# THE HIGHLANDS AT PITTSFORD



# Cultural and Educational Program Calendar

July 2021

















#### Thursday, July 1st:

- 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
- 11:00am Depart for Belhurst Castle for lunch and optional wine tasting on Seneca Lake. Please note advance registration required. Return approx. 3:30pm

#### Friday, July 2<sup>nd</sup>:

- 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
- 12:30pm~2:00pm Fourth of July Celebration! Enjoy Abbotts Custard and live entertainment with Marianna Gonzalez playing the accordion. No fee to attend. This event is generously provided by Helen Pluta and Family to wish residents and employees a happy Fourth of July! Bistro Patio and Hahnemann Square Front Entrance
- 1:00pm-2:00pm Open Swim with Robin Gallagher. Pool
- 1:00pm First Friday Communion Service with volunteers from St. Louis Church. Community Center

#### Saturday, July 3<sup>rd</sup>:

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

#### Sunday, July 4th: Independence Day



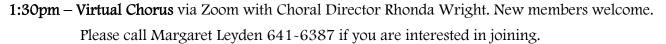
- **8:30am & 10:00am Depart to Christ Church and St. Louis Church.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.
- 10:30am Communion Service with Volunteers from St. Louis Church. Community Center
  - \*The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance. Electronic registration is completed through the Digital Calendar located on the resident portal.

#### Monday, July 5th: Independence Day Observed

No Fitness Classes with Robin Gallagher today.

Program Planning Meeting has been rescheduled to Monday, July 12th.

No Open Swim, pool is open, just need a buddy!



7:00pm - Movie: Independence Day (1996). Community Center

#### Tuesday, July 6th:

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

No Stretch, Strength, and Balance Fitness Class with Mark Strivings today

- \*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 Windows PC Computer Class, Topic: *Microsoft Word- Learning the Toolbar in Word* 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
- 10:30am~12:00pm Circuit Training with Robin Gallagher. Exercise Room
- 1:00pm Knitting Group. Please bring your own supplies; yarn is available for charity knitting. Please contact Robin Gallagher 641-6316 with questions. Music Room
- 2:00pm Presentation: *Portrayal of Emily Dickinson* with Eleanor Stearns, a historical actor. Eleanor will join us in-person to discuss Emily Dickinson's life, loves, and the forces that led to her seclusion from society. Please note, this presentation is not offered virtually. Community Center
- 4:00pm~6:00pm Happy Hour: drink specials and appetizers. 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.

<sup>\*</sup>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, July 7th:

- 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 Depart for a picnic lunch at Perinton Park on the Erie Canal. Enjoy classic picnic favorites grilled on site by our Dining Team. No fee to attend. Registration on the Digital Calendar located on the Portal is required. Space is limited. 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 & virtually. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center
- **3:00pm Line Dancing with resident Will Herzog.** All are welcome. For more information, please contact Will at 381~7368. Fitness Room

#### Thursday, July 8th:

- 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
- \*12:30pm Depart for the Women's Hall of Fame in Seneca Falls at their new location inside the Seneca Knitting Mill. Tour fee is \$6.00 per person, collected on the bus. A docent will be available to provide an introduction and answer questions as patrons are encouraged to discover and learn at their own pace. Registration on the Digital Calendar located on the Portal is required. Please contact Margaret Leyden 641-6387 for questions and registration assistance. Return approx. 4:30pm



#### Friday, July 9th:

- 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. Topic: *Filibusters with David Bateman*, Associate Professor of Government at Cornell University. Registration not required. 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, July 10th:

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

#### Sunday, July 11th:

- **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

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.

<sup>\*</sup>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, July 12th:

No Fitness Classes with Robin Gallagher today

- \*10:30am Resident Portal Class, Today's topic: Let's Look at the New Tutorial Videos 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
- 11:00am Program Planning Meeting. All are welcome to discuss and evaluate programs. Community

  Center
- 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.
- 2:00pm Presentation: *The Broadway Overture* with Bob Sagan. When Broadway was enjoying its Golden Age, seldom did an audience begin a night at the theatre without first receiving a treat from the orchestra. While the prominence of Broadway overtures has waned in the modern age of musical theatre, the tradition remains as one of the most beloved staples of the art form. Join Bob Sagan, aka Broadway Bob, in-person for an interesting look at the old and new. Please note, this presentation is not offered virtually. Community Center



Picture: Boy Scout Troop 167 raising our new American Flag on Flag Day.

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#### Tuesday, July 13th:

- 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 Council Meeting. If you are interested in observing, please contact cottage resident Janet Steiner 310-7366 or jes14850@gmail.com. Social Room
- 10:30am~12:00pm Circuit Training with Robin Gallagher. Exercise Room
- 11:00am Friendship Committee Meeting. Committee welcomes new residents. To learn more, please contact Ann Julien 641-6388. Music Room
- No Dining Committee Meeting today
- 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: Abolition and the Importance of Slave Narratives. Please see page 16 for more information. Available in-person & virtually. Registration is not required. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- **2:15pm** Caregivers Support Group with Chaplain Steve Petrovich and Mary Walker, LPN, HAP's Resident Service Advocate. All interested residents are welcome. Music Room
- 4:00pm-6:00pm Happy Hour: drink specials and appetizers. Community Center
- 7:00pm Evening Music: Canandaigua's Chamberfest Open Rehearsal. Enjoy classical music by Amy Sue Barston, cello, Kevin Kumar, violin, Isabel Hagen, viola, and Audrey Andrist, 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.

<sup>\*</sup>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, July 14th:

- 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
- 10:30am Live Outdoor Music: New Horizons Clarinet Choir. Driveway to Underground Garage (Rain location: Community Center)
- 1:00pm-2:00pm Open Swim with Robin Gallagher. Pool
- \*1:00pm Depart for Victor Crossings Plaza (stores include the Dollar Store, HomeGoods, Wal-Mart, and PetSmart). Registration on the Digital Calendar located on the Portal is required. Return approx. 4:00pm
- \*2:00pm iPad/iPhone Class, Today's topic: *Listening to Music from Different Sources* 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
- **3:00pm Line Dancing with resident Will Herzog.** All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm Virtual To "UR" Health Lecture: Care for the Caregiver: Strategies to Take Care of Yourself While Caring for Your Loved One with Kim Van Orden, PhD, Associate Professor, Department of Psychiatry at the University of Rochester School of Medicine & Dentistry. Please see page 17 for more information. Registration not required. This lecture is available via Zoom. If you are unable to Zoom from home, please join us in the Music Room.



Picture: Outing to Montezuma Audubon Center, spotting Bald Eagles.

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#### Thursday, July 15th:

- 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
- \*1:30pm—Depart for the Moonlight Creamery in Fairport. Moonlight offers fair trade and certified products along with aiding global efforts to alleviate poverty and promote environmental sustainability. Menu includes ice cream, coffee, tea, and artisan chocolates. Registration on the Digital Calendar located on the Portal is required. Return approx. 3:00pm

#### Friday, July 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
- 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
- 2:30pm Live Entertainment with John Culligan, folk music. Community Center
- \*3:00pm Mac Computer Class, Topic: *Numbers* 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

#### Saturday, July 17<sup>th</sup>:

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

<sup>\*</sup>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, July 18th:

- **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
- 12:00pm Depart for the 2021 ChamberFest Canandaigua Series: *Music of Wine* Concert. Please note, tickets were purchased in advance. Return approx. 3:00pm

#### Monday, July 19th:

- 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 Windows PC Computer Class, Topic: *Microsoft Word~ Using Templates to get Creative* 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
- 1:00pm 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
- 1:30pm Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Crystal Johnston 641-6345 if you are interested in joining.
- 3:00pm "UR" In Tune Presentation: Classical Guitar Music from Around the World with Nicholas Goluses, Professor of Guitar and founder of the guitar programs at Eastman School of Music. Please see page 17 for more information. Join Nicholas in-person for a recital of music from across North and South America and Europe. Available in-person & virtually. Registration is not required. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- \*7:00pm Depart for Flower City Jazz Society Concert: Smugtown Stompers. Tickets are \$15.00, pay upon arrival. Registration required, please register on the Digital Calendar located on the Portal. Please contact Crystal Johnston 641-6345 for registration assistance. Return approx. 10:00pm

#### Tuesday, July 20th:

- 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 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: Resistance to Imperialism in Africa. Please see page 16 for more information. Available in person & virtually. Registration is not required. 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, July 21st:

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

#### No Library Committee Meeting today

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

\*11:00am – Depart for lunch at Parkside Diner and Mini Golf at Whispering Pines Golf Course. Lunch options include soups, salads, sandwiches, and burgers. Golf fee is \$9.00, collected on the bus. Please note there is uneven walking on the golf course. Registration required, please register on the Digital Calendar located on the Portal. Please contact Crystal Johnston 641-6345 for registration assistance. Return approx. 3:00pm

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

**3:00pm – Line Dancing with resident Will Herzog.** All are welcome. For more information, please contact Will at 381~7368. Fitness Room



#### Thursday, July 22<sup>nd</sup>:

- 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
- No Gentle Chair Yoga with Eva Kane today
- **12:45pm Depart for Bristol Valley Theater** for the performance: Dead Air. Please note tickets were purchased in advance. Return approx. 5:00pm

#### Friday, July 23<sup>rd</sup>:

- 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: *NY State and Electricity* with Tim Mount, PhD, Professor Emeritus, Applied Economics and Management at Cornell University. The Zoom link will be sent to all residents via email the morning of the presentation. Registration not required. 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

#### Saturday, July 24th:

technical questions.

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

#### Sunday, July 25th:

- **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, July 26th:

- 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
- \*10:30am Resident Portal Class, Today's topic: Registering for Events and Making Dinner Reservations 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: *Death at LaFenice* by Donna Leon. 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 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

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

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#### Tuesday, July 27th:

- 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
- \*9:30am Depart for the City of Rochester Public Market. Masks and Social Distancing are required.

  Registration required, please register on the Digital Calendar located on the Portal. Please contact Margaret Leyden 641-6387 for registration assistance. Return approx. 12:00pm
- 10:00am Resident Council Meeting. If you are interested in observing, please contact cottage resident Janet Steiner 310-7366 or jes14850@gmail.com. Social 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 Sepoy Rebellion was Not Just a Mutiny. Please see page 16 for more information. Available inperson & virtually. Registration is not required. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- 2:15pm Caregivers Support Group with Chaplain Steve Petrovich and Mary Walker, LPN, HAP's
  Resident Service Advocate. All interested residents are welcome. Music Room
  4:00pm-6:00pm Happy Hour: drink specials and appetizers. Community Center

#### Wednesday, July 28th:

- 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
- 12:30pm Depart for the REV Theatre (formerly the Merry-Go-Round Playhouse) for the show: 42<sup>nd</sup> Street. Please note, tickets were purchased in advance. Return approx. 5:30pm
- 1:00pm-2:00pm Open Swim with Robin Gallagher. Pool
- 3:00pm Line Dancing with resident Will Herzog. All are welcome. For more information, please contact Will at 381~7368. Fitness Room

<sup>\*</sup>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, July 29th:

- 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: *Using Siri to Make Life Easier* 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 (Fitness Room) & 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
- \*11:30am Depart for the Rochester Central Library for lunch at Foodlink Community Café and the 2021 Art of the Book Exhibit. The nonprofit restaurant is a "pay-what-you-can café", aiming to bring people together and nourish everyone with dignity. Lunches are prepared by culinary apprentices launching their new careers. Seating available in the outdoor garden/courtyard or bring your meal home. The Art of the Book exhibit displays artwork from books, no fee. Registration required, please register on the Digital Calendar located on the Portal. Please contact Margaret Leyden 641-6387 for registration assistance. Return approx. 2:00pm
- \*3:00pm New Resident Meet & Greet. All residents are invited to gather and meet the new residents in an informal social setting. Light refreshments will be served. Please register on the Digital Calendar located on the Portal. Contact Margaret Leyden 641~6387 for registration assistance. Community Center

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

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#### Friday, July 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
- 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
- 12:30pm-1:30pm Complimentary Ice cream from Lugia's, Ice Cream Truck. Open to residents and employees only. <u>Hahnemann Square Front Entrance</u>
- 1:00pm~2:00pm Open Swim with Robin Gallagher. Pool
- 2:00pm-2:30pm Complimentary Ice cream from Lugia's, Ice Cream Truck. Open to residents and employees only. The Hahnemann Club

#### Saturday, July 31st:

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

#### **Course Description:**

### Replacing History with Our Story: An Examination of the Historical Narrative Tuesdays, July 13-August 24 at 2:00pm

- 7/13~ Abolition and the Importance of Slave Narratives
- 7/20~ Resistance to Imperialism in Africa
- 7/27~ The Sepoy Rebellion was Not Just a Mutiny
- 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.

#### <u>University of Rochester Lecture Descriptions:</u>

# Caring for the Caregiver: Strategies to Take Care of Yourself While Caring for Your Loved One Wednesday, July 14 at 4:00pm

Providing care for a loved one can be stressful. In this presentation, Dr. Kim Van Orden will describe strategies for self-care while providing care for loved one. She will ask audience members to provide input into which strategies they would like to hear about, including: finding time for oneself, problems sleeping, communicating with their partner, managing stress, staying connected with others, and challenging behaviors in their loved ones. She will share resources for audience members to take home with them, including tip sheets and places to learn more about topics discussed.

Dr. Van Orden is a clinical psychologist and Associate Professor in the Department of Psychiatry at the University of Rochester Medical Center. She is the Principal Investigator of the HOPE Lab (Helping Older People Engage) and Co-Director of the Rochester Roybal Center for Social Ties and Aging Research. She conducts randomized trials to test programs to promote social engagement and healthy aging. Kim mentors students and fellows, co-directs a research fellowship, and maintains an active clinical practice providing evidence-based psychotherapy to older adults.

## Classical Guitar Music from Around the World Monday, July 19 at 3:00pm

Nicholas Goluses, Professor of Guitar and founder of the guitar programs at Eastman School of music will give a recital of music from across North and South America and Europe.

Committed to performing new music for the guitar, Nicholas Goluses has given world première performances of over 100 works, including solo pieces, concertos for guitar and orchestra, as well as chamber music by many of today's leading composers. His performance editions are published by Alfred Masterworks. He is a member of the National Academy of Recording Arts and Sciences, has served on the Board of Directors for the Guitar Foundation of America and has been named Musician of the Year by Mu Phi Epsilon. He is the recipient of the 2019 Manhattan School of Music Distinguished Alumni Award. He has recently been named to the Fulbright International Specialist Award roster 2019-2023.

#### 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: Dining Committee, Community Outreach Committee, Program Planning Group, Friendship Committee, Go Green Committee, Health Affairs Committee, Landscape Committee, and Library Committee.

<sup>\*</sup>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.