



THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

September 2021



### Wednesday September 1<sup>st</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. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- \*10:30am – Depart for a trip to Skaneateles** for lunch at Doug’s Fish Fry and shopping on Main St. Lunch will be ordered and paid for individually. Please note this trip requires a lot of walking. Register on the Digital Calendar located on The Portal. Contact Margaret Leyden for registration assistance 641-6387. Return at approx. 4:00pm
- 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
- 3:00pm – Line Dancing with resident Will Herzog**. All are welcome. For more information, please contact Will at 381-7368. Fitness Room

### Thursday September 2<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
- 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. Fitness Room
- 1:30pm – Virtual Presentation: *Rochester’s Marvelous Monuments*** with guest speakers Tyler Lucero, Caitlin Meives, and Chris Brandt from the Young Urban Preservationists Group, affiliated with the Landmark Society of Western New York. 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.



\*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 September 3<sup>rd</sup>:****No Fitness Classes with Robin 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.

Fitness Room

**\*10:00am – TechTime Class, Topic: *Acquiring Transportation (Uber, Lyft, HAP Transportation)*** with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. For registration assistance, please contact Crystal Rothfuss 641-6308.

Music Room

**1:00pm-2:00pm – Open Swim** with a Highlands staff member. Pool

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

**1:15pm – Pause for Peace** with Chaplain Steve Petrovich. Masks are required in Laurelwood.

Laurelwood Gallery

**2:30pm – Afternoon music with Laura Dubin's Duo**, piano and drums. Community Center

**Saturday September 4<sup>th</sup>:**

**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 September 5<sup>th</sup>:**

**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

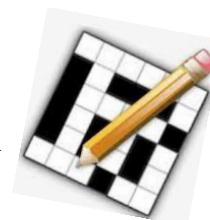
**Monday September 6<sup>th</sup>: Labor Day / Rosh Hashanah begins at sundown**

No Fitness Classes Today

No Program Planning Meeting today. Please join us on Monday, September 13<sup>th</sup>

No Chorus Today

**1:30pm – Crosswords with Larry Shearer.** Masks are required in Laurelwood. Laurelwood



\*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 September 7<sup>th</sup>:**

**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.

Fitness Room

**\*10:30am – Windows PC Computer Class**, Topic: *For True Beginners* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited.

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 call Robin Gallagher 641-6316 with questions. Music Room

**1:15pm – Bible Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood.

Laurelwood Gallery



**3:00pm – Presentation: *The Architecture of James H. Johnson*** with Katie Eggers Comeau and

Christopher Brandt. Learn about James H. Johnson, Rochester's most imaginative mid-20th-century architect, is best-known for the renowned "Mushroom House," a designated landmark in the town of Perinton. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

**4:00pm – Rosh Hashanah Service** with a volunteer from the Chabad of Pittsford. Hearth Room

**4:00pm-6:00pm – Outdoor Happy Hour:** drink specials and appetizers. Bistro Patio (Rain location Community Center)

For Programming questions or Digital Calendar registration assistance please contact Elizabeth David 641-6344 or 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.

**Wednesday September 8<sup>th</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. Hahnemann Club

**\*9:00am – Depart for a historical bus tour of the Village of Brockport, NY** with Sue Savard. No fee for the tour. The trip also includes a stop for lunch at 58 Main Street (cash only) and shopping in the Village. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. To accommodate all who are interested, a second bus tour is offered on September 14. Please sign up for only one tour. Return approx. 3:30pm

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

**\*10:30am – Resident Portal Class**, Today's topic: *Accessing details regarding your meal point balance* 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. For registration assistance, please call Crystal Rothfuss 641-6308.

Music Room

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

**\*1:30pm-2:30pm – Audiologist Appointments** with Dr. Segmond from Ontario Hearing. Please call Margaret Leyden 641-6387 for an appointment. Parlor

**2:00pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Community Center

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



**Picture: Residents at Hunt Country Vineyards, Branchport, 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.

**Thursday September 9<sup>th</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

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. Fitness Room

2:00pm – **Presentation: *Our Distant Days: How the pandemic hit home 400 words at a time*** with Jim Memmott, Journalist and Adjunct Assistant Professor of English at the University of Rochester. Jim writes the weekly Remarkable Rochester column for the *Democrat and Chronicle*, reflecting on this area's history, habits and people. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

**Friday September 10<sup>th</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. 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. Fitness Room

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

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

1:15pm – **Poems, Quotes, & Songs** with Chaplain Steve Petrovich. Masks are required in Laurelwood. Laurelwood Gallery

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.



\*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 September 11<sup>th</sup>: Patriot Day

**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 September 12<sup>th</sup>: Grandparents' 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

**3:00pm – Afternoon Music with Vicki Rummler,** vocals and piano, daughter of resident Ed Rummler. Community Center

### Monday September 13<sup>th</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

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

**11:00am – Program Planning Meeting.** All are welcome to discuss and evaluate outings and lectures. Music Room

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

**\*2:00pm – iPad/iPhone Class,** Today's topic: Using the Calendar for Appointments and Reminders 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

**2:00pm – University of Rochester Presentation with students from the UR's Internal Genetically Engineered Machines (iGEM) team Bio-Spire.** Team Bio-Spire is competing in the 2021 iGEM competition. Teams from all over the world try to find and tackle a real-world problem and come up with a solution using synthetic biology techniques. Team Bio-Spire will discuss their toolkit to diagnosis sepsis/septic shock quicker and more accurately. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center **(9/13 Continues On Next Page)**



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**7:00pm – Evening Music with Rochester Rhapsody Chorus.** Rochester Rhapsody is an all-women's chorus featuring a cappella barbershop-style harmony. Community Center



**Tuesday September 14<sup>th</sup>:**

**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.  
Fitness Room

**\*9:00am – Depart for a historical bus tour of the Village of Brockport, NY** with Sue Savard. No fee for the tour. The trip also includes a stop for lunch at 58 Main Street (cash only) and shopping in the Village. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. To accommodate all who are interested, a second bus tour is offered on September 8. Please sign up for only one tour. Return approx. 3:30pm

**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** 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

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

**1:15pm – Bible Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood.  
Laurelwood Gallery

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



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**Wednesday September 15<sup>th</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. 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

**\*10:30am – Depart to Jay Seaman’s workshop,** in Ithaca, NY, artist and sculpture who created the



“Frog on Bike” sculpture at The Highlands at Pittsford. There is walking on uneven ground and limited seating at the workshop. No tour fee. Brown Bag Lunch provided. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 4:30pm

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

**2:00pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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 September 16<sup>th</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

**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. Fitness Room

**\*1:00pm – Shopping at Market Square Plaza in Henrietta** off Jefferson Road. Shops include Bed Bath & Beyond, DSW, Dress Barn, and Talbots Outlet. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 4:00pm



\*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 September 17<sup>th</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. 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.  
Fitness Room
- \*10:00am – **Windows PC Computer Class**, Topic: *Microsoft Office Suite* 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
- 1:15pm – **Hymn Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood.  
Laurelwood Gallery
- 2:00pm – **Corn hole and Root Beer Floats!** Spectators welcome. Bistro Patio  
(Rain Location: Community Center)
- 7:15pm – **Depart for Rochester Philharmonic Orchestra POPS Concert: *Legends: The Paul Simon Songbook***. Please note transportation arrangements were made in advance. Return approx. 10:30pm

**Saturday September 18<sup>th</sup>:**

- 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 September 19<sup>th</sup>:**

- 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 September 20<sup>th</sup>:**

- \*8:00am-12:00pm – Wegmans Flu Shot Clinic.** Appointments made in advance by calling Ellie Forgach 641-6379. Please wear a short sleeve shirt. Community Center
- 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. 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** with guest Samra Brouk, New York State Senator. All are welcome. Senator Brouk will discuss the new polystyrene and food scrap laws that become effective Jan-2022. Please contact Ralph Carter 305-7563 or Mary Lynn Vickers 967-2433 to participate or for questions. Music Room
- 1:30pm – Presentation: *The Music of Glenn Miller*** with Larry Shearer. Mask are required in Laurelwood. Laurelwood Gallery
- 2:00pm – University of Rochester Presentation: *3D Printing of Bacteria*** with Anne Meyer. Learn how 3D printing is creating environmentally friendly material such as artificial leaves and moldable cement with bacteria. 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: *Navigation, how to find what you are looking for*** with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required, space is limited. For registration assistance, please contact Crystal Rothfuss 641-6308. Media Center
- \*7:00pm – Depart for Flower City Jazz Society Concert: *The Jazz Happens Band*.** Tickets are \$15.00, pay upon arrival. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 10:00pm



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**Tuesday September 21<sup>st</sup>:**

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.  
Fitness Room

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

\*11:30am – **Depart for a Tuesday Pipes Concert at Christ Church.** Enjoy a free 25-minute organ concert by Eastman School of Music students or faculty. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 1:00pm

1:15pm – **Bible Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood.  
Laurelwood Gallery



2:00pm – **Presentation: *Once Around the Sun: Images of Four Seasons*** with resident Gil Jordan. Enjoy Gil's tribute to nature's ancient cycle of seasonal change. The program presents a collage of photography, music, poetry and prose, all celebrating the annual march from season to season. Whether the chill of winter, the returning hope of Spring, the languid days of Summer, or the exuberance of Fall color, all illustrate how artists of all periods have responded to natural beauty. In-person only. Community Center

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

**Wednesday September 22<sup>nd</sup>: First day of autumn**

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. Hahnemann Club

9:00am – **Depart for the exhibit *Beyond Van Gogh*** and lunch at The Buffalo Brew Pub. Please note tickets were purchased in advance. Return approx. 3:30pm

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

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



2:00pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Community Center

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

\*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 September 23<sup>rd</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.

**\*10:00am – iPad/iPhone Class**, Today's topic: *Changing profile pictures in Messages and Messenger* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required. For 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. Fitness Room

**1:30pm – Afternoon music with the New Horizons Big Band**, featuring resident Jean Weaver playing the trumpet. Community Center

**6:30pm – Depart for Rochester Philharmonic Orchestra Concert: *Andreas Conducts Brahms 1.***  
Please note transportation arrangements were made in advance. Return approx. 10:00pm

**Friday September 24<sup>th</sup>:**

**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. Fitness Room

**1:00pm-2:00pm – Open Swim** with Elizabeth David. Pool

**1:15pm – Hymn Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood. Laurelwood Gallery

**3:00pm – Virtual Current Events Group**, Topic: *Filibusters* with Gisela Sin, Director of the Center for Latin American and Caribbean Studies and Associate Professor, Department of Political Science at the University of Illinois. 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](mailto: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 September 25<sup>th</sup>:**

**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 September 26<sup>th</sup>:**

**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 September 27<sup>th</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. Hahnemann Club

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

**\*10:30am – Resident Portal Class**, Today's topic: *General Overview* 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. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room

**\*10:30am – Book Discussion Group Meeting**, Book Title: *A Farewell to Arms by Ernest Hemingway*. 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

**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



**Picture: Highlands Line Dancing Team at the HAP annual picnic!**

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Tuesday September 28<sup>th</sup>

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.  
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.** Exercise Room

1:15pm – **Bible Study** with Chaplain Steve Petrovich. Masks are required in Laurelwood.  
Laurelwood Gallery

2:00pm – **Virtual Presentation: *Interstellar Comets or Alien Spacecrafts?*** With Valerie Rapson, PhD, Assistant Professor at SUNY Oneonta. Occasionally astronomers spot objects from other planetary systems that pass through our solar system, are they typical asteroids/comets or could they be the first signs of intelligent life? 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.

4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center. Live piano music with John Williams in the Music Room.

### 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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Wednesday September 29<sup>th</sup>

- \*8:30am** – **Depart for the Museum of the Earth in Ithaca, NY** for a guided museum tour. The Paleontological Research Institution's museum holds natural history displays from Earth's origin to present day. Admission fee is \$4.00 and will be collected on the bus. Masks are required at the museum. Lunch to follow at Sunset Grill. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 4:00pm
- 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. Hahnemann Club
- 10:15am** – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm** – **Open Swim** with Robin Gallagher. Pool
- 2:00pm** – **Pittsford Highlands Chorus practice**. All are welcome to participate. 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 September 30<sup>th</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
- 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. Fitness Room
- \*2:00pm** – **Educational Cooking Demonstration** with a member of the Dining Services Team. No fee to attend. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Community Center



For Programming questions or Digital Calendar registration assistance please contact Elizabeth David 641-6344 or 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.