



THE HIGHLANDS  
AT PITTSFORD

# Cultural and Educational Program Calendar

## February 2022





### Tuesday February 1<sup>st</sup>: Chinese New Year

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. Oneida Dining Room

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

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

2:00pm – **University of Rochester Presentation: *Integrative Cognitive Rehabilitation Program (ICRP):***



UNIVERSITY of  
ROCHESTER

***Strategies for Cognitive Difficulties*** with Amy Pacos Martinez, Psy.D. Licensed Clinical Psychologist/Clinical Neuropsychologist in the department of Physical Medicine and Rehabilitation. The Zoom link will be sent via email the morning of the presentation. Please see page 15 for more information. Community Center

### Wednesday February 2<sup>nd</sup>: Groundhog 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 641-6316. Hahnemann Club

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

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

1:15pm – **Depart for Geva Theatre: *Airness***. Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 4:30pm

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



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



### Thursday February 3<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. 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 lunch at the Pittsford Pub** in the village. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 1:15pm

### Friday February 4<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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

\*9:30am – **Tech Time Class, Topic: *10 Tech Myths You Need to Stop Believing*** 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 – **Pause for Peace** with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – **University of Rochester Presentation: *Understanding and Addressing Domestic Violence*** with Ellen Poleshuck, Ph.D., Associate Professor of Psychiatry and Obstetrics/Gynecology & Director of the Women's Behavioral Health Service at the University of Rochester. The Zoom link will be sent via email the morning of the presentation. Please see page 15 for more information. Community Center

3:30pm – **Memory Care Open House Guided Tour.** Join us to see the latest updates as we enter the final stages of construction before our new, secure neighborhood opens. Laurelwood Gallery



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



### Saturday February 5<sup>th</sup>:

**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 February 6<sup>th</sup>:

**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 February 7<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

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

**11:00am – Program Planning Meeting.** All are welcome to discuss, evaluate, and suggest 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 – Presentation. *Learning About Dementia and Effective Communication*** with Mary Walker LPN, HAP's Resident Services Advocate and Cottage Resident Dr. John Bennett. The Zoom link will be sent via email the morning of the presentation. Please see page 16 for more information. Community Center

**\*3:00pm – Resident Portal Class, Topic: *Updating Your Resident Profile*** 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



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



### Tuesday February 8<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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. Music Room

1:00pm~1:30pm – **Laughter Class** with Robin Gallagher. Did you know your body benefits from laughing? Laughter class incorporates fun activities, breathing, and of course laughter. You might be surprised how many muscles you use to laugh. **In-person only**. Fitness Room

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

2:00pm – **Virtual Presentation: *Deadly Asteroids and the DART Mission*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. 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.

### Wednesday February 9<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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 Olives right in Schoen Place outside of the village. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. 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

**(Programs for 2/9 Continue on The 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 – 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. Music Room
- \*2:00pm – Flower arranging.** Please bring your own vase, the flowers will be provided. Please register on the Digital Calendar located on the Portal. Space is limited. Please call Elizabeth David 641-6344 for registration assistance. Bistro
- \*2:30pm – iPad/iPhone Class, Topic: *Loading and Updated Excelsior Passes & Loading Photo ID's*** 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

#### Thursday February 10<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. 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: *History, Human Rights and The Power of One*** with Erica Mock, Executive Director of the Frederick Douglass Family Initiatives. Learn a view of not only Frederick Douglass's legacy, but the responsibility of the legacies that we leave behind for our children and future generations to come. Available in-person and virtually. The zoom link will be sent via email the morning of the presentation. Please see page 16 for speaker information. Community Center
- 6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Don Quixote*.** Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 to secure transportation. 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.



**Friday February 11<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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

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

**1:30pm-3:00pm – The Highlands at Pittsford’s Winter Olympics!** Be a part of Team Highlands! Games, fun, friendly competition, and lots of laughs guaranteed! Show your support for Team USA & wear your red, white, and blue. Community Center

**1:30pm-3:00pm – Superbowl LVI Grab & Go Snack Bag.** Stop by to grab your snack bag for Sunday’s game. Outside of the Music Room

**Saturday February 12<sup>th</sup>: Abraham Lincoln’s Birthday**

**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 February 13<sup>th</sup>: Superbowl LVI**

**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

**6:30pm – Super Bowl LVI:** Live from SoFi Stadium in Los Angeles: Tune in on NBC (channel 10). The broadcast begins at 6:00pm EST, and kickoff is at 6:30pm. If you picked up a super bowl treat bag on Friday (2/11), don’t forget to get your BINGO boards ready! Enjoy the game!



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



**Monday February 14<sup>th</sup>: Valentine's Day & Frederick Douglass' Birthday is Celebrated**

**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 641-6316. Hahnemann Club

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

**\*11:00am – Valentine's Day Craft** with Elizabeth David, HAP Staff member. Please register on the Digital Calendar located on the Portal. Please call Elizabeth David 641-6344 for registration assistance. Music Room

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

**2:00pm – Afternoon Jazz Entertainment with the Laura Dubin Duo** featuring instrumental drum and piano. Community Center



**Tuesday February 15<sup>th</sup>: Susan B. Anthony & Martin Luther King Jr's Birthday**

**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.

**\*10:00am – Mac Computer Class, Topic: *Comparing Microsoft Word and Excel to Apple Pages and Sheets***, 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

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

**\*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

**1:00pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. In-person only. Music Room

**2:00pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery



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



### Wednesday, February 16<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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-4:00pm – HAP Afternoon Pampering.** Enjoy complimentary spa amenities along with light refreshments. Services will be held in the Wellness Center and Highlands Style Salon. See flyer for additional information. Please call Nicole in the salon to make an appointment 585-641-6332.

**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 February 17<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. 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 the Eastman at Washington Square Concert: *Under the Influence: Cross-Cultural Inspirations*** featuring flutist Sophia Gibbs Kim and pianist Irina Lupines as they present pieces that showcase Japanese and French musical influences. Please register on the Digital Calendar located on the Portal. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm

**2:00pm – Presentation. *Rochester and Climate Change: What We Know*** with News 8 Meteorologist James Gilbert. Learn how climate change works, what is happening locally, and what we can do about it. 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.

**Friday February 18<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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
- \*10:00am – Windows PC Computer Class, Topic: *Discussion: What Do You Use Your Computer For, What Do You Want to Use it For?*** 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
- \*10:00am – Depart for the Strassenburgh Planetarium** to view the show Black Holes Revealed. Admission fee is \$8.00 and will be collected on the bus. Please register on the Digital Calendar located on the Portal. Return approx. 11:45am
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Afternoon Entertainment** with Beata Golic featuring classical piano. Community Center
- 7:15pm – Depart for Rochester Philharmonic Orchestra POPS Concert: *Happy Birthday John Williams!*** Please note transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 10:30pm

**Saturday February 19<sup>th</sup>:**

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

- 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

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

### Monday February 21<sup>st</sup>: President's Day & George Washington's Birthday

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 641-6316. 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 – **Depart for a guided tour of the JCC (Jewish Community Center)**. Learn about what this organization has to offer to our community. No fee to attend. Please register on the Digital Calendar located on the Portal. Please call Elizabeth David 641-6344 for questions and registration assistance. Return approx. 3:30pm

1:00pm – **Go Green Discussion Group**. All are welcome. Music Room

1:30pm – **Music & Life of John Denver** with Larry Shearer. Laurelwood Activities Room

\*2:30pm – **Resident Portal Class, Topic: *Review of How To Sign Up For Events and Make Dining Reservations*** 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

\*7:00pm – **Depart for Flower City Jazz Society Concert featuring *Smugtown Stompers***. 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

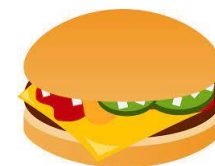
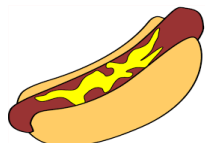
### Tuesday February 22<sup>nd</sup>:

No Water Fitness 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

\*12:00pm – **Annual Winter Picnic**. Residents only. No Fee to attend. This lunch is compliments of the Cultural Programming Department. No meal points will be used for this event. Please register and pre-order on the Digital Calendar located on the Portal. Please call Elizabeth David 641-6344 with questions or registration assistance. Main Dining Room



**(Programs for 2/22 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 – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. In-person only. Music Room

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

**\*1:30pm-2:15pm – Hearing Aid Battery Check & Cleaning** with Dr. Andrea Segmond from Ontario Hearing Centers. Please note this service is only for those individuals who currently wear hearing aids. Please call Elizabeth David 641-6344 to make an appointment. Parlor

**Wednesday February 23<sup>rd</sup>:**

**9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

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

**11:00am – Virtual Presentation with State Senator Samra Brouk.** As a part of the Visual Studies Workshop *Chapbook Series; In This Moment: Revolution Reckoning Reparation*. Senator Brouk represents New York's 55th District which includes portions of Monroe and Ontario counties, including Mendon and Pittsford. Please see page 17 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.

**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

**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 – Join us for our first Meet Our New Residents Happy Hour!** drink specials and appetizers. Community Center

Residents Marie Thorn and Wanda Ahrendsen playing BINGO!



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



### Thursday February 24<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. Please call the Hospitality Desk 586-7600 to register.

\*10:00am – **iPad/iPhone Class**, Topic: *What Are Widgets and How Can They Help Us?* 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

\*12:30pm – **Take-Out lunch at HAP. Join us for Chinese Food “take out” from China King in Fairport.** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. Those who have registered will receive additional information on ordering and payment. Please call Elizabeth David 641-6344 for registration assistance. Seneca Dining Room

3:00pm – **UR in Tune: *A Family Quarrel: Where Should the Eastman School be Located? The Concerning Struggles Between the Eastman School and it’s Parent Institution, the University of Rochester*** with Vince Lenti, Emeritus Professor of Piano from the Eastman School of Music. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

### Friday February 25<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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 2/25 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.





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

**\*11:00am – Jewelry Making** with Hillary Paine Hopkins, HAP staff member. Materials and tools will be provided. Bring your own materials if you would like. Learn basic stringing and clasp techniques, as well as new wire wrapping techniques. Please register on the Digital Calendar located on the Portal. No Fee to attend. Music Room

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

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

**\*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

#### **Saturday February 26<sup>th</sup>:**

**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 February 27<sup>th</sup>:**

**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 February 28<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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

**9:30am – Book Discussion Group Meeting, Book Title: *To Kill a Mockingbird* by Harper Lee.** 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



**(Programs for 2/28 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.

**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

### **University of Rochester Lectures**

#### **Monday, February 1<sup>st</sup> at 2:00pm**

#### **Integrative Cognitive Rehabilitation Program (ICRP): Strategies for Cognitive Difficulties**

##### **Bio:**

**Dr. Martinez** is a clinical neuropsychologist with more than 11 years of extensive experience in the neuropsychology field. She is the Director of the Integrated Cognitive Rehabilitation Program at the University of Rochester Medical Center and also runs the outpatient Neuropsychology Service within the Department of Physical Medicine & Rehabilitation at UR Medicine. Prior to joining PM&R, Dr. Martinez ran a successful private practice that provided diagnostic and assessment services for children, adolescent, and adults in the greater Washington, DC area.

Presently, Dr. Martinez provides direct patient care serving the diagnostic categories of chronic neurological disease (i.e. MS, spinal cord injury, stroke, traumatic brain injury, brain tumors, and other neurological conditions). She is focused on helping individuals improve their performance, adjustment and general sense of efficacy in their lives. Her clinical interests include cognitive rehabilitation; neuropsychological and neurocognitive evaluations; and adjustment from medical illness.

#### **February 4<sup>th</sup> at 2:00pm**

#### **Understanding and Addressing Domestic Violence**

Domestic Violence is a common problem that affects many people, including those we know and care about. Dr. Poleshuck will provide an overview of the health and social consequences of domestic violence, how to support someone who might be experiencing domestic violence, and some of the resources and interventions available in our community. She will highlight the HEAL Collaborative, an innovative medical-legal partnership at URM that provides mental health, legal, and social services - in the same place, at the same time - to help ensure safety and well-being.

##### **Bio:**

**Ellen Poleshuck, Ph.D.**, is Associate Professor of Psychiatry and Obstetrics/Gynecology at the University of Rochester Medical Center, and serves as Director of the Women's Behavioral Health Service. Dr. Poleshuck is a licensed clinical psychologist and a certified marriage and family therapist. Dr. Poleshuck specializes in the assessment and treatment of underserved women and families who present for care in obstetrics and gynecology practices. Dr. Poleshuck's research focuses on integrated treatments for women with depression and co-occurring concerns such as pain, intimate partner violence, and socioeconomic disadvantage.

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### Lecture Information

#### Monday, February 7<sup>th</sup> at 2:00pm

##### **Learning about Dementia and Effective Communication**

This presentation will provide an overview of dementia including the different types of dementia, and the signs and symptoms related to cognitive decline. It will include communication techniques and activities to bring some meaning and joy to your friend or loved one with dementia.

#### February 8<sup>th</sup> at 2:00pm

##### **Deadly Asteroids and the DART mission**

Have you ever wondered what scientists might do if a huge asteroid was found to be on a collision course with Earth? Well, the easiest solution would be to just push the asteroid out of the way! Astronomers recently launched the Double Asteroid Redirection Test (DART) Mission to see if it's possible to alter the path of an asteroid, just in case a doomsday scenario becomes real. In this lesson Valerie will talk about the potential for a large asteroid impact, what the DART mission hopes to accomplish, and how NASA is constantly monitoring the skies for killer asteroids.

#### Thursday, February 10<sup>th</sup> at 2:00pm

##### **History, Human Rights and The Power of One**

##### **Bio:**

**Erica Mock** grew up in a small town in Ohio and from the age of twelve, she spent a lot of time in the public library. There, she found solace in the words of people who came before her. The first two books that she purchased with her own money, for fifty cents each, changed the trajectory of her life. The two books were Booker T. Washington's *Up from Slavery* and Frederick Douglass's *Narrative of the Life of Frederick Douglass, an American Slave*. These two men and their families became her heroes, and Frederick Douglass and his wife Anna would later become her mentors. Erica knew she needed to join them in their walk with others in the quest for freedom.

Erica has had an expansive career. From holding executive sales positions in many organizations, from grassroots nonprofits to large corporations. Her education at The Ohio State University in the Psychology and African/African American Studies Departments has given her a deep breadth of understanding of the complexities of American culture and the need for community collaboration and collective action, particularly in underserved communities.

**(Bio Continued on Next Page)**

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This is exactly why she moved to Rochester, her personal North Star. Rochester's resilience in times of turmoil shows the potential that this city has to be a place of pride and a mecca of sorts, both to the legacy of Frederick and Anna Douglass and other freedom fighters that came before as well as to our children and others who are just starting their journeys today.

Currently she is the Co-Chair of the Racial Equity Initiative at Enrico Fermi School, where she has grown and gone through pain and triumphs alongside school leaders and teachers. Erica is honored to participate with FDFI Board members and others in planning for the "Frederick Douglass Museum and Center for Equality, Justice and Knowledge," which will be a state of the art, international destination right here in Rochester.

**Wednesday, February 23<sup>rd</sup> at 11:00am**

**Virtual Presentation with State Senator Samra Brouk As a part of the Visual Studies Workshop Chapbook Series: IN THIS MOMENT: Revolution Reckoning Reparation**

Senator Brouk represents New York's 55th District which includes, portions of Monroe and Ontario counties, including Rush, Mendon, Pittsford, Perinton, Fairport, Penfield, East Rochester, East Irondequoit, Naples, Bloomfield, Victor, and the east side of the City of Rochester. Senator Brouk was born and raised in the City of Rochester and surrounding suburbs, before earning her B.A. in Psychology at Williams College. Senator Brouk has always worked to help provide quality services, greater opportunities, and vital support to those in need. This dedication to public service led her to join the Peace Corps, work with local governments to improve recycling efforts, improve services for seniors aging within their homes, and address inequalities in the public-school system. As a leader in non-profit community development, she has spent a decade building educational, environmental, and senior services initiatives in her own community and across New York State.

This chapbook series project includes ten teams of Black writers and photographers who have profiled ten Black leaders from across the city of Rochester. Each profile has been transformed into a chapbook published by Visual Studies Workshop (VSW), Rochester, New York. Each of the ten books will be available for free distribution as they are produced.

**The other participants in the series are:**

**Luticha Doucette** Owner of Catalyst Consulting, **Shawn Dunwoody** Artist, **Gatekeeper Adrian Elim**  
**Dorothy Simmons Hall & Dorian Hall** GrassRoots Community Builders, **Debora McDell Hernandez** Senior  
 Director of Public & Community Affairs Planned Parenthood of Central & Western New York, **Dr. Celia**  
**McIntosh** DNP, RN, FNP-C, PMHNP-BC, SCRNP, CEN, CCRN, CNRN, President of the Rochester Regional  
 Coalition Against Human Trafficking, **Kathryn Mariner** Wilmot Assistant Professor of Anthropology and  
 Visual and Cultural Studies, **Danielle Ponder** Musician & Attorney, **Herbert Smith**, 3rd Trumpet Rochester  
 Philharmonic, Director of Jazz Bands RIT, Composer, Recording Artist, Conductor

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### Resident Committees and Discussion Groups

Residents are invited to play an active role in The Highlands community through involvement in various committees and discussion groups. If you find a committee or group that may be of interest to you (see below), we encourage you to reach out to the designated contact person to learn more about the group's purpose and how to join.

<b>Book Discussion Group</b>	Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: <a href="mailto:jes14850@gmail.com">jes14850@gmail.com</a>
<b>Community Outreach Committee</b>	Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: <a href="mailto:ann_julien@urmc.rochester.edu">ann_julien@urmc.rochester.edu</a>
<b>Current Events Discussion Group</b>	Resident, Edward Kokkelenberg, Cottage 103 Phone: (585) 310-7366 Email: <a href="mailto:edwk@pop.lightlink.com">edwk@pop.lightlink.com</a>
<b>Dining Committee</b>	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: <a href="mailto:andy_trepanier@urmc.rochester.edu">andy_trepanier@urmc.rochester.edu</a>
<b>Friendship Committee</b>	Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: <a href="mailto:ann_julien@urmc.rochester.edu">ann_julien@urmc.rochester.edu</a>
<b>Go Green Discussion Group</b>	Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: <a href="mailto:rcarter56@gmail.com">rcarter56@gmail.com</a>
	Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: <a href="mailto:mvicker1@rochester.rr.com">mvicker1@rochester.rr.com</a>
<b>Health Affairs Discussion Group</b>	Resident, Dr. John Bennett, Cottage 519 Phone: (585) 310-7617 Email: <a href="mailto:john_bennett@urmc.rochester.edu">john_bennett@urmc.rochester.edu</a>
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: <a href="mailto:russell_perrone@urmc.rochester.edu">russell_perrone@urmc.rochester.edu</a>
<b>Library Committee</b>	Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: <a href="mailto:crystal_johnston@urmc.rochester.edu">crystal_johnston@urmc.rochester.edu</a>
<b>Program Planning Meeting</b>	Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: <a href="mailto:elizabeth_david@urmc.rochester.edu">elizabeth_david@urmc.rochester.edu</a>

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