

THE HIGHLANDS AT PITTSFORD



Cultural and Educational Program Calendar

August 2021



Sunday, August 1st:

8:30am & 10:00am – Depart to Christ Church and St. Louis Church. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center

Monday, August 2nd:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

11:00am – Cultural Programming Forum. All are welcome to discuss, plan, and evaluate programs. Music Room

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

1:30pm – Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Margaret Leyden 641-6387 if you are interested in joining.

2:00pm – Presentation: *Monarch Butterflies* with John Nelson, Master Gardener from the Cornell Cooperative Extension. The population of Monarch butterflies has plummeted and there are concerns that they could become extinct. This presentation will discuss the fascinating life cycle of these insects, the multiple threats to their survival, and what upstate New York gardeners can do to help their survival. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center



Residents at the Women's Hall of Fame, Seneca Falls, NY

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Tuesday, August 3rd:

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

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

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

*10:30am – **Windows PC Computer Class**, Topic: *Microsoft Excel – An intro to using spreadsheets* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For questions and for registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

1:00pm – **Knitting Group**. Please bring your own supplies; yarn is available for charity knitting. Please call Robin Gallagher 641-6316 with questions. Music Room

2:00pm – **Lecture Series: *Replacing History with Our Story: An Examination of the Historical Narrative*** with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: *The Great Hunger was Not About the Potato*. Please see page 15 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

4:00pm-6:00pm – **Happy Hour**: drink specials and appetizers. Community Center



Wednesday, August 4th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room

*11:30am – **Depart for lunch at Harladay Hots** in the Village of Pittsford. Menu includes hot dogs, hamburgers, and sausages. Registration on the digital calendar, located on the Portal required. Please contact Margaret Leyden 641-6387 for registration assistance. Return approx. 1:30pm



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

2:00pm – **Food Forum**, all are welcome to discuss your dining experience. Available in-person or virtually. The Zoom link will be sent to all residents the morning of the meeting. Community Center

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Thursday, August 5th:

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

*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.

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



*10:30am – **Depart for lunch and shopping in Dansville, NY.** Enjoy lunch at Scovills Grill at Brae Burn Golf Club followed by shopping. Stores may include Dogwood Trading Company and Amish home-based businesses such as Samuel and Sarah Yoder and Cedar Lane Bulk Foods. Return approx. 4:00pm

11:00am – **Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

Friday, August 6th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room

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

1:00pm – **First Friday Communion Service** with volunteers from St. Louis Church. Community Center

2:30pm – **Afternoon music with Brad Batz Jazz Duo.** Community Center

**Saturday, August 7th:**

10:15am – **Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Masks are required in Laurelwood. 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

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Sunday, August 8th:

8:30am & 10:00am – Depart to Christ Church and St. Louis Church. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center

Monday, August 9th:

No fitness classes with Robin Gallagher today

***10:00am – Resident Portal Class,** Today's topic: *Updating Your Profile* with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Registration on the Digital Calendar located on the Portal is required. Please call Crystal Rothfuss 641-6308 with questions and registration assistance. Music Room

1:00pm-2:00pm – Open Swim with Margaret Leyden. Pool

1:00pm – Landscape Committee. Discuss the care and maintenance of the HAP campus. To learn more, please contact Russell Perrone 641-6302. Activities Room

1:30pm – Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Margaret Leyden 641-6387 if you are interested in joining.

2:30pm – Virtual Lecture: *The Search for Life in the Solar System* with Valerie Rapson, PhD, Assistant Professor at SUNY Oneonta. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Community Center.



Residents eating a picnic lunch at Perinton Park

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Tuesday, August 10th:

No Water Fitness with Robin Gallagher today

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Margaret Leyden at 641-6387 with questions. Fitness Room

10:00am – **Resident Advisory Council Meeting.** If you are interested in observing, please contact cottage resident Betty Iwan 381-0322 or bettyiwan@gmail.com. Social Room

*10:00am & 11:00am – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to register.

10:30am-12:00pm – **Circuit Training ~ ON YOUR OWN.** Exercise Room

11:00am – **Friendship Committee Meeting.** Committee welcomes new residents. To learn more, please contact Ann Julien 641-6388. Music Room

1:00pm – **Dining Committee Meeting.** Review the dining experience. To learn more, please contact Andy Trepanier 641-6334. Seneca Dining Room

2:00pm – **Lecture Series: *Replacing History with Our Story: An Examination of the Historical Narrative*** with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: *WWI, Mutiny and the Flu*. Please see page 15 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center

**Wednesday, August 11th:**

No fitness classes with Robin Gallagher today

*10:00am – **Depart for lunch and wine tasting on Keuka Lake.** Enjoy lunch at Snug Harbor Restaurant and a wine tasting at Hunt Country Vineyards. A wine flight is \$10 and wine is available by the glass as well. Learn about Hunt Country's eco-friendly efforts and shopping at their gift shop. Return approx. 4:30pm

1:00pm-2:00pm – **Open Swim** with Margaret Leyden. Pool

*2:00pm – **iPad/iPhone Class,** Today's topic: *Using the Maps App* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room

7:30pm – **Outdoor Movie Night!** Join us for the movie: *Grease* (1978) with John Travolta and Olivia Newton-John. Enjoy complimentary movie treats. Chairs provided. Keypad 2



The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Thursday, August 12th:

No Water Fitness with Robin Gallagher today

***9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.

10:30am-12:00pm – Circuit Training ~ ON YOUR OWN. Exercise Room

11:00am – Gentle Chair Yoga with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Margaret Leyden at 641-6387 with questions. Fitness Room

12:00pm-2:00pm – Resident and Employee Summer Picnic. Enjoy a chicken BBQ, ice cream truck, yard games and music by the Old Hippies! No fee to attend. Location: Keypad 2



Friday, August 13th:

No Fitness Classes with Robin Gallagher today

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Margaret Leyden at 641-6387 with questions. Fitness Room

1:00pm-2:00pm – Open Swim with Margaret Leyden. Pool

3:00pm – Virtual Current Events Group, Topic: *Gerrymandering* with Garrett Fisher, NYU Law and Brennan Center for Justice. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more about the current events group, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions.

Saturday, August 14th:

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. Masks are required in Laurelwood. 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, August 15th:

8:30am & 10:00am – Depart to Christ Church and St. Louis Church. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Monday, August 16th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

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

1:00pm – Go Green Discussion Group Meeting. All are welcome. Please contact Ralph Carter 305-7563 or Mary Lynn Vickers 967-2433 to participate or for questions. Music Room

No Virtual Chorus today

1:30pm – Presentation: *Music of The Kingston Trio* with Larry Shearer. The Kingston Trio was at the heart of the folk revival of the late 1950's to late 1960's. Available in-person only. Masks are required in Laurelwood. Laurelwood Gallery

2:00pm – Lifespan Presentation: *Name that Scam* with Scam Prevention Coordinator Dan Lyon. Learn about scams through music of the 50's, 60's, and 70's. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

***3:00pm – Mac Computer Class**, Topic: *Going Over the Apps in the Dock* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required, space is limited. For questions and for registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

**Tuesday, August 17th:**

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

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

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

2:00pm – Lecture Series: *Replacing History with Our Story: An Examination of the Historical Narrative* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: The Lost Voices of Suffrage. Please see page 15 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

4:00pm-6:00pm – Happy Hour: drink specials and appetizers. Community Center

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Wednesday, August 18th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:00am – Library Committee Meeting. Committee oversees the HAP library. If you would like more information please contact Margaret Leyden 641-6387. Music Room

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

***11:30am – Depart for Finger Lakes Gaming & Racetrack.** Enjoy lunch at Platinum Grille, gaming machines, and horse races. Return approx. 3:30pm

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



Thursday, August 19th:

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

***9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.

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

11:00am – Gentle Chair Yoga with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

***11:15am – Depart for lunch at Dinosaur Bar-B-Que**, downtown Rochester. Following lunch enjoy views of the Genesee River and dam. Return approx. 3:00pm

7:00pm – Evening outdoor music at the gazebo featuring the Swooners! Enjoy classic songs from the 1920's to the 2020's with 3 part harmonies and fun improvisational energy. Chairs are provided. Enjoy one complimentary glass of wine. Residents only. Gazebo



Residents enjoying the Erie Canal while watching an artist paint at Perinton Park

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Friday, August 20th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room
- *10:00am – Windows PC Computer Class**, Topic: *Microsoft Word- Digging Deeper into the Toolbar* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For questions and for registration assistance, please contact Crystal Rothfuss 641-6308. Media Center
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:30pm – Current Events Group** with guest speaker U.S. Congressman Joseph Morelle, representing the 25th District of New York. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions. Community Center

Saturday, August 21st:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Masks are required in Laurelwood. 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, August 22nd:

- 8:30am & 10:00am – Depart to Christ Church and St. Louis Church.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.
- 10:30am – Communion Service** with Volunteers from St. Louis Church. Community Center



The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Monday, August 23rd:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club
- 9:30am – Health Affairs Group Meeting.** All are welcome. Topics: COVID-19 and Flu season. Please contact Dr. Bennett if you have questions 310-7617. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- *10:30am – Resident Portal Class,** Today's topic: *Navigating Through the Portal, What is Available and How to Find It* with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Registration on the Digital Calendar located on the Portal is required. Please call Crystal Rothfuss 641-6308 with questions and registration assistance. Music Room
- *10:30am – Book Discussion Group Meeting,** Book Title: *A Swim in the Pond in the Rain* by George Saunders. Due to limited capacity, you must register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. Conesus Dining Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:30pm – Virtual Chorus** via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Margaret Leyden 641-6387 if you are interested in joining.
- 2:30pm – Get to know us...come learn about life at The Highlands!** Whether you just moved in or you have lived here for a while, join us to learn about each HAP department. All are welcome. Community Center
- 4:00pm – Virtual To “UR” Health Lecture: *Understanding Hearing Health*** with Brendan Fitzgerald, Au.D. This discussion will focus on practical recommendations and clinical guidelines to promote healthy aging in the context of hearing and communication. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Music Room.
- 7:00pm – Evening music** with pianist Hanna Klau. Community Center



The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Tuesday, August 24th:

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

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

10:00am – **Resident Advisory Council Meeting.** If you are interested in observing, please contact cottage resident Betty Iwan 381-0322 or bettyiwan@gmail.com. Social Room

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

*10:30am – **Closest to the Pin Chipping Match.** Come enjoy friendly competition with your neighbors on the green. Spectators welcome. Registration on the digital calendar, located on the Portal required. Please contact Margaret Leyden 641-6387 for registration assistance. Highlands Chipping Green

*11:30am-1:30pm – **Hot Dog and Corn Cake Luncheon at the Gazebo.** No fee to attend. Outdoor seating only. Registration on the digital calendar, located on the Portal required. Please contact Margaret Leyden 641-6387 for registration assistance. Gazebo

2:00pm – **Lecture Series: *Replacing History with Our Story: An Examination of the Historical Narrative*** with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: *The Development of Policing the Protection of Rich from Poor and White from Other.* Please see page 15 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center

Wednesday, August 25th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room

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

*1:15pm – **Depart for Colby's Ice Cream & Bake Shop** in Rush, NY. Return approx. 3:30pm



The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Thursday, August 26th:

8:30am – Depart for Buffalo River History Boat Tour and lunch at Pearl St. Grill & Brewery. Please note advance sign up required. Return approx. 4:00pm

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

***9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.

***10:00am – iPad/iPhone Class**, Today's topic: *Productivity Apps (Examples: Pages and Numbers)* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room

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

11:00am – Gentle Chair Yoga with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

Friday, August 27th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

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

3:00pm – Virtual Current Events Group, Topic: *How a Coal-Fired Power Plant Works and the Problems of Coal* with John Shaw, North Carolina State University, Duke Power, and Taylor Instrument Company. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions.



The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Saturday, August 28th:

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. Masks are required in Laurelwood. 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, August 29th:

8:30am & 10:00am – Depart to Christ Church and St. Louis Church. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center

Monday, August 30th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

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

1:30pm – Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Margaret Leyden 641-6387 if you are interested in joining.

2:30pm – Resident Meeting. In-person or virtual. Registration not required. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center

7:00pm – Evening music with Ivank Driankova, classical piano. Community Center



For Programming questions or Digital Calendar registration assistance please contact Margaret Leyden 641-6387.

To find the Digital Calendar, log-in to the Portal (<http://happortal.com>) and click EVENTS found in the top menu.

For Assistance with the Portal or Zoom, please contact the IT Department 641-6308 or 641-6309.

The programs denoted with an asterisk () indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

Tuesday, August 31st:

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

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Fitness Room

***10:00am & 11:00am – Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to register.

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

2:00pm – **Virtual University of Rochester Lecture: *Using Patient-Derived Stem Cells to Study Age-Related Macular Degeneration*** with Ruchira Singh, PhD, University of Rochester Medical Center. Please see page 16 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Music Room.

4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center

Replacing History with Our Story: An Examination of the Historical Narrative

Tuesdays, July 13-August 24 at 2:00pm

8/03- The Great Hunger was Not About the Potato

8/10- WWI, Mutiny and the Flu

8/17- The Lost Voices of Suffrage

8/24- The Development of Policing the Protection of Rich from Poor and White from Other



Sarah Hodgson is a high school Social Studies teacher who has taught a variety of courses including Advanced Placement World History, Sociology, and Government and Economics. She earned her undergraduate degree in History from Nazareth College and went on to complete her Masters of Arts in Liberal Studies. She attended SUNY Brockport for a post-graduated certificate in administration. Sarah has attended numerous conferences and learning workshops with Hickey Center for Interfaith Studies and Dialogue due to her research interest in the world's religions. Her research interests also include the French Revolution with a focus on the art of Jacques-Louis David and the development of civilization.

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University of Rochester Course Description

Using Patient-Derived Stem Cells to Study Age-Related Macular Degeneration

Tuesday, August 31 2:00pm

Macular degenerative diseases lead to loss of central vision and are a major cause of blindness in the world. In macular degeneration (AMD), the light-sensing tissue in the back of our eye, called the retina, is affected. The lack of a human cell culture model system of AMD has hampered efforts to understand the disease process and test treatment strategies. The advent of human induced pluripotent stem cells (hiPSCs) technology has provided the potential to model human diseases in patient's own cells. In this presentation, the speaker will discuss recent advances in understanding the disease mechanism of AMD and using that knowledge for development of rational drug therapies in patient-derived HiPSC models of AMD.

Ruchira Singh, PhD. is an Associate Professor in the Department of Ophthalmology, Department of Biomedical Genetics, and at the Center for Visual Sciences A&S. The overall objective of her research is to find treatments and possibly cures for retinal and neuro-degenerative diseases. Towards this goal my research program focuses on 1) using patient-derived human induced pluripotent stem cells (hiPSCs) to study the molecular mechanism of specific retinal and neurological diseases and 2) applying that knowledge to pharmacologically target certain retinal disorders in patient-derived cells.

Committees, Discussion Groups, and Open Forums

The Highlands' has a variety of committees and other opportunities for residents to play an active role in the community. If you find a committee or group that interests you, please contact Margaret Leyden 641-6387 for more information.

Committees: Book Discussion Group, Community Outreach Committee, Cultural Programming Forum, Dining Committee, Food Forum, Friendship Committee, Go Green Discussion Group, Health Affairs Discussion Group, Landscape Committee, Library Committee, Library Book Selection Group, and Resident Advisory Council.

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