



THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

February 2020



**Saturday, February 1<sup>st</sup>:**

\*10:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema, and Pittsford Community Library. The bus departs from the Highlands at 10:00am, 11:00am and 12:00pm.

10:15am – Tai Chi with Carmen Ramos. 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: Movie title will be announced in advance on the digital sign.  
Community Center

**Sunday, February 2<sup>nd</sup>: Groundhog Day**

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

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

11:00am – Asbury First United Methodist Church live stream service. Laurelwood Gallery

2:30pm – Sunday Movie Matinee: Movie title will be announced in advance on the digital sign.

**Music Room**

6:30pm – Super Bowl LIV: Come enjoy the game with your neighbors on the big screen! Refreshments will be served. Community Center. If you would like to watch the game at home, please tune in for kickoff at 6:30pm on FOX.

**Monday, February 3<sup>rd</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 – Euchre Group. Social Room

\*1:00pm – Windows Computer Class: *Intro to Microsoft Word: Exploring the Toolbar* with Systems Specialist Crystal Rothfuss. Media Center

2:00pm – University of Rochester Presentation: *All the School's A Stage: A History of University of Rochester Student Theater in Three Acts* with Melissa Mead, Librarian, Rush Rhees Library. Please see page 14 for more information. 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.



### Tuesday, February 4<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 – Laughter Yoga with Robin Gallagher. Fitness Room

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

**2:00pm – Presentation: *Because of Women Like Her* with Christine Ridarsky, Director of Historical Resources and City Historian at the Rochester Public Library. Christine will talk about Susan B. Anthony and other local women who helped to secure rights for women in the 19th and early 20th centuries. Additionally, Christine will introduce to you the Women’s Suffrage Traveling Exhibit that the Highlands at Pittsford has reserved from The Central Library’s collection. Different portions of the exhibit will be on display at The Highlands for all to enjoy from February through the end of April. Community Center**

### Wednesday, February 5<sup>th</sup>:

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

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

**\*1:00pm – Depart for ARTISANworks for a guided tour with Louis Perticone, Founder of ARTISANworks. While touring, Louis will share the history of ARTISANworks and information about the collection. Admission fee is \$15.00 and will be collected on the bus. Return approx. 4:00pm**

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

2:00pm – Dining Food Forum. All are invited to discuss your dining experience. Community Center

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



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, February 6<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
- 1:00pm – Gentle Chair Yoga with Eva Kane. Fitness Room
- \*1:15pm – Community Outreach: Visit with Caulkins Road Middle School for a craft and refreshments. Laurelwood Activities 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 14 for more information. Community Center**
- 6:30pm – Depart for a Rochester Philharmonic Orchestra Concert: *The Mother of Us All*. Please note ticket and transportation arrangements were made in advance. Return approx. 10:00pm**

**Friday, February 7<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
- \*10:30am-12:00pm – Two PART Painting Class with instructor Stacy Maid. Stacy will provide step-by-step guided instruction as you paint on hardboard. No prior art or painting skills required. Material fee is \$2.50, collected upon arrival. Please note, this class is a two-part series, the second class is scheduled for Friday, February 21<sup>st</sup>. 2<sup>nd</sup> floor Activities Room**
- 11:00am – Aquatic Exercise Class with Students from Nazareth College. Pool
- 11:00am – Tech Time, Topic: *Open Discussion: What Information Technology has to offer* with Systems Specialist Crystal Rothfuss. Music Room
- 1:00pm – Catholic Mass with volunteers from St. Louis Church. Community Center
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 1:15pm – Pause for Peace with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Presentation: *Meditation: Nourishing Your Inner Being* with Usha Shah, Meditation and Mindfulness instructor. Please see page 16 for more information. Music Room**
- 2:30pm – Music Mixer, live entertainment from the Brad Batz Jazz Duo. Laurelwood Gallery**
- \*3:00pm – iMac/MacBook Class, Topic: *Mac Users Come Together to Discuss Macs* with Systems Specialist Crystal Rothfuss. If you have a MacBook, please bring it with you. Media Center**



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**Saturday, February 8<sup>th</sup>:**

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

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, February 9<sup>th</sup>:**

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

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

11:00am – Asbury First United Methodist Church live stream service. Laurelwood Gallery

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



**Monday, February 10<sup>th</sup>:**

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

**\*9:00am – Depart for the Schottland YMCA for a presentation on *How to Make Foods with Lower Sugar* with Lisbeth Pryor, former nutrition educator with Eat Smart NY. Receive recipes for a no-bake, no sugar, low carb chocolate cookie and a low-sugar cake in a mug. No fee and all are welcome to sign up, even if you are not a member of the YMCA. Return approx. 11:00am**

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

**\*11:00am – iMac/MacBook Class, Topic: *Using Pages* with Systems Specialist Crystal Rothfuss. If you have a MacBook, please bring it with you. Media Center**

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

1:00pm – Euchre Group. Social Room

**2:00pm – University of Rochester Presentation: *No More Tears: Learning from Human Skin-Barrier Disease to Develop Needle-Free Vaccines* with Benjamin Miller Ph.D., Dean's Professor of Dermatology. Please see page 15 for more information. Community Center**

3:15pm – Highlands' Book Discussion Group. This month's book: *The Art of Racing in the Rain* by Garth Stein (Fiction). 2<sup>nd</sup> Floor Activities Room

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**Tuesday, February 11<sup>th</sup>:**

- 9:00am – Water Fitness with Robin Gallagher. Pool
- 9:00am – Fit Living Class with Mark Strivings. Fitness Room
- 9:00am & 10:00am – Depart for shopping and banking at Country Club Plaza. No sign up required
- 10:30am-12:00pm – Circuit Training. Exercise Room
- \*11:30am – Depart for the Central Library’s Tuesday Topics Program: *Then and Now: Suffrage 2020 Nineteenth Century Women’s Rights Leaders* with presenter Suzanne Schnittman, Ph.D., historian and author. No fee to attend. Return approx. 1:30pm**
- 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: *The Didgeridoo and Australian Aboriginal Culture* with resident Larry Iwan. Larry will demonstrate the didgeridoo and discuss the present Aboriginal culture. Please see page 17 for more information. Community Center**
- 7:00pm – Evening Music with Joe Miltsch featuring keyboard. Community Center



**Wednesday, February 12<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**
- \*10:00am – Depart for shopping at Parkleigh and Eleventh Hour Gift Shop followed by lunch at Jines Restaurant. Return approx. 3:30pm**
- 10:15am – Fitness Class with Robin Gallagher. Fitness Room
- 1:00pm – Alzheimer’s Support Group for current caregivers facilitated by Alzheimer’s Association staff and volunteers. The group provides updated information, emotional support, and problem solving as related to the challenges of giving care to those living with Alzheimer’s disease or other dementia. Community Center
- 1:00pm-2:00pm – Open swim with Robin Gallagher. Pool
- 2:00pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- 2:00pm – Crosswords with Larry Shearer. Laurelwood Activities 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

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, February 13<sup>th</sup>:****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

11:00am – iPad/iPhone Class, Topic: *Camera and Photos* with Systems Specialist Crystal Rothfuss.

Please bring your device with you. Music Room

1:00pm – Pilates Class with Therese Bason. 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 14 for more information. Community Center

\*4:00pm – “UR” In Tune lecture titled: *Music Learning in Early Childhood: What Difference Does it Make?* with Donna Brink Fox, Senior Associate Dean of Academic and Student Affairs.

Please see page 16 for presenter information. Community Center

\*6:45pm – Depart for the Monsignor Schnacky Community Players production of *Way Out West in a Dress* located at St. Catherine’s Church in Mendon, NY. Refreshments available for purchase and bring your own. No fee to attend. Please see page 18 for production details. Return approx. 10:00pm

**Friday, February 14<sup>th</sup>: Valentine’s Day**

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

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness DVD. Fitness Room

11:00am – Aquatic Exercise Class with Students from Nazareth College. Pool

1:00pm-3:00pm – Valentine’s Day Buffet. This gathering will be in place of normal dinner service.

Reservations of 5 or more must be made in advance, call 641-6374. Please note To-Go orders must be made by 1pm, with deliveries between 2:00pm and 2:30pm. Dining Room

**No Open Swim today**

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

2:30pm – Music Mixer, live entertainment with Joe Naples featuring piano. Laurelwood Gallery

3:30pm – Current Events Group. Discuss current issues, express your opinions, and be exposed to the ideas of your fellow residents. Please note location change: Laurelwood Activities Room

7:15pm – Depart for the POPs Concert: *Unforgettable: 100 Years of Nat & Natalie*. Please note ticket and transportation arrangements were made in advance. Return approx. 10:30pm



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**Saturday, February 15<sup>th</sup>: Susan B. Anthony's Birthday**

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

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

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

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

**No Afternoon Movie today**

**5:00pm – 25<sup>th</sup> Anniversary Gala: Celebrate The Highlands' at Pittsford as we honor our 25<sup>th</sup> Anniversary. Enjoy an elegant evening of cocktails, hors D'oeuvres, dinner, and dancing. Reservations made in advance. Dining Room, Community Center, and surrounding areas.**

**Sunday, February 16<sup>th</sup>:**

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

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

11:00am – Asbury First United Methodist Church live stream service. Laurelwood Gallery

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

**Monday, February 17<sup>th</sup>: President's Day**

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

**No Water Fitness today**



\*1:00pm – Windows Computer Class, Topic: *Microsoft Word: Formatting* with Systems Specialist Crystal Rothfuss. Media Center

1:00pm – Euchre Group. Social Room

**2:00pm – Presentation: *History of Segregation and Racist Policy in Rochester* with Shane Weigand, teacher in the Rush Henrietta Central School District. Please see page 17 for more information. Community Center**

3:00pm – iPhone/iPad Class, Topic: *Using the Health App* with Systems Specialist Crystal Rothfuss. Please bring your devices with you. Music Room

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

**\*7:00pm – Depart for Flower City Jazz Society Concert : *Rod Ham's Black Diamond Express*. Tickets are \$9.00 each, pay upon arrival. Return approximately 10:00pm**

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**Tuesday, February 18<sup>th</sup>:**

**No Water Fitness today**

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-**on your own**. Exercise Room

**\*12:00pm – Pizza Party Luncheon. No fee to attend. Residents only. Please sign up in the Program Book. Dining Room**

\*12:40pm – Monthly Men’s Group: Gather with your neighbors and Chaplain Steve Petrovich to enjoy dessert and conversation! Topic: *What are your Hobbies*. Laurelwood Gallery

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

**\*1:30pm – Hearing Aid Checks in the Parlor with Dr. Andrea Segmond from Ontario Hearing. Highlands’ Parlor**

**2:00pm – Presentation: *Amazingly Fun: The Classic Toys in the National Toy Hall of Fame* with Christopher Bensch, Vice President for Collections and Chief Curator at the Strong Museum of Play. Please see page 17 for more information. Community Center**

**Wednesday, February 19<sup>th</sup>:**

9:00am – Fitness Class. Hahnemann Club

10:15am – Fitness Video. Fitness Room

**No Open Swim- pool is open, just need a buddy**

**\*1:00pm – Depart for Asbury United Methodist Church located on East Avenue for a guided tour. No fee. Return approx. 4:00pm**

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. The Highlands’ Pub



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**Thursday, February 20<sup>th</sup>:****No Water Fitness today**

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

\* 10:00am- 1:00pm – Parkinson Café: *Good to Know- Crime Prevention and Safety Tips*. 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.



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

10:30am-12:00pm – Circuit Training-**on your own**. Exercise Room

\* 11:30am – Depart for the Eastman at Washington Square Concert: *Piano Extravaganza I*, featuring pianist, Professor Alan Chow. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm

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 14 for more information. Community Center

**Friday, February 21<sup>st</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

\* 10:30am-12:00pm – Two PART Painting Class with instructor Stacy Maid. Stacy will provide step-by-step guided instruction as you paint on hardboard. No prior art or painting skills required. Material fee is \$2.50, collected upon arrival. Please note, this is the second and final class in a two part series. 2<sup>nd</sup> floor Activities Room

11:00am – Aquatic Exercise Class with Students from Nazareth College. Pool

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

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

2:00pm – Wine Down Friday: concert and refreshments. Enjoy complimentary refreshments, wine for purchase, and conversation from 2:00pm-3:30pm at The Highlands’ Pub. From 2:30pm-3:30pm enjoy music from Ivanka Driankova, classical pianist. Community



Center

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**Saturday, February 22<sup>nd</sup>:**

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, February 23<sup>rd</sup>:**

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

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

11:00am – Asbury First United Methodist Church live stream service. Laurelwood Gallery

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

**Monday, February 24<sup>th</sup>:**

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

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

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

1:00pm – Euchre Group. Social Room

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

3:15pm – **Afternoon Social: Come Enjoy Refreshments and each other's company! Music Room**

6:45pm – **Depart for the Penfield Symphony Concert: *Caramia and Rodgers: Our Favorite Valentines.***

**Please note ticket and transportation arrangements were made in advance. Return approx.**

**10:30pm**



Residents: Jean Chang, Nancy Brush, John Parker, Gayle Ader, Al Lorenzo, and Rick Skelton enjoying ice cream at Moonlight Creamery in Fairport.

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**Tuesday February 25<sup>th</sup>:**

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

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

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

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

**\*11:15am – Depart for the Tuesday Pipes Concert at Christ Church. Enjoy a performance by Zachary Duell as he performs music by Spanish Baroque composer Juan Cabanilles (Tiento lleno por alamire), selections from J.S. Bach's *Orgelbuchlein*, and French organist-composer Maurice Durufle. No fee to attend. Return approx. 1:30pm**

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

2:00pm – University of Rochester Presentation: *How Do Bird Populations Go Extinct?* with Nancy Chen, Ph.D., Department of Biology. Please see page 15 for more information. Community Center

7:00pm – Evening Entertainment with jazz vocalist Vicki Rummler, daughter of residents Ed and Marcy Rummler. Community Center

**Wednesday, February 26<sup>th</sup>:**

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

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

**\*11:00am – Depart for Monroe Community College Brighton Campus for a tour and lunch on campus at Food for Thought restaurant. Food is prepared and served by students in the Culinary Program. Lunch is \$6.50 and will be paid for at the restaurant. Walking is required. Return approx. 3:00pm**

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

1:15pm – Ash Wednesday Service with Chaplain Steve Petrovich. No ashes will be given at this service. Laurelwood Gallery

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

3:30pm – Ash Wednesday Service with St. Louis Church. Ashes will be given. Laurelwood Activities Room

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

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**Thursday, February 27<sup>th</sup>:**

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

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

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

10:30am – **Winter Concert: Park Road Elementary School Choral Performance.** Join us after for refreshments and to visit with the kids. Community Center

1:00pm – Pilates Class with Therese Bason. 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 14 for more information. Community Center

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

6:30pm – Depart for a Rochester Philharmonic Orchestra *Concert: Tchaikovsky+ Athayde.* Please note ticket and transportation arrangements were made in advance. Return approx. 10:00pm

**Friday, February 28<sup>th</sup>:**

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

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

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

11:00am – Aquatic Exercise Class with Students from Nazareth College. Pool

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

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

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

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

3:30pm – Current Events Group, Topic: *Monroe County Office for the Aging, Aging and Monroe County* with Director, Julie Aldrich. Community Center



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**Saturday, February 29<sup>th</sup>:**

**\*10:00am – Pathway to Pittsford Errand Bus departs to Pittsford Plaza, Pittsford Cinema, and Pittsford Community Library. The bus departs from the Highlands at 10:00am, 11:00am and 12:00pm.**

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

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

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

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

**University of Rochester Lectures and Course Offerings:****All the School's A Stage: A History of University of Rochester Student Theater in Three Acts  
Monday, February 3, 2020 2:00pm**

For almost 150 years, students at the University have been putting on shows—dramas, comedies, musicals, and parodies, both classical and original. Some of the playwrights and performers, including George Abbott and Robert Forster, went on to award-winning professional careers on stage and screen. This talk will explore these productions through the University Archives' remarkable collection of programs, scripts, scores, libretti, photographs, and recordings.

Speaker: Melissa Mead is the John M. & Barbara Keil University Archivist and Rochester Collections Librarian. Melissa's leadership, creativity, and dedication to keeping the University's history alive and accessible have earned her the 2015 Messenger Libraries Recognition Award. She supplies University Communications, University Advancement, and the Office of the President with hundreds of digital images every year selected from the special collections and University Archives. She also provides images for the University's homepage, for local and national media, and most recently, for *Our Work Is But Begun*, the University's new history book by Janice Bullard Pieterse. Mead joined the River Campus Libraries in 1994 and continues to be the Universities Archivist and Rochester Collections Librarian.

**Russia: From Peter the Great to Lenin**

**Thursdays, January 23 – February 27, 2020 2:00pm**

This 6-week course will analyze and attempt to explain the contradictions of Russian history while tracing the major social, political, and cultural developments in Russia from Peter the Great to Vladimir Lenin.

Speaker: Tatyana Bakhmetyeva, Ph.D., is the Associate Professor of Gender, Sexuality, and Women's Studies and Associate Academic Director of the Susan B. Anthony Institute for Gender, Sexuality, and Women's Studies at the University of Rochester. She received her PhD from the University of Rochester in 2006. Tatyana is a Modern Russian historian with an interest in women's and religion history. She has recently broadened her research to Eastern Europe and is adding to her longstanding interest in gender and religion, covering topics such as masculinity, gender and environment, ecofeminism, and gender and national identity. Tatyana is currently working on a new book project, which focuses on the past and present of the Białowieza Forest.

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**No More Tears: Learning from Human Skin-Barrier Disease to Develop Needle-Free Vaccines**  
**Monday, February 10, 2020 2:00pm**

We have gotten used to the idea that needles are required to get vaccines in to the body. However, there are skin diseases like eczema that lead to a “leaky” skin barrier, allowing pollen, mold, and other irritants in. By learning how this disease works, we developed a method for temporarily and safely opening the skin barrier in a small area, using a simple patch. We have shown that this strategy can be used to vaccinate mice with an efficiency comparable to the standard needle stick. Ben’s talk will cover how this method was developed, what comes next, and how the approach might also be useful for delivering drugs through the skin.

Speaker: Benjamin Miller received his education in 1988 with a BS in Chemistry; B.A. in Mathematics, and a B.A. in German from Miami University. His Post-doctoral Training & Residency started in 1994 in the Department of Chemistry at Harvard University.

**How Do Bird Populations Go Extinct?**  
**Tuesday, February 25, 2020 2:00pm**

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.

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**“UR” In Tune Lecture:**

**Music Learning in Early Childhood: What Difference Does it Make?**

**Thursday, February 13, 2020 4:00pm**

The early childhood music program at the Eastman Community Music School is celebrating its 35<sup>th</sup> year of offering classes for young children and their parents. The initial design for the program was sparked by Dr. Fox’s dissertation research on infant vocalizations and further grounded in theories of musical play. Interest in the musical experiences of very young children has drawn international attention; classes, lessons, children’s concerts, and commercial music products are readily available, creating an explosion of opportunities for family music making. What difference does it make when children have these early music experiences? What role could you play in creating musical communities for children?

Donna Brink Fox is Senior Associate Dean of Academic and Student Affairs at the Eastman School of Music and has served on the faculty in Music Education since 1984. She has degrees from The Ohio State University (PhD ‘82), Ohio University (MM ‘75), and Calvin College (BA ‘72); with additional study at Harvard’s Management Development Program (‘96) and a semester as Provost’s Bridging Fellow in the Simon School of Business at the University of Rochester (‘06). Previous collegiate teaching includes Illinois State University (‘80-‘84) and Ohio University (‘75-‘76). Donna Brink Fox is widely known as an authority in the field of early childhood music education. At the request of the Dean on her arrival at Eastman, Dr. Fox designed an early music childhood music program for the Eastman Community Music School, and she continues as the Director of this program, now in its 35<sup>th</sup> program year. Based on her practice and research in this field, she has given presentations and clinics around the world and has written articles for a variety of music education publications. She co-authored a three-volume curriculum for teaching music in early childhood classrooms, *Classroom Music for Little Mozarts* (published by Alfred); the first volume of this series received a *Parents’ Choice Award*. She has received grants from numerous organizations for research and program models related to early childhood music education and to music teacher education.

**Presentations:**

**Meditation: Nourishing Your Inner Being**

**Friday, February 7, 2020 2:30pm**

In today’s hectic world, nourishing one’s inner self is more essential than ever. Nourishing is something that should be practiced every day and is essential in keeping our health, vitality, and peace intact. The mind is like a garden, the thoughts are the seeds and the harvest can either be flowers or weeds. In order for flowers to bloom, we have to plant the seeds of presence, openness, and the ability to respect whatever arises. The three great “pills” for nourishing our inner being are: Stillness, Silence, and Spaciousness. We will explore how these magical “pills” of awareness can nourish our inner being and thus experience greater joy, peace, and laughter in our daily life.

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**The Didgeridoo and Australian Aboriginal Culture**  
**Tuesday, February 11, 2020 2:00pm**

In 1998, cottage resident Larry Iwan's casual interest in the sounds of the didgeridoo, a folk instrument of the Australian Aboriginals, rapidly grew into an obsession with what he heard as the voice of the earth itself. He bought a didgeridoo, began to learn to play it, and eventually traveled to Arnhem Land in northern Australia to study Aboriginal playing techniques with Djalu Gurruwiwi, an Aboriginal master. While he was there, he befriended a number of Aboriginal people and grew increasingly interested in their history and their past and present culture. Australia's Aboriginal people have lived in Australia for at least 50,000 years, and may be the oldest continuous culture on the planet. The didgeridoo may well be the oldest horn amongst the musical instruments devised by humans for ritual and entertainment. Larry left a part of his soul in the red earth of Gulkula in the Northern Territory, and will evoke it to join you for this presentation. He will demonstrate didgeridoo playing techniques and play some improvisations and an authentic Yolngu (Northern Australian) song he learned from his teacher. He will present a potpourri of information about past and present Aboriginal culture and encourage interested attendees to pursue this fascinating subject for their personal fulfillment.

**History of Segregation and Racist Policy in Rochester**  
**Monday, February 17, 2020 2:00pm**

Shane Wiegand is a fourth grade teacher in the Rush Henrietta Central School District. He attended SUNY Geneseo and earned his Bachelor's degree in Childhood and Special Education and a Master's degree in Childhood Multicultural Education. Shane and his wife live in the Beechwood Neighborhood. Shane serves as treasurer on the board of the Beechwood Neighborhood Coalition, sits on the Connected Communities Housing Committee, and serves on the board of the City Roots Community Land Trust. Shane has given this talk over sixty times at schools, universities, charities, businesses, and neighborhood meetings. He has also developed a curriculum for teaching elementary and middle school students the local history of redlining and the black freedom struggle.

**Amazingly Fun: The Classic Toys in the National Toy Hall of Fame**  
**Tuesday, February 18, 2020 2:00pm**

What does it take for a toy to earn its way into the National Toy Hall of Fame? Why do some toys start as fads and wind up being timeless? Learn the answers to these and other questions in this entertaining hands-on presentation, complete with examples of the 71 toys presently in the National Toy Hall of Fame. The lecture recounts the surprising histories of some of America's best-loved toys—Barbie, GI Joe, the Slinky, the Hula Hoop—and offers a glimpse of their paths to hall of fame status. And, if your favorite toy hasn't received the recognition it so richly deserves, you can nominate it!

Christopher Bensch became one of the curators at The Strong museum with responsibilities ranging from furniture to cookware, record albums, televisions, Big Mac boxes and Halloween costumes. Since 2004, Chris has served as Vice President for Collections with oversight of the museum's curatorial, conservation, and library functions and the more than 500,000 objects make it the largest, most comprehensive collection of toys, games, dolls, and video games in the world. Chris oversaw production of the museum's two 2<sup>nd</sup> floor exhibits—the *Toy Halls of Fame* that opened in September 2015 and *America at Play* that opened in December 2016. He is currently involved in The Strong's upcoming 90,000sq expansion project, scheduled to open in 2022.

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## Outing Information

### Monsignor Schnacky Community Players Production Thursday, February 13, 2020

About the Play: Young Actor Clarence Rawlins's falsetto voice isn't the only 'false' thing about him after he gets himself and his acting troupe into a little debacle in Lucy Lady, Nevada. Discovering that he has misread his distant aunt's handwritten will, Clarence learns he has not inherited a profitable salon, as expected, but instead the Lucky Lady Salon, a beauty parlor. Flat Broke, Clarence has no choice but to raid the costume trunk and transform himself into a down-on-her-luck British aristocrat, Lady Claire Rawl now head hair stylist of the small town's only salon. His pal and fellow actor, Roger Gains, becomes a French stylist, Rogaine. Together with the ladies in the troupe- Heidi Gray Bobbie Pinz and Nell Clipper- they re-open the beauty salon to great success.

Monsignor Schnacky Community Players include parish members from St. Catherine of Siena, a Catholic Church in Mendon, NY. Each year the parish community displays their many theatrical talents with an annual play. Members join in the fun by acting, making costumes, building sets, and serving the night of the show. The theatre group writes most of their own material and are always looking for new scripts and ideas.



Residents Nancy Brush, John Parker, and Nancy Robbins at The Ronald McDonald House Charities to deliver the proceeds from the 2019 Bake Sale.

### 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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