – iMac/MacBook Class, Topic: *Navigating a Mac* with Systems Specialist Crystal Rothfuss. Media Center



***11:30am – Veterans' lunch at Texas Roadhouse in honor of those that have served our country. On Veterans' Day, Texas Roadhouse is offering a (limited) complimentary menu for Veterans. Please note this lunch includes an entrée and beverage, dessert is an additional charge. Thank you for your service! If you wish to join and are not a veteran, lunch will be paid for at the restaurant. Return approx. 2:00pm**



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

1:00pm – Euchre Group. Social Room

*1:00pm – Computer Class, Topic: *YouTube- A Wealth of Information* with Systems Specialist Crystal Rothfuss. Media Center

3:00pm – Sing-along with Music Therapy Students from Nazareth College. Students will share their musical talents. Come to participate or listen. Laurelwood Gallery

3:15pm – Highlands' Book Discussion Group. This month's book: *A Christmas Carol* by Charles Dickens. Activities Room

***4:00pm – "UR" Always Learning lecture titled: *Images from the Windows of Time: Madagascar* with Gary D. Paige, M.D., Ph.D. Please see page 20 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm**



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.

Tuesday, November 12th:

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-12:00am – Circuit Training with Robin Gallagher. Exercise Room

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

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

2:00pm – University of Rochester Lecture Series: *Current Water Issues: Groundwater Challenges* with Karen Berger, Ph.D. Associate Professor of Earth and Environmental Studies and Coordinator of College Sustainability Studies. Please see page 19 for lecture information. Community Center

*4:00pm – To “UR” Health Lecture: *Importance of Research Participation* with Carrie Dykes. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm

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



Residents Dr. Paul Francis and Rick Skelton enjoying the outdoors at the Rochester Folk Art Guild located in Middlesex, NY.

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.



Wednesday, November 13th:

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

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

12:30pm – Depart for Geva Theatre: *The Niceties*. This trip includes the prolog. Please note transportation arrangements were made in advance. Return approx. 5:30pm

1:00pm – Alzheimer's Support Group for caregivers facilitated by Alzheimer's Association staff and volunteers. The group provides updated information, emotional support, and problem solving as related to the challenges of giving care to those living with Alzheimer's disease or other dementia. 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

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

***4:00pm – “UR” Always Learning lecture titled: *Women's Rights: Comparing Queen Victoria and Susan B. Anthony* with Jean Pedersen, Ph.D. Please see page 21 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm**

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

Thursday, November 14th:

***9:00am – Depart for tour and lunch at the Schweinfurth Art Center located in Auburn, NY for the exhibit: *Quilts=Art=Quilts*. Enjoy their annual juried quilt display that has been held since the Art Center's opening in 1981, followed by lunch at Elderberry Pond Restaurant. Admission fee is \$7.00 and will be collected on the bus. Return approx. 2:30pm**

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

10:30-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

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



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

Friday, November 15th:

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: *Lets Talk about What is New and What Changes are Coming Up* with Systems Specialist Crystal Rothfuss. Music Room

11:00am – Aquatic Exercise Class with students from Nazareth College Physical Therapy Program. Please note, participants signed up in advance. Pool

*1:00pm – Computer Class, Topic: *YouTube- A Wealth of Information* with Systems Specialist Crystal Rothfuss. Media Center

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

1:15pm – Poems, Quotes and Songs with Chaplin 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 acoustic jazz from Uptown Groove in the Community Center.**



7:15pm – Depart for the POPs Concert: *America the Beautiful: Patriotic Pops*. Please note ticket and transportation arrangements were made in advance. Return approx. 10:30pm

Saturday, November 16th:

*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 & Balance with Mark Strivings. Fitness Room

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

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



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.

Sunday, November 17th:

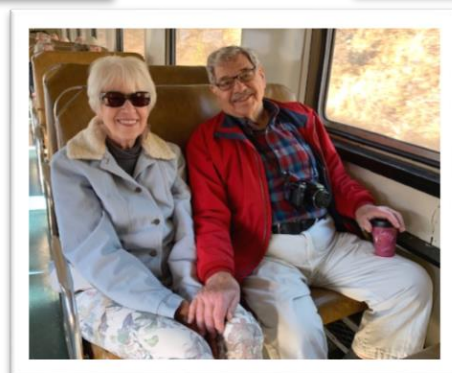
8:30am-11:30am – Depart to local area churches. Please call the Hospitality Desk for complete church list, departure time, and to sign up for a ride.

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. Music Room



Residents Vicki Gainsburg, Karen Jensen, Rod Knecht, Janet Steiner and Edward Kokkelenberg on our Fall Foliage Train Ride in Rush, NY.

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

Monday, November 18th:

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: *Intro to Microsoft Word- Learning the Toolbars* with Systems Specialist Crystal Rothfuss. Media Center

2:00pm – University of Rochester Presentation: *Listening to the Space Race* with Gabrielle Cornish, Ph.D. Candidate. This presentation explores the ways that musicians and composers participated in the space race and considers the cultural politics of space travel during the Cold War. Please see page 20 for speaker information. Community Center

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

3:00pm – Sing-along with Music Therapy Students from Nazareth College. Students will share their musical talents. Come to participate or listen. Laurelwood Gallery

*4:00pm – “UR” Always Learning lecture titled: *Revisiting Stress: Can We Lighten Up?* With Jennifer Klein Physical Therapist & Spiritual Caregiver at Thompson Health. Please see page 21 for full course description. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm

*7:00pm – Depart for Flower City Jazz Society Concert: *Jon Seiger Special Concert, Exceptional Trad-Jazz Repertoire*. Tickets are \$9.00 each, pay upon arrival. Return approximately 10:00pm



Residents Larry Iwan, Dick LaPera and Dr. Don Cherr viewing the war planes at the Wings of Eagles Discovery Center in Horseheads, NY.

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.



Tuesday, November 19th:

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 with Robin Gallagher. 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 Series: *Current Water Issues: Water Privatization* with Karen Berger, Ph.D. Associate Professor of Earth and Environmental Studies and Coordinator of College Sustainability Studies. Please see page 19 for lecture information. Music Room

***4:00pm – To “UR” Health Lecture: *Adult Vaccinations* with Melanie Geiger P.A. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm.**

6:00pm – Sing-along with Music Therapy Students from Nazareth College. Students will share their musical talents. Come to participate or listen. Laurelwood Gallery

7:00pm – Evening Entertainment with Joe Miltsch featuring keyboard. Laurelwood Gallery



Residents Ellen Hannes and Vicki Gainsburg on an outing to Schutt’s Apple Farm.

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.

Wednesday, November 20th:

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

***9:45am – Depart for a guided tour of the newly built Schottland YMCA located on Jefferson Road in Pittsford, NY. Tour the new building and learn about the amenities and programs. Return approx. 12:00pm**

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

Thursday, November 21st:

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

***10:00am-1:00pm – Parkinson Café: *Dance & PD- the Mark Morris Way*. 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 – Circuit Training with Robin Gallagher. Exercise Room

***11:30am – Eastman at Washington Square Concert: *Pulling at the Strings, Masterpieces for Classical Guitar by Brouwer and Mangoré*. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm**

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

***2:00pm – Newcomer's Meet & Greet (informal conversation) for seasoned residents and recent move-ins. We hope you will take this opportunity to get to know your new neighbors a little better. If you plan on attending, please RSVP in the Program Book. Community Center**

6:30pm – Depart for Rochester Philharmonic Orchestra Concert: *JoAnn Falletta + Symphonie Fantastique*. Please note transportation arrangements were made in advance. Return approx. 10:30pm



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, November 22nd:

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

*1:00pm – Computer Class, Topic: *Intro to Microsoft Word- Learning the Toolbars* with Systems Specialist Crystal Rothfuss. Media Center

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

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

2:30pm – Music Mixer, Live Entertainment with Terry Kurtz featuring swing music, vocals, and keyboard. Laurelwood Gallery

3:30pm – Current Events Group, Topic: *Plastic Wastes* with Professors Christy Tyler and Matt Hoffman. Community Center

**Saturday, November 23rd:**

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

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

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

Sunday, November 24th:

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

*1:15pm – Depart for The Rochester Museum and Science *Holiday Bazaar!* Browse ceramics, jewelry, glass, woodwork, photography, paintings, prints, sculpture, fiber arts, floral crafts and other lovely items. Food and beverages are available. Walking required. Admission fee is \$5.00; fee will be paid upon arrival. Return Approx. 3:30pm

1:30pm – Afternoon Entertainment from the Elizabeth Kinney School, ages 5-14 years performing with variety of instruments. Community Center

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



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

Monday, November 25th:

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

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

No Computer Classes today

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

1:00pm – Euchre Group. Social Room

2:00pm – Presentation: *From 1950's TV Camera to Today's Cell Phone Camera: How did we get from there to here* with Highlands' Resident Peter Dillon. Community Center

No Monthly Resident Meeting today, next meeting is Monday, December 9th

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

**Tuesday, November 26th:**

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.

10:00am-4:00pm – Twelfth Annual Highlands Bake Sale. All proceeds will go to the Ronald McDonald House. The Ronald McDonald House provides a home away from home for families who need to be near their children while they are receiving health care at Rochester area hospitals. Come support the bake sale! Outside the Music Room

10:00am-3:00pm – The Highlands at Pittsford Holiday Bazaar! Come browse items from local vendors displaying various jewelry, lotions, soaps, holiday wreaths, ornaments, and clothing items. Community Center and Art Gallery

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

1:15pm – Holiday Remembrance Gathering with Chaplain Steve Petrovich. Coping with loss during the holiday season can be difficult. Share your thoughts and honor the memory of your loved one. Laurelwood Gallery

2:30pm – Presentation: *Tony Bennett Duets* with Larry Shearer. Laurelwood Activities Room

*4:00pm – To “UR” Health Lecture: *University of Rochester Medicine Mobile Stroke Unit* with Dr. Tarun Bhalla. The lecture is located at the Hahnemann Club. Transportation provided at 3:45pm. Return approx. 5:30pm



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.

Wednesday, November 27th:

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

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

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

***1:30pm – Depart for a tour of Our Lady of Victory/St. Joseph Church. Learn about the church's history, beliefs, and practices with Paster Rev. Ronald A. Antinarelli. No fee to attend. Return approx. 3:00pm**

No Pittsford Highlands Chorus practice today

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, November 28th: Thanksgiving Day

No Shopping and banking today

No Fitness classes today



1:00pm-3:00pm – Thanksgiving Dinner Buffet. Reservations must be made in advance. Please call the Reservation Line at 641- 6374. Oneida Dining Room

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

Friday, November 29th:

No Walking Tall, Balance & Strength Class with Mark Strivings today

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

No Open Swim, pool is open just need a buddy. Pool

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

2:30pm – Music Mixer, Live Entertainment with vocalist George DeMott featuring Opera and Classical Broadway. Laurelwood Gallery

**Saturday, November 30th:**

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

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

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

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 Course Descriptions:

Aging and Engaging: Behavioral Strategies to Promote Social Engagement in Later Life
Monday, November 4, 2019 2:00pm

Social disconnectedness carries mortality risk comparable to or greater than other well-established factors, including smoking, body mass index, and physical activity. On the other hand, meaningful, quality relationships and feelings of belonging, critical indicators of social connectedness, are associated with physical and mental well-being in later life. Evidence-based interventions for promoting social engagement are lacking, but several strategies are promising. Promising strategies will be described along with available evidence for effectiveness, including programs offered by the nationwide aging services network, such as Senior Corps volunteering and peer companionship.

Dr. Kim Vanorden is a clinical psychologist and Associate Professor in the Department of Psychiatry at the University of Rochester School Of Medicine. She is the Principal Investigator of the HOPE Lab (Helping Older People Engage). Her lab conducts randomized controlled trials of suicide prevention interventions to promote social engagement and healthy aging. Kim's research is funded by the National Institute of Mental Health, the National Institute on Aging, and the Centers for Disease Control and Prevention. Kim mentors students and fellows, co-directs an NIH-funded research fellowship in suicide prevention, and maintains an active clinical practice providing evidence-based psychotherapy to older adults.

Current Water Issues: Great Lakes
Tuesdays, November 5-19, 2019 2:00pm

Tuesday, November 5: Great Lakes Report Card
 Location: Laurelwood Activities Room

The Great Lakes are a tremendous freshwater resource, but they are also threatened by human activity and environmental change. The current issues we will discuss include water quality, invasive species, and water levels that threaten infrastructure along the shorelines.

Tuesday, November 12: Groundwater Challenges
 Location: Community Center

While groundwater is not as visible as the rivers and lakes we see around us, it plays a critical role in global water supply. Overuse of groundwater resources in some locations contributes to declining water levels and water quality. This talk will address the characteristics of groundwater resources and threats to its sustainable use.

Tuesday, November 19: Water Privatization
 Location: Music Room

The privatization of water supply systems is seen as a way to increase investment in this critical infrastructure in low-income communities. However, if done without adequate safeguards, it can lead to rising prices that restrict access to a resource that is essential for survival. This talk will describe lessons that can be learned from selected water privatization case studies.

Listening to the Space Race**Monday, November 18, 2019 2:00pm**

Gabrielle Cornish is a PhD candidate in Musicology at the Eastman School of Music. Her research broadly considers music and everyday life in the Soviet Union. Her writing has appeared in the *Journal of Musicology* and the *Slavic and East European Journal*, and she has bylines in *Slate*, *The Washington Post*, and *The New York Times*. She has also appeared as a guest to discuss Russian history, culture, and politics on *NBC Nightly News*, *BBC World Service Television*, and *BBC Radio Newsday*.

“UR” Always Learning Lecture Descriptions:**How Classical Performances Became Accessible to Ordinary People****Wednesday, November 6, 2019 4:00pm**

In the middle decades of the twentieth century, new inventions such as the radio and the long-playing record combined with older technologies and institutions of print culture to expand the audiences for classical music in the United States. After a brief overview of those developments, this talk will explore a striking example of how classical performances became accessible to ordinary people. The presentation draws on the archive of the press representative for the Lewisohn Stadium Concerts in New York City between 1918 and 1964, to trace the multiple ways in which the media encouraged the public to regard classical music. A discussion following the talk will allow for some reflection on participants' experiences as concert-goers both in the past and today. The speaker Joan S. Rubin is in the Department of History at the University of Rochester.

Images from the Windows of Time: Madagascar**Wednesday, November 11, 2019 4:00pm**

Photography has been a hobby since receiving my first camera at the age of 7; a classic Kodak Brownie Hawkeye. The hobby replaced music (camera for trombone) as an active artistic outlet and augmented dramatically in the current digital age. The challenge remains honing the craft while maintaining an engaging day job in medicine and science, now less imposing given semi-retirement. Images from eco-adventures in exotic locations provide opportunities to feed this ongoing passion and hobby. My wife, Myrna, shares this passion and together we form a photographic team. This presentation focuses on a distant, remote, and fascinating island-country off the south-east coast of Africa—Madagascar—with its unique critters, ecologies, and people. The speaker Gary Paige is Director Emeritus of Neurology, Neurobiology & Anatomy at the University of Rochester.

Women's Rights: Comparing Queen Victoria and Susan B. Anthony

Monday, November 13, 2019 4:00pm

It is hard to imagine two women more different than the British imperial monarch, Queen Victoria, and the American suffragist, Susan B. Anthony, and yet these two remarkable women lived at almost exactly the same time. This talk provides new insight into the complex worlds of Victorian women by exploring nineteenth-century European and American debates over women's rights and roles. The speaker Jean Pedersen is an Associate Professor of History at the University of Rochester.

Revisiting Stress: Can We Lighten Up?

Monday, November 18, 2019 4:00pm

We know that our stress reactions are intimately connected with our perception and thinking. But.... we can change our thinking and perhaps even approach this life with some levity. It can feel like a tough world out there but we have more power to shift this dynamic than we realize - let's talk about how we can empower ourselves to do just that. The speaker Jennifer Klein is a physical Therapist & Spiritual caregiver for Thomson Health.

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.