

THE HIGHLANDS AT PITTSFORD



Cultural and Educational Program Calendar

January 2020





Wednesday, January 1st: New Year's Day

No Fitness Classes today

No Shopping and Banking today

11:00am-8:00pm – Join your neighbors for the 131st Rose parade, beginning at 11:00am, followed by the 2020 Rose Bowl college football game, Wisconsin vs. Oregon, beginning at 5:00pm. Community Center

1:00pm – Euchre Group. Social Room

No Pittsford Highlands Chorus practice today

No Dining Food Forum today. It has been rescheduled for Wednesday January 8th.

No Happy Hour today

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

Thursday, January 2nd:

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

***12:45pm – Depart for Pittsford Cinema: *Little Women*. Following the lives of four sisters, as they come of age in America in the aftermath of the Civil War. Admission fee is \$7.00, paid at the theatre. Please note departure time and movie selection is subject to change. Return approx. 4:30pm**

Friday, January 3rd:

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

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

No Technology related classes today

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

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

1:15pm – Pause for Peace with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – Music Mixer, live entertainment with Tom Dunn featuring guitar. Laurelwood Gallery

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.



Saturday, January 4th:

***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.**

10:15am – Tai Chi with Carmen Ramos. 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. Community Center

Sunday, January 5th:

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, January 6th:

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: Windows Computers, Topic: *Using the Internet- How to search with Systems Specialist Crystal Rothfuss.* Media Center**

2:00pm – University of Rochester Presentation: *Harmful Algae Blooms - What Is It? What can we do about it?* with *Joel Pasternack, MD, PhD*, Professor of Clinical Emergency Medicine. Please see page 15 for speaker information. Community Center



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Tuesday, January 7th:

- 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. 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 – Presentation: *Family Matters* with story teller Jay Stetzer. Jay will share personal stories that reveal the depth of human connection within a concentrated community. Please see page 17 for more information. Community Center**
- 7:00pm – Evening Music with Laura Dubin featuring instrumental jazz. Community Center

Wednesday, January 8th:

- 9:00am – Fitness Class with Robin Gallagher. Hahnemann Club
- *9:00am – Depart for the Ronald McDonald House of Rochester to present the proceeds check from our bake sale this past November. This visit will include a tour of the house. Walking is required. Return Approx. 11:30am**
- *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
- 1:00pm – Alzheimer's Support Group for current caregivers facilitated by Alzheimer's Association staff and volunteers. The group provides updated information, emotional support, and problem solving as related to the challenges of giving care to those living with Alzheimer's disease or other dementia. Community Center
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Pool
- 2:00pm – Crosswords with Larry Shearer. Laurelwood Activities**
- 2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- 2:00pm – Dining Food Forum. All are invited. 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



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Thursday, January 9th:

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

11:00am – iPad/iPhone Class, Topic: *Back to the Basics- Use, Care, and Maintenance* with Systems Specialist Crystal Rothfuss. Music Room **iPhone/iPad class was previously offered on Fridays and has now changed to Thursdays.**

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

2:00pm – Presentation: *Managing Healthcare Expenses in Retirement* presented by financial advisors from Legacy Financial Planning. This presentation includes long term care healthcare expenses. Community Center

*4:00pm – “UR” In Tune lecture titled: *Movies and the Music That Makes Them Great* with six-time Emmy Award winning composer & conductor Mark Watters. Please see page 18 for presenter information. Community Center

Friday, January 10th:

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-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 The Upton Groove Acoustic Jazz Duo.
Laurelwood Gallery

3:30pm – Current Events Group. Discuss current issues, express your opinions, and be exposed to the ideas of your fellow residents. Music Room



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Saturday, January 11th:

10:15am – Tai Chi with Carmen Ramos. Laurelwood Activities Room

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

1:30pm – **Armchair Travel: *Madagascar* with Brooklyn Santiago, Life Enrichment Coordinator.**
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, January 12th:

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

1:30pm – **Afternoon Entertainment: *Sunstone* featuring violin and piano. 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, January 13th:

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

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

*11:00am – iMac/MacBook Class, Topic: *Exporting the Different Areas of a Mac, Finder, and Launchpad, System Preferences* with Systems Specialist Crystal Rothfuss. Media Center

12:45pm – Open swim with Robin Gallagher. Pool

1:00pm – Euchre Group. Social Room

2:00pm – **University of Rochester Presentation: *Visual Brain Plasticity Associated with Lifespan, Clinical Disorders, and Individual Differences* with Duje Tadin, Ph.D., Professor of Brain & Cognitive Sciences, Ophthalmology, and Neuroscience. Please see page 15 for more information. Community Center**

*3:15pm – Highlands' Book Discussion Group. This month's book: *Still Life* by Louise Penny.
 2nd Floor Activities Room



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Tuesday, January 14th:

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

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

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

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

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

2:00pm – University of Rochester Presentation: *Estimating Ocean Methane Emissions using Observations and Machine Learning* with Tom Weber, Ph.D., Assistant Professor in Earth and Environmental Sciences. Please see page 16 for more information.
Community Center

Wednesday, January 15th:

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

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

***12:45pm – Depart for Color Me Mine in Pittsford Plaza. Choose a ceramic piece of your choice to paint. Pieces start at \$15.00. An \$8.00 studio fee will be added to the price of your piece to cover the cost of the materials. Fee will be paid at the studio.**
Return approx. 4:00pm

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

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

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



Residents Rick Skelton, Lucy Nunn, Nancy Robbins, Ann Nealon, Mary Jane Henderson, Allan Anderson, and Bob Peck visiting Our Lady of Victory/Josephs' Church

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Thursday, January 16th:

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-1:00pm – Parkinson Café: *Music Will Surround Us*. 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. Hahnemann Club

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

*11:15am – Depart for the Memorial Art Gallery with lunch at Brown Hound Downtown and guided tour of the exhibit: *Alphonse Mucha: Master of Art Nouveau*. His artwork is most often remembered for the prominent role he played in shaping the aesthetics of French Art Nouveau at the turn of the 20th century. Admission fee is \$17.00 and will be collected on the bus. Lunch will be ordered off the menu and paid at the restaurant. Walking is required. Return Approx. 4:00pm

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

6:30pm – Depart for Rochester Philharmonic Orchestra Concert: *Gabel Conducts Beethoven*
Please note transportation arrangements were made in advance. Return approx.

10:00pm



Residents Bob Peck, Karen Jensen, Mary Jane Henderson, June Mihalov, Nancy Robbins, Marshall Guntrum, and Jan Currie at the Genesee Country Village & Museum’s Home for the Holiday Event

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Friday, January 17th:

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 – Getting Familiar with The Resident Portal: Bring your device and learn what the resident portal as to offer, with Systems Specialist Crystal Rothfuss. Music Room

*1:00pm – Computer Class: Windows Computer, Topic: *Using the Internet to find information.* Bring ideas of what you would like to find information on, with Systems Specialist Crystal Rothfuss. Media Center

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

1:15pm – Poems, Quotes, and Songs 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 Casey Costello's Duo, featuring vocals and piano. Community Center.

**Saturday, January 18th:**

*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.

10:15am – Tai Chi with Carmen Ramos. Laurelwood Activities Room

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

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

Sunday, January 19th:

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, January 20th: Martin Luther King Jr. Day

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: Windows Computers, Topic: *Exploring the apps and what their purposes are* with Systems Specialist Crystal Rothfuss. Media Center

2:00pm – University of Rochester Presentation: *Inside Out: How Physics Has Revolutionized Medical Imaging* with Professor Scott Carney Ph.D., Director of the Institute of Optics. Please see page 16 for more information. Community Center

3:00pm – iPad/iPhone Class: *Using Messenger- with the camera and photo filters* with Systems Specialist Crystal Rothfuss. Music Room

*7:00pm – Depart for Flower City Jazz Society Concert: *Smugtown Stompers* with Carol Mulligan. Tickets are \$9.00 each, pay upon arrival. Return approx. 10:00pm

Tuesday, January 21st:

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: *Buffalo Soldiers* with Danny Wyatt and Bing Reaves, Color Guard members for the Veterans of Foreign Wars Post 9251. Buffalo soldiers were African American soldiers who mainly served on the Western frontier following the American Civil War. This presentation includes the history of the Buffalo Soldiers along with explanations of their uniforms, weapons, equipment, and communication used in the 1800s. Community Center



Wednesday, January 22nd:

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

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

***11:15am – Depart for lunch at Ferrari’s Pizza Bar in East Rochester, the menu includes pizza (create your own or order off the menu) as well as burgers, sandwiches, and salads. Followed by dessert at Leo’s Bakery, eat in or take home. Choose from a variety of homemade, cakes, pies, cookies, and pastries. Return approx. 1:30pm**

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

Thursday, January 23rd:

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

2:00pm – University of Rochester Lecture Series: *Russia: from Peter the Great to Lenin* with Tatyana Bakhmetyeva, Ph.D., Associate Professor and Associate Academic Director of the Susan B. Anthony Institute for Gender, Sexuality, and Women's Studies. Please see page 17 for more information. Community Center

2:30pm – Presentation: *Music & Life of Irving Berlin (Part 1)* with Larry Shearer. Laurelwood Activities Room



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Friday, January 24th:

- 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
 1:15pm – Hymn Study with Chaplain Steve Petrovich. Laurelwood Gallery
**2:30pm – Music Mixer, live entertainment with Dick Leshhorn featuring keyboard and vocals.
 Laurelwood Gallery**
 3:30pm – Current Events Group, Presentation: *Poverty* with United Way Director, Jaime Saunders. Community Center
**7:15pm – Depart for the POPS Concert: 50 Years of Garth Fagan Dance. Please note
 transportation arrangements were made in advance. Return approx. 10:30pm**

Saturday, January 25th:

- 10:15am – Tai Chi with Carmen Ramos. Laurelwood Activities Room
 10:30am – Stretch, Strength, and Balance with Mark Strivings. Fitness Room
 2:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

Sunday, January 26th:

- 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



Residents Pat Robinson and Isabel Stepanoff at the Sweet Creations Display

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Monday, January 27th:

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

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

***12:00pm – Winter Picnic, residents only. No fee to attend. Dining Room**

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

1:00pm – Euchre Group. Social Room

2:00pm – Monthly Resident Meeting. Community Center

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

**Tuesday, January 28th:**

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: *Traveling the Erie Canal through Postcards* with Frank Sadowski former University of Rochester librarian. Please see page 17 for more information. Community Center

**Wednesday, January 29th:**

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

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

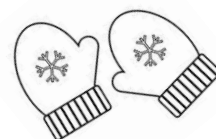
1:00pm-2:00pm – Open swim with Robin Gallagher. Pool

1:00pm – Depart for Geva Theatre: *Slow Food*. Please note transportation arrangements were made in advance. Return approx. 5:00pm

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



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Thursday, January 30th:

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: *Romantic Masters*. Music of Tchaikovsky and Brahms with pianist Doug Hanson and cellist Teresa Kubiak. Return approx. 1:30pm**

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

2:00pm – University of Rochester Lecture Series: *Russia: from Peter the Great to Lenin* with Tanya Bakhmetyeva, Ph.D., Associate Professor and Associate Academic Director of the Susan B. Anthony Institute for Gender, Sexuality, and Women's Studies. Please see page 17 for more information. Community Center

6:30pm – Depart for Rochester Philharmonic Orchestra Concert: Womens's Suffrage: Past + Present. Please note transportation arrangements were made in advance. Return approx. 10:00pm

Friday, January 31st:

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. Pool**

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

***1:00pm – Game Time: Join us for some friendly competition of corn hole and additional table top games such as Uno and Left Right Center Dice game. Refreshments will be served. Community Center**

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

2:30pm – Music Mixer, live entertainment with Hanna and the Blue Hearts Duo featuring piano, vocals, and drums. Laurelwood Gallery

**Pope Jamesson enjoying some holiday
Tree trimming at the Highlands**



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University of Rochester Lectures

Harmful Algae Blooms - What Is It? What can we do about it?

Monday, January 6, 2020 2:00pm

Dr. Pasternack is a Professor of Clinical Emergency Medicine. He attended medical school at the University of Rochester School of Medicine and Dentistry and graduated as a surgery resident. Dr. Pasternack also graduated with a Ph.D. and Masters in Mathematics from Princeton University. Joel has a love for teaching medical students and residents whether it is through simulation, cadaver labs, casting and splinting, or while working clinically.

Visual Brain Plasticity Associated with Lifespan, Clinical Disorders and Individual Differences

Monday, January 13, 2020 2:00pm

Learn how vision is affected by age, conditions like autism and schizophrenia, as well as gender. In several of these cases, their perception can be better than a typical young adults' perception. Dujé Tadin will also explain their most recent results that demonstrate how training can improve visual perception in older adults.

Dujé Tadin is a Professor in the Brain & Cognitive Sciences, Ophthalmology, Neuroscience, and the Center for Visual Science at the University of Rochester. He is also the Chair in the Brain & Cognitive Sciences Department along with being the Director of Training for the Center for Visual Science. Professor Tadin received his Ph.D. from Vanderbilt University in 2004.

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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Estimating Ocean Methane Emissions using Observations and Machine Learning

Tuesday, January 14, 2020 2:00pm

Methane is a greenhouse gas with many times the global warming potential of carbon dioxide. Humans are currently emitting methane directly to the atmosphere, but also perturbing natural methane sources like the ocean, which could have unforeseen impacts on Earth's climate. Here, Thomas will show how oceanic methane emissions can be quantified and predicted into the future by combining observations from the research cruises with sophisticated computational algorithms. He will discuss their ongoing work at the University of Rochester, which involves multiple research groups and is supported by NASA and the National Science Foundation.

Thomas Weber's research uses numerical models to understand various processes that control the strength of the biological pump and their sensitivity to environmental change: plankton ecology and physiology; cycling of growth-limiting nutrients; and the respiration of organic particles by diverse microbial communities in the ocean interior, especially in low-oxygen habitat. His modeling work is always motivated and guided by observations. He collaborates closely with observational oceanographers to interpret new and exploratory datasets. His previous research has largely focused on the cycling of nitrogen, the primary limiting nutrient for phytoplankton communities throughout most of the global ocean. Thomas has explored the biological basis and geochemical consequences of diverse nitrogen stoichiometry among phytoplankton, and the feedbacks between nitrogen-fixing and denitrifying organisms that govern the productivity of the ocean as a whole. Recently, he has expanded his research into two new areas. First, in the cycling of trace metals that serve as "micronutrients" and enzyme co-factors for phytoplankton. Thomas' second, interest is in the fate of organic carbon exported from the surface ocean. By combining simple models with large datasets from Underwater Visual Profilers, he is to better understand the controls on organic particle sinking and respiration rates, and the depths at which carbon is sequestered.

Inside out: How Physics has Revolutionized Medical Imaging

Monday, January 20, 2020 2:00pm

Discuss the physics behind methods in modern 3-D medical imaging and the basic approach they all share. Methods include CT, MRI, and a new optical technology from the Carney lab. The new optical technology inroads in real-time imaging at the cellular scale for margin assessment during cancer surgery.

Professor Scott Carney holds a BS in Engineering Physics from the University of Illinois (1994) and a Ph.D. in Physics from the University of Rochester (1999). He currently serves as Professor and Director of The Institute of Optics, a position once held by Brian Thompson. Scott is a theorist with research interests in inverse problems, imaging, coherence theory, and other branches of optical physics.

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Russia: From Peter the Great to Lenin**Thursdays, January 23rd – February 27th 2020 2:00pm**

Tatyana Bakhmetyeva is trained as a Modern Russian historian with a particular interest in women's and religion history, but since the publication of her recent book, *Mother of the Church: Sofia Svechina, the Salon, and the Politics of Catholicism in Nineteenth-Century Russia and France*, she has broadened her research to Eastern Europe, especially Poland, Lithuania, and Belarus. She has been adding to her longstanding interest in gender and religion, covering topics as masculinity, gender and environment, ecofeminism, and gender and national identity. Tatyana is currently working on a new book project, *Gendered Woods: Białowieza Forest, Gender, and Polish National Identity*, which focuses on the past and present of the Białowieza Forest. The rich history of the forest makes *Białowieza* a site where competing visions of Polish national and gender identity come together in a complex interplay of symbols, stories, and images, turning the forest into a highly contested ground that various groups use to negotiate Poland's place and role in the EU and test their power to shape the country's identity.

Lecture Information**Family Matters****Tuesday, January 7, 2020 2:00pm**

Jay Stetzer is a musician, dancer, mime, and professional storyteller. Born in Pittsburgh, PA in 1947, Jay studied at the Eastman School of Music, Alfred University, Bucket Dance Theater, The Martha Graham School, the Mime Workshop, and many other dance studios. A popular storyteller throughout the US since 1978, Jay has given countless performances at fairs, festivals, schools, colleges, and conferences, and has appeared frequently on radio and television. He has been a performing member of Young Audiences since 1983 and was elected as a finalist for their "Artist of the Year" award in 1988. He appears regularly with the RPO and other orchestras throughout the U.S. Jay makes his home in Rochester, where radio listeners can hear his popular program, "Tales in Two Minutes." He is the 2008 winner of the coveted "Artist of the Year Award" from the Arts and Cultural Council of greater Rochester.

Traveling the Erie Canal through Postcards**Tuesday, January 28th, 2020 2:00pm**

The earliest postcards with images of the Erie Canal feature the enlarged Erie Canal of 1836 through 1905, which stretched from Buffalo to Albany. Some features and areas of the enlarged Erie Canal were favorite subjects of postcard publishers, particularly the Flight of Five Locks at Lockport, the Genesee River Aqueduct at Rochester, the Canal in the center of Syracuse and the Syracuse Weighlock Building, and the Mohawk River Aqueducts at Schenectady. We will travel the enlarged Erie Canal through postcards of the time.

Frank Sadowski is a former librarian, having retired from the University of Rochester Libraries in 2009 after 20 years of service as a cataloger. As a child in Maryland, Frank sang the "Fifteen Miles on the Erie Canal," song in elementary school, never thinking that he would live within a

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The sign up book is located beneath the Digital Sign.

four block walk of the Canal, and have the canal take up so much of his life. Webmaster of "The Erie Canal" Frank is a member of the Canal Society of New York, The Erie Canal Museum (Syracuse, NY), the Friends of Schoharie Crossing (Fort Hunter, NY), the Camillus Canal Society (Camillus, NY), and the Wabash & Erie Canal Association (Delphi, IN).

"UR" In Tune Lecture Series

Movies and the Music That Makes Them Great

Thursday, January 9, 2020 4:00pm

Mark Watters is a six-time Emmy Award winning composer/conductor who has worked on over 400 movies, television shows, and video games. His credits include Disney's Aladdin TV series, Disney's Little Mermaid series, Tiny Toon Adventures for Warner Brothers and The Pebble and the Penguin for MGM. He holds the distinct honor of having served as music director and featured composer for two Olympics. First, in 1996 for the Centennial Olympic Games in Atlanta and again in 2002 for the Salt Lake City Winter Olympics. For the '96 games, Mark composed the Emmy nominated song, "Faster, Higher, Stronger." Performed by opera legend Jessye Norman and featuring lyrics by Grammy-nominated lyricist, Lorraine Feather, the song was the triumphant finale to the Opening Ceremonies. He has served as guest conductor for such orchestras as The Los Angeles Philharmonic, The Tokyo Philharmonic, The London Symphony, The Los Angeles Chamber Orchestra, The Detroit Symphony, The New York City Pops, The Baltimore Symphony and The Atlanta Symphony. Mark currently is an Associate Professor of Contemporary Media & Film Composition along with being the Director of the Beal Institute for Film Music and Contemporary Media at the Eastman School of Music.



Residents Rich and Ellen Hannes, Mary Lou Brewer, Bob Peck, and Mary Kay Kidd at the Lewis Menorah Collection at Temple B'Rith Kodesh.

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