



THE HIGHLANDS AT PITTSFORD

Cultural and Educational Program Calendar

November 2021



Happy Thanksgiving!



Monday November 1st: All Saints Day

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

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

1:30pm – **Crosswords with Larry Shearer**. Laurelwood Gallery

2:00pm – **University of Rochester Presentation. *All About the Bee's That Don't Make Honey; the "Normal"***



Ones with Robert Minckley Ph.D., Professor of Instruction. Please see page 16 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

**2021
GENERAL
ELECTION**

Tuesday November 2nd: Election Day

6:00am-9:00pm: **General Election Voting at the Hahnemann Club**. If you would like transportation, you must sign up in advance by calling the Hospitality Desk 586-7600. If you have any questions or concerns about voting, please contact Elizabeth David 641-644. Hahnemann Club

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

*10:30am – **Windows PC Computer Class**, Topic: *Online Shopping: Amazon, Groceries and Holiday Gifts* 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

*11:30am – **Depart for the Rochester Public Library Fall 'Books Sandwiched In' Book Review: *Get Good with Money*** by Tiffany Aliche, reviewed by Shamika Fusco, Rochester Public Library Librarian and Lyell Branch Supervisor. No fee to attend. Register on the Digital Calendar located on The Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 1:30pm

(11/2 Programs Continues On Next Page)

The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

1:00pm – Knitting Group. Please bring your own supplies; yarn is available for charity knitting. Music Room

1:00pm – First Presbyterian Church Small Group Fellowship and Prayer. All are welcome. In-person only. Please call Elizabeth David 641-6344 for more information. Oneida Dining Room

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

2:30pm – Newcomer’s Meet & Greet (informal conversation) for seasoned residents and recent move-ins. Join us for cookies and punch while getting to know your new neighbors. All are welcome. Please sign up on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Community Center

Wednesday November 3rd:

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 – Depart for a Fall Foliage Trip to Naples, NY with a stop at Joseph’s Market and Monica’s Pies.** Register on the Digital Calendar located on The Portal. Contact Elizabeth David 641-6344 for registration assistance. No Fee to attend. Return approx. 4:00pm.

1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. Community Center

No Food Forum Today. Food Forum will resume in 2022. Please continue to fill out comment cards in the Dining Room and call Andy Trepanier (641-6334) or Elizabeth Nettle (641-6324) with any additional feedback.

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

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 on the Digital Calendar located on the Portal.



Thursday November 4th:

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 – **University of Rochester Virtual Presentation: *One University, Many Objects: Using Artifacts to Tell Our Story*** with Melissa Mead and Mark Zaid, Esq. Join Archivist Melissa Mead and Class of 1989 alumnus Mark Zaid as they highlight their favorite items from the University Archives and Mark's personal collection. Please see page 16 for speaker 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 Community Center. Community Center

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *New World Symphony***. Please note transportation arrangements were made in advance. Return approx. 10:00pm

Friday November 5th:

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 – **Tech Time Class, Topic: *Uploading Pictures to Shutterfly or Walgreens for printing*** 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

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

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

2:30pm – **University of Rochester Presentation. *History of the Campuses and Buildings of the University of Rochester*** with Morris Pierce Ph.D., Adjunct Professor of History. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

Saturday November 6th: Turn your clocks back 1 hour before going to bed for daylight saving time

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. 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 November 7th: Daylight Saving Time

9:30am & 10:00am – Depart to local area churches. 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

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

1:30pm – Afternoon Entertainment with students from the Elizabeth Kinney Music School, Part I, featuring piano, cello, saxophone, and guitar. Enjoy Part II on Saturday, November 13th. Community Center

Monday November 8th:

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: *Signing up for Events 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

2:00pm – *Animal Meet and Greet* with Ann Meade from The Animal Teachers. Come see a variety of small wildlife animals and learn interesting facts. **In-person only.** Community Center



The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



Tuesday November 9th:

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 with Robin Gallagher. Exercise Room

10:30am -1:30pm – Watch Battery Replacement: Drop off your watch(es) in the Lilac Shoppe no later than Tuesday, November 9th at 1:30pm. Watches will be labeled by Resident name, and set aside for the vendor to work with on site at The Highlands on Wednesday November 10th. Cost is \$5.00 cash upon pick up or charge to your apt/cottage. Watches will be available for pickup on Thursday, November 11th. Please see Doretta in the Lilac Shoppe if you have any questions. Lilac Shoppe

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

1:00pm – First Presbyterian Church Small Group Fellowship and Prayer. All are welcome. In-person only. Please call Elizabeth David 641-6344 for more information. 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. Laurelwood Gallery

2:00pm – Virtual Presentation: *Latest Results from Perseverance on Mars* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. Today we'll explore the latest results from Perseverance and what it has in store for the future. 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 Community Center.



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Wednesday November 10th:

- 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 shopping and lunch in Canandaigua, NY.** Featured Shops include Sweet Expressions and Renaissance Goodie II Shoppe. Enjoy lunch at Nolan's on Canandaigua Lake. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Walking is required. Return approx. 2:30pm
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:00pm – **Caregivers Support Group** with Mary Walker, LPN, HAP's Resident Service Advocate. All are welcome. Activities Room
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Community Center
- *2:00pm – **iPad/iPhone Class, Today's topic: *When and Why to Upgrade your iPhone/iPad*** 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-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center



Stop by and see our Veteran's Day Tribute Display: Located in the Art Gallery



Thursday November 11th: Veterans Day

- 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 -1:30pm – **Watch Battery Pick Up.** Don't forget to pick up your watches(es) in the Lilac Shoppe today. Please see Doretta if you have any questions. Lilac Shoppe

(11/11 Programs Continue on Next Page)

The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



Sunday November 14th

9:30am & 10:00am – **Depart to local area churches.** 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

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

Monday November 15th:

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.** All are welcome. Please contact Ralph Carter 305-7563 or Mary Lynn Vickers 967-2433 for questions. Music Room

1:00pm – **Presentation. *Classis Movie Theme Music*** with Larry Shearer. Laurelwood Gallery

2:00pm – **Presentation: *Magic Moments of Act I Openers!*** with “Broadway Bob” - Bob Sagan. The great creators of Broadway musicals know how best to begin Act I - with a big bang opening number that sparks an interest and anticipation of what’s to come. Join for an entertaining afternoon and relive those magic moments. **In-person only.** Community Center

*3:00pm – **Mac Computer Class**, Topic: *Using Pages to Create and Edit documents* 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: *Rod Ham's Black Diamond Express*.** 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



Tuesday November 16th:

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

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The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

- *12:45pm – Movie Matinee at Pittsford Cinema.** The Movie will be advertised as the date approaches. Admission fee is \$7.00 and will be paid for at the theatre. Please note departure and return times are subject to change. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 4:00pm
- 2:00pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 7:00pm – Evening Music with Quintessence,** a woodwind quintet. Community Center

Wednesday November 17th:

- 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
- *9:30am – Depart for the Kodak Visitor Center for a Self-Guided Tour.** Learn about the company's rich history, far-reaching impact on science, technology, culture, and the accomplishments of its employees – past and present. No fee to attend. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 11:45am
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 11:00am – Library Committee Meeting.** Committee oversees the HAP library. If you would like more information please contact Ann Julien 641-6388. Music Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:30pm – 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
- 4:00pm-6:00pm – Happy Hour:** drink specials and appetizers. Community Center

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 Elizabeth David 641-6344 for more information.

Offerings: 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.

The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



Thursday November 18th:

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 Shopping at LaLa Boutique and Net Things located in Webster, NY.** Shop for a variety of jewelry, soaps, clothing, and candles. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 12:30pm

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

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Hansel and Gretel*.** Please note transportation arrangements were made in advance. Return approx. 10:00pm

Friday November 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. 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

*10:30am – **Windows PC Computer Class, Topic: *Photo Editing*** 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

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

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

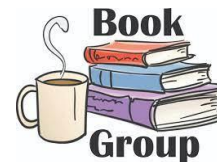
2:30pm – **Live Entertainment** with John Culligan, featuring folk music. Community Center

Saturday November 20th:

10:15am – **Fitness: Tai Chi** with Carmen Ramos. Available in-person only. 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 on the Digital Calendar located on the Portal.

**Sunday November 21st:**

9:30am & 10:00am – Depart to local area churches. 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

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

Monday November 22nd:

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

9:30am – Book Discussion Group Meeting, Book Title: Crossing to Safety by Wallace Stegner. Due to the large group size, the book club will now be split into two consecutive sessions. Please register in advance by contacting Janet Steiner 310-7366 or jes14850@gmail.com and you will be assigned to a group. Seneca Dining Room

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

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

2:00pm – Presentation: *Should Police Respond to Mental Health Emergencies?* with Don Kamin Director, Institute for Police, Mental Health & Community Collaboration in Rochester, NY. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Tuesday November 23rd:

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 with Robin Gallagher. Exercise Room

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

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2:00pm – Presentation and Antique Appraisal with Cottone Auctions. Learn about some historical finds from the Rochester area, fair market values, and the worth of some of your own personal possessions. Please call Elizabeth David 641-6344 if you are interested in bringing an item to get appraised. Appraisals are free. **In-person only.** Community Center

Wednesday November 24th:

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 2:00pm – The Highlands at Pittsford’s Holiday Bazaar! Come browse items from local vendors displaying various jewelry, lotions, soaps, crafts, and clothing items. Community Center

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

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

12:00pm-2:00pm – Fourteenth Annual Highlands Bake Sale Pre-Order Pick Up. If you placed a preorder, please stop by the Bistro to pick up. All proceeds will go to the Ronald McDonald House. The Ronald McDonald House provides a home away from home for families who need to be near their children while they are receiving health care at Rochester area hospitals. Bistro

1:00pm – Caregivers Support Group with Mary Walker, LPN, HAP’s Resident Service Advocate. All are welcome. Activities Room

1:30pm – Virtual Chorus via Zoom with Choral Director Rhonda Wright. New members welcome. Please call Elizabeth David 641-6344 if you are interested in joining. The Zoom link will be sent out the morning of the rehearsal.

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

No Happy Hour today

Thursday November 25th: Thanksgiving Day

No Fitness Classes today

No Shopping and Banking today

7:00pm – Evening Movie: 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 on the Digital Calendar located on the Portal.



Friday November 26th:

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 a HAP staff member. Pool

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

2:30pm – Afternoon entertainment with Mike Kornrich featuring guitar, banjo, and vocals. Laurelwood Gallery

No Virtual Current Events Group today



Saturday November 27th:

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. 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 November 28th: Hanukkah begins at sundown

9:30am & 10:00am – Depart to local area churches. 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

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

Monday November 29th:

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

9:30am – Virtual Health Affairs Group Meeting. This group is led by cottage resident Dr. John Bennett. All are welcome to participate in an open discussion. Registration is not required. The Zoom link was sent to all residents via email on Friday, November 26th. Please contact Dr. Bennett if you have questions 310-7617.



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The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

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

*10:30am – **Resident Portal Class**, Today's topic: *Submitting Forms (Maintenance Requests, Away Forms, SPIRT Nominations) and more* 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

2:00pm – **Presentation: *Electric Cars Are Coming Fast: Here's What You Need to Know*** with John Voelcker, Contributing Editor, *Car and Driver*, also nephew of Resident Mary Doino. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

No Resident Meeting today. The next resident meeting will be held on Monday, December 13th.

Tuesday November 30th:

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

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

2:00pm – **University of Rochester Presentation: *Introduction to Art of Film*** with Jason Middleton, Associate Professor, English Department and Director of Film and Media Studies Program. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center



Picture: Residents touring the Rochester Folk Art Guild's Pottery Studio

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University of Rochester Lecture Information

All About the Bees that Don't Make Honey; The "Normal" Ones

Monday, November 1st at 2:00pm

All about the bees that don't make honey; the "normal" ones with Robert Minckley Ph.D. Bees have an outsized role in nature because they pollinate flowering plants. Although the honeybee is the best-known bee, most of the 20,000-bee species do not live in colonies, have a queen, or collect honey. They are nevertheless beautiful, fascinating, and busy pollinators.

Robert Minckley received a Ph.D. in Entomology from the University of Kansas in 1993 under the guidance of Charles D. Michener. Robert first began studying bees as a Master's student under Bob Smith and Steve Buchmann in Entomology at the University of Arizona. His B.Sc. was also from the University of Arizona from the Department of Ecology and Evolutionary Biology.

One University, Many Objects: Using Artifacts to Tell Our Story

Thursday, November 4th at 2:00pm

Speakers Bio: **Melissa Mead** is the John M. & Barbara Keil University Archivist and Rochester Collections Librarian. She supplies University Communications, University Advancement, and the Office of the President with hundreds of digital images every year selected from the special collections and University Archives. **Mark Zaid, Esq** is a Washington, D.C. attorney handling national security cases. He is a frequent speaker at the UR and was the inaugural recipient of the UR's John N. Wilder Award in 2009. He is an avid collector of University of Rochester memorabilia, and is the co-author of *Wish You Were Here: A Century of Postcards of the University of Rochester* (2010).

Lecture Information

Latest Results from Perseverance on Mars

Tuesday, November 9th at 2:00pm

The Mars 2020 Rover, nicknamed Perseverance, successfully landed on Mars in February of 2021. Since then it has been driving around Mars conducting various science experiments and searching for evidence of life on the red planet. It even brought with it a small helicopter named ingenuity which became the first ever drone to fly on another planet.

Call for Submissions: The Highlands Review

Deadline: Jan. 11, 2022

Looking for Articles, memoirs, and poetry

Please contact Cottage Resident Betty Iwan at
bettyiwan@gmail.com

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