



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

January 2022



Saturday January 1st: New Year's Day

11:00am-8:00pm – Join your neighbors for the 132nd Rose Parade, beginning at 11:00am, followed by the 2022 Rose Bowl college football game, Utah vs. Ohio State, beginning at 5:00pm.

Community Center

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

Sunday, January 2nd:

9:30am & 10:00am – Depart for 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

Monday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club

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

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

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

1:00pm – Lecture Series Presentation: *Movie Music Matinee: Erich Wolfgang Korngold: The Adventures of Robin Hood (1938)* with Dr. Julia Goodwin, a member of the Hochstein piano faculty and music history instructor. Please see page 18 for more information. Available in-person & virtually. The Zoom link will be sent 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.



Tuesday January 4th:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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** with Robin Gallagher. Exercise 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

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

2:00pm – **Virtual Presentation: *The Life and Legacy of the Arecibo Radio Telescope*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. Join us as we discuss the scientific achievements of this observatory and the future of radio telescope observations. Please see page 18 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.

Wednesday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club

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

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

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

(Programs for 1/5 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.

- *1:30pm – Depart for the Memorial Art Gallery to tour the Exhibit *Renaissance Impressions: Sixteenth-Century Master Prints from the Kirk Edward Long Collection*. Admission price is \$17.00 per person. Please register on the Digital Calendar located on the Portal. Please contact Elizabeth David 641-6344 for registration assistance. Return approx. 3:15pm
- 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



Thursday January 6th:

- 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 – Depart for Scents by Design, a pour-your-own candle and custom fragrance making bar located in the Neighborhood of the Arts in Rochester, NY. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. See page 17 for more information including cost. Return approx. 3:30pm

Friday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

(Programs for 1/7 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.

*10:00am – Tech Time Class, Topic: *How Has Technology Changed In Our Lifetime? What Can We Expect in the Next Few Years?* 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

2:00pm – Presentation: *Target: The American President* with Rochester Historian Dan Cody. Please see page 17 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



Saturday January 8th:

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

Sunday January 9th:

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

Monday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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. The Zoom link will be sent out to all residents via email. Please contact Dr. Bennett 310-7617 if you have questions.



(Programs for 1/10 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.

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

*10:30am – **Resident Portal Class, Topic: *General Discussion, What Do You Love, What Do You Want To See More Of?*** with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Please register on the Digital Calendar located on the Portal. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room

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

1:00pm – **Lecture Series Presentation: *Movie Music Matinee: Max Steiner: Casablanca (1942)*** with Dr. Julia Goodwin, a member of the Hochstein piano faculty and music history instructor. Please see page 18 for more information. Available in-person & virtually. The Zoom link will be sent to residents via email the morning of the presentation. Community Center

Tuesday January 11th:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

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

No Friendship Committee Meeting today. This meeting has been moved to January 18th.

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

2:00pm – **Virtual Presentation: *Speak for Yourself*** with Master Storyteller Jay Stetzer. Learn the basic skills of good storytelling and learn how to craft those wonderful stories for your listeners to enjoy. 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. See page 19 for speaker information. 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.

Wednesday January 12th:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club

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

***12:00pm – Take-Out lunch at HAP. Join us for a “take out” meal from Adelita’s Mexican Cocina & Tequila.** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. Once registered, you will receive a menu and a staff member will call to take your order. Those who have registered will receive additional information on ordering and payment. Please call Elizabeth David 641-6344 for registration assistance. Seneca Dining Room

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

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

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

2:00pm – iPad/iPhone Class, Topic: *What Are Apps? How Do We Know Which Ones We Want? How Do We Get Them? with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. 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



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



Thursday January 13th:

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 Presentation: *Introduction to the Surgical Excision of Common Cancers*** with Michael Giacomelli, Ph.D. Please see page 19 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.

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Andreas Conducts Beethoven.*** Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 to secure transportation. Return approx. 10:00pm

Friday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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: *Water Levels, Erosion, and Recent Hydrology of Lake Ontario*** with Peter Knuepfer Associate Professor of Geology and Environmental Studies at Binghamton University. 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 on the Digital Calendar located on the Portal.

Saturday January 15th: Martin Luther King Jr. Birthday

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

Sunday January 16th:

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

Monday January 17th: Martin Luther King Jr. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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 – Lecture Series Presentation: *Movie Music Matinee: Bernard Herrmann: The Ghost and Mrs. Muir (1947)* with Dr. Julia Goodwin, a member of the Hochstein piano faculty and music history instructor. Please see page 18 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

3:00pm – Mac Computer Class, Topic: *Working With System Preferences with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

***7:00pm – Depart for Flower City Jazz Society Concert: *John Seiger Quartet*.** Tickets are \$15.00, pay upon arrival. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 10:00pm



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



Tuesday January 18th:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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** with Robin Gallagher. Exercise Room

11:00am – **Friendship Committee Meeting: Committee members** meet monthly to discuss the welcoming of new residents. To learn more or to get involved 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. Oneida Dining Room

2:00pm – **Martin Luther King Jr. Documentary Film: *MLK/FBI*.** This 2020 Documentary by Sam Pollard explores newly-declassified FBI files. This resonant film explores the US governments surveillance and harassment of Martin Luther King, Jr.. In-person only. Community Center

Wednesday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club

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



(Programs for 1/19 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.



*1:00pm – Depart for a guided tour of the Susan B. Anthony House located in Rochester, NY. Walk the rooms where Susan B. Anthony inspired generations of women and hear her tales of hardship tenacity. Admission fee is \$10.00. Please note, there are exterior stairs into the house. Return approx. 4:00pm

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



Thursday January 20th:

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

*11:30am – Depart for a scenic ride along Lake Ontario with lunch at Hose 22. Please register on the Digital Calendar located on the Portal. Please contact Elizabeth David 641-6344 for registration assistance. Please see page 17 for restaurant history. Return approx. 2:30pm

Friday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room



(Programs for 1/21 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.

- *10:00am – Windows PC Computer Class, Topic: *Microsoft Office Applications vs. Google's Free Application Offerings* 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
- 10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool
- 2:00pm – University of Rochester Presentation: *Sustainability ~ Using the Present to Save The Future* with University of Rochester class of 2022 student Emily Su. Available in-person & virtually. The Zoom link will be sent to residents via email the morning of the presentation. Please see page 20 for more information. Community Center

Saturday January 22nd:

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

Sunday January 23rd:

- 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

Monday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club
- 9:30am – Book Discussion Group Meeting, Book Title: Overstory by Richard Powers. 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 at 310-7366 or jes14850@gmail.com to be assigned to a group. Seneca Dining Room



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(Programs for 1/24 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.

***9:45am – Depart for Shopping in Henrietta.** Stores include Lori's Natural Foods Center, Tops Friendly Market, and the Christmas Tree Shop. Please register on the Digital Calendar located on the Portal. Please contact Elizabeth David 641-6344 for registration assistance. Return approx. 12:30pm

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

10:30am – Resident Portal Class, Topic: *Let's Look At The Side Bar and What It Has to Offer with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Please register on the Digital Calendar located on the Portal. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room

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

1:00pm – Lecture Series Presentation: *Movie Music Matinee: Elmer Bernstein: The 10 Commandments (1956)* with Dr. Julia Goodwin, a member of the Hochstein piano faculty and music history instructor. Please see page 18 for more information. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the presentation. Community Center

Tuesday January 25th:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

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

10:30am – Library Book Selection Group. For more information regarding this group please contact resident Al Lorenzo 381-8910.

(Programs for 1/25 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.

- *12:30pm – Take-Out lunch at HAP. Join us for a “take out” meal from The Cheesecake Factory.** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. Once registered, you will receive a menu and a staff member will call to take your order. Those who have registered will receive additional information on ordering and payment. Please call Elizabeth David 641-6344 for registration assistance. Seneca Dining 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

Wednesday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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 – Caregivers Support Group** with Mary Walker, LPN, HAP’s Resident Services Advocate. All are welcome. Activities Room
- *1:00pm – Depart for ARTISANworks for a guided tour.** While touring, you will learn the history of ARTISANworks and information about their collections. Admission fee is \$10.00 and will be collected on the bus. Please note this tour is walking intensive. Return approx. 4:00pm
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Please call Elizabeth David 641-6344 if you are interested in joining. 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



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



Thursday January 27th:

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, Topic: *What Is The Health App, and How Can It Help Me?*** with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room

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

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

*2:00pm – **Educational Cooking Demonstration** with a member of the HAP 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

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Danzmayr Returns***. Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 to secure transportation. Return approx. 10:00pm

Friday January 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

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

(Programs for 1/28 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.

3:00pm – Virtual Current Events Group, Topic: *Genetic Editing* with Professor Mitch O’Connell, Ph.D. & Assistant Professor in the Department of Biochemistry and Biophysics as well as the Center for RNA Biology at the University of Rochester. 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 January 29th:

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

Sunday January 30th:

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

Monday January 31st:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 249-6316. Hahnemann Club

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

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

2:30pm – Resident Meeting. In-person or virtual. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center



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Thursday, January 6th at 11:00am
Scents by Design

Scents by Design is a pour-your-own candle and custom fragrance bar located in the Neighborhood of the Arts in Rochester, NY. They sell natural soy candles and premium home fragrance products that are hand-made in their store each day. What makes Scents by Design really special is their custom fragrance experience. They carry over 100 distinct scents, and you can come in to blend your own fragrance oils to make custom candles, wax melts, reed diffusers, aromatic sprays and more. Prices vary depending on the products you choose. Their pour-your-own candles start at \$20 for an 8oz glass tumbler. They also offer flameless candles, lotions, and sugar scrubs.

January 20th at 11:30am
Lunch at Hose 22

The Hose 22 Firehouse has been standing on Stutson Street since 1916, built right next to the already existing Charlotte police station. The groundbreaking took place on April 4th, and the official opening ceremonies were on October 25th, 1916, some 100 years ago. The City of Rochester paid \$1,800 for the lot, with a projected construction cost of \$18,000. This new brick firehouse was the crown jewel of Stutson Street, with its intricate facade and grand architecture. Just down the unpaved road would eventually be the Stutson Street Bridge, built a year later in 1917.

The Baldwin Engine and Hose Company combined with Charlotte Hook and Ladder Company under the name Hose Company No. 22, and resided on Stutson Street until 1962. When the R.F.D. Hose 22 closed, it moved Engine 19 and Truck 11 down the road to their new home across from Charlotte High School, a much more modern facility.

For the last 47 years the building has virtually stood empty, occasionally leased out by the city to groups such as Rochester Helping Hands, or access provided to firemen to work on fire apparatus in their spare time and reminiscing about the glory days. Later it provided some protection for the homeless and vandals who stripped the building clean. Then a fire broke out in the vacant building, severely damaging all the floors, ceiling and roof in front of the building. You could actually stand inside the front door and look up at the stars. Evidence of this still can be seen on some scorched bricks on the second floor. The building was then boarded up and the pigeons took over.

Fast forward to November 2007, when local contractor Craig Ristuccia fought hard to win the bid to purchase the firehouse and convert it into the restaurant it is today. He was determined to see the building brought back to its original beauty by restoring it the right way. Over a two-year period the building has been gutted, every window and door painstakingly replaced, with tin ceilings added and floors repaired and refinished, all while paying attention to the tiniest details. A new slate roof and copper gutters were added, the fire poles replaced, even the wrought iron balcony out front has been meticulously replicated. All the restorations were done based off old photos of the building

An outreach to the community has yielded some incredible donations of historical photos and memorabilia. Most importantly some fascinating stories of the glory days of Hose Company 22 have been shared. It has been a labor of love, and the community interest and support has been extremely motivating. So here's a tribute to the men who served here, the people they protected, and Charlotte . . . a community rich in history.

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

Lecture Information

Mondays, January 3rd~24th at 1:00pm Movie Musical Matinee

1/3 - Erich Wolfgang Korngold: The Adventures of Robin Hood (1938)

What happens when a Viennese opera composer goes Hollywood? The result is one of the greatest adventure films of all time. Find out how Erich Wolfgang Korngold helped bring the fabled characters of *The Adventures of Robin Hood* to life with music to match its heroes, villains, and timeless romance.

1/10~ Max Steiner: Casablanca (1942)

Rick and Ilsa might always have Paris, but we'll always have *Casablanca* and Max Steiner's incomparable score. Find out how he wove a song from a short-lived Broadway musical and other poignant themes to heighten the drama of "three little people" into an epic tapestry that hasn't aged as time has gone by.

1/17~ Bernard Herrmann: The Ghost and Mrs. Muir (1947)

A young widow moves to a seaside cottage to escape her oppressive in-laws and encounters its ghostly former owner. Find out how composer Bernard Herrmann evokes the mystery of their developing relationship, its mystery and romance, in the highly atmospheric *The Ghost and Mrs. Muir*.

1/24~ Elmer Bernstein: The 10 Commandments (1956)

In the 1950s, movie epics were more spectacular, their subjects grander, and the music had to match. Find out how Elmer Bernstein made the story of Moses come to life in the biggest epic of them all, *The Ten Commandments*.

Bio:

Dr. Julia Goodwin, a member of the Hochstein School of Music piano faculty and music history instructor. She is a cultural historian (Ph.D., University of Rochester 2007) and lifelong movie enthusiast who has recently taught a Music for the Movies series developed especially for Hochstein.

The Life and Legacy of the Arecibo Radio Telescope Tuesday, January 4th at 2:00pm

In December of 2020, the 1000-foot-wide radio dish at the Arecibo Observatory in Puerto Rico collapsed. This telescope, operational since 1963, made many big astronomical discoveries, was featured in multiple blockbuster movies, and even beamed messages to potential alien civilizations in our galaxy. Join us as we discuss the scientific achievements of this observatory and the future of radio telescope observations.

January 11th at 2:00pm
Speak for Yourself

A popular storyteller since 1978, Jay Stetzer was born in Pittsburgh, PA in 1947. A member of Young Audiences since 1983, he has given countless performances at fairs, festivals, schools, colleges, and conferences, and has appeared frequently on radio, television, and with orchestras throughout the U.S.

Jay makes his home in Rochester, where radio listeners enjoy his “Tales in Two Minutes” daily on North Coast Radio. He is the 2008 winner of the coveted “Artist of the Year Award” from the Arts and Cultural Council of greater Rochester. His podcast, “Tales in Two Minutes, Jay Stetzer” is available on iTunes, Amazon, Podcast Addict, or wherever you get your podcasts.

University of Rochester Lectures

Thursday, January 13th at 2:00pm
Introduction to the Surgical Excision of Common Cancers

The surgical treatment of cancer depends critically on histological and microscopy techniques that have changed little since the late 19th century. In the last decade, newer imaging technologies have emerged that have the potential to dramatically improve surgical excision by enabling more precise localization of tumors and while sparing uninvolved tissues. Michael will present an introduction to the surgical excision of common cancers such as in breast and prostate, a discussion of the challenges faced by surgeons. He will also present recent studies aiming to overcome limitations by introducing newer imaging technology.

Speaker Bio:

Michael Giacomelli Ph.D. attended the Massachusetts Institute of Technology (MIT) in the Research Lab of Electronics where he was a research scientist conducting imaging research at Beth Israel Deaconess Medical Center and the VA medical center in Boston. He finished his Ph.D. in 2012 in Biomedical Engineering from Duke University where he worked on endoscopic imaging. Professor Giacomelli completed his B.S. in Computer Engineering and in Computer Science at the University of Arizona. Michael’s research program focuses on the application of multiphoton and fluorescence imaging to surgical pathology and clinical medicine. The Giacomelli Lab designs custom multiphoton and fluorescence microscopes, algorithms, and electronics that enable surgical and clinical imaging of pathology in living human tissue with an emphasis on building instruments that can be directly used by clinicians and non-engineers.

Friday, January 21st at 2:00pm

Sustainability - Using the Present to Save The Future

The term “sustainability” may seem like a simple word, but what does it really mean for our world to be sustainable? Emily will discuss the three pillars of sustainability and highlight some achievements accredited to our city of Rochester. She will explore how our community has advanced and how we are striving to support an economical, social, and environmentally sustainable future.

Committees, Discussion Groups, and Open Forums

The Highlands’ offers 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.

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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