



THE HIGHLANDS  
AT PITTSFORD

# Cultural and Educational Program Calendar

## May 2022





### Sunday May 1<sup>st</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 – St. Louis Church Live Stream Service.** A volunteer from the parish will be at The Highlands to give communion during the service. Music Room
- 11:00am – Asbury First United Methodist Church live stream service.** Laurelwood Gallery
- 1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

### Monday May 2<sup>nd</sup>:


- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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
- 2:30pm – Presentation: *Growing Our Gardens, Growing Ourselves*** with Petra Page-Mann. Join as they invite you to cultivate so much more than carrots. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- 6:45pm – Depart for the Penfield Symphony Orchestra Concert: *Maytime*.** Please note tickets and transportation arrangements were made in advance. Return approx. 9:45pm

Call for Submissions: The Highlands Review

Deadline: May 13, 2022

Looking for Articles, memoirs, and poetry

Please contact Cottage Resident Betty Iwan  
at [bettyiwan@gmail.com](mailto:bettyiwan@gmail.com)

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

### Tuesday May 3<sup>rd</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

\*10:00am & 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.** Community Center

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 – **Presentation: *Chapbook Series; In This Moment: Revolution Reckoning Reparation***, with local artist **Erica Bryant**. Please see page 19 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center.

### Wednesday May 4<sup>th</sup>:

\*8:45am – **Depart for Auburn, NY for a guided tour of the Harriet Tubman Home** and lunch at Parkers Grille which will be paid for on your own. Admission fee to the home is \$5.00 per person. Please register on the Digital Calendar located on the Portal. Walking is required. Limited seating available. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 2:00pm

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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

1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



### Thursday May 5<sup>th</sup>: Cinco de Mayo

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 – **Perk up coffee hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining services.

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

\*1:00pm – **All New Shopping Trip!** Depart for **Hobby Lobby, DSW, and Victor Crossings** where store selection includes Dollar Store, Kohl's, Wal-Mart, and PetSmart. Return approx. 4:00pm

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *The Blue Danube*.** Please note transportation and ticket arrangements were made in advance. Contact the RPO Box office at 389-2170 if you are interested in obtaining a ticket. Please call Elizabeth David 641-6344 for registration assistance and to secure transportation. Return approx. 10:00pm

### Friday May 6<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 – **Tech Time, Topic: *Different Branches of Technology*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. 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

**(Programs for 5/6 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

1:15pm – **Pause for Peace** with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – **Afternoon Entertainment** with the Eastman Chamber Music Series featuring a string quartet.

This ensemble is comprised of 2 violins, 1 viola, and 1 cello. Beethoven and Hayden music will be played. Community Center

### Saturday May 7<sup>th</sup>:

10:15am – **Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room

1:30pm – **Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

### Sunday May 8<sup>th</sup>: Mother's Day

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. Music Room

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

1:30pm – **Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

### Monday May 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


10:00am – **Resident Portal Class, Topic: *New Dining Comment Card*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music 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 – **University of Rochester 2-part lecture series: *Robotics and Artificial Intelligence*** with Thomas Howard Ph.D., Assistant Professor of Electrical and Computer Engineering. Please see page 18 for more 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

**Tuesday May 10<sup>th</sup>:**

**\*9:00am – Depart for a guided tour of Fruition Seeds Farm located in Naples, NY.** Come learn about their farm, located in the Finger Lakes region as Fruition shares organic, regionally adapted seeds as well as the tools, inspiration & insight for us all to thrive. Admission fee is \$12.00 per person. Lunch will be at Lock Stock Bar & Grill and will be paid for on your own. Walking is required. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 2:00pm

**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

**1:15pm – 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. Front Parlor

**Wednesday May 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

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

**\*11:45am – Depart for the Live from Hochstein Series: *Gossamer Edge*.** This trio will perform music set to the lyrical poetry of famed Indian Nobel Prize winner Rabindranath Tagore. The poetry, beckons springtime and evokes garden riches. No fee to attend. **Please note proof of vaccination is required to enjoy this concert.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm



**(Programs for 5/11 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



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

1:00pm – **Caregivers Support Group** with volunteer Mary Walker, LPN. All are welcome. Activities Room

\*1:00pm – **On You Own Flower Arranging**. Please bring your own vase, the flowers will be provided.

Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Space is limited. Bistro

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

2:00pm – **Virtual Presentation: *Latest Gravitational Wave Discoveries*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. 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.

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 May 12<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 – **Perk up coffee hour**. Enjoy a complimentary espresso beverage made by Andy, Director of Dining services.

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

2:00pm – **University of Rochester 4-part Lecture Series: *Exploring the Life and the Founder of Modern Turkey, Mustafa Kemal Atatürk*** with Professor Sevinc Turkkan, Ph.D., from the Department of Religion and Classics. Please see page 18 for course information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

7:00pm – **Evening Music** with Ivanka featuring classical piano. Community Center

Residents Mary Lynn Vickers and Marti Eggers helping clean up the HAP grounds on Earth Day. Fun Fact 15lbs of trash was collected that day!




The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an ♿ indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

### Friday May 13<sup>th</sup>:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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 – iPad/iPhone Class, Topic: *Using the Contacts App*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room
- \*10:00am – Depart for the 2022 Lilac Festival.** Enjoy the fresh air, music, arts and crafts and the lilacs. Please register on the Digital Calendar located on the Portal. **Please note heavy walking with limited to no seating.** For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:00pm
- 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
- 2:30pm – Afternoon Entertainment** with John Culligan featuring a variety of songs and instruments. Laurelwood Gallery
- 3:00pm – Virtual Current Events Discussion Group, Topic: *Ukraine*.** The Zoom link will be sent to all residents via email the morning of the meeting. To learn more, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with any technical questions the day of the meeting.

### Saturday May 14<sup>th</sup>:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center
- 3:00pm – Enjoy a Pet Therapy visit from RocDog,** a Non-Profit Therapy Dog organization that prepares dogs and handlers for visitations. Laurelwood Gallery

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### Sunday May 15<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 – St. Louis Church Live Stream Communion Service.** A volunteer from the parish will be at The Highlands to give communion. Music Room

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

**1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

### Monday May 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

**10:30am – Social Media Technology Class, Topic: *How are People Getting so Famous with Social Media?*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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


**1:00pm – Go Green Discussion Group.** This group researches and discusses practices that may lead to more environmentally-friendly and ecologically-responsible lifestyles at HAP. All are welcome. Music Room

**1:30pm – Music and Life of Barry Manilow** with Larry Shearer. Laurelwood Activities Room

**2:00pm – University of Rochester 2-part lecture series: *Robotics and Artificial Intelligence*** with Thomas Howard Ph.D., Assistant Professor of Electrical and Computer Engineering. Please see page 18 for more information. Community Center

**\*7:00pm – Depart for Flower City Jazz Society Concert featuring *Lew Custode's Art Deco Quartet*.** Tickets are \$15.00, pay upon arrival. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 10:00pm



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**Tuesday May 17<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 – Depart for a Town of Brighton Bus Tour** with Town Historian Mary Jo Lanphear. An identical tour will also be offered on 5/18. **We kindly ask that you only register for 1 tour.** No Fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 3:30pm

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

**Wednesday May 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

**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 Town of Brighton Bus Tour** with Town Historian Mary Jo Lanphear. An identical tour will also be offered on 5/17. **We kindly ask that you only register for 1 tour.** No Fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 3:30pm

**\*1:00pm – Technology Class, Topic: *Productivity Packages: Using Google Docs to Format a Document*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Media Center

**1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

**Thursday May 19<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 – Perk up coffee hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining services.

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


**\*11:45am – Depart for Eastman at Washington Square: *Honors Finale***, featuring the final concert of the season. This concert will feature young high school graduates from the Honors Program at the Eastman Community Music School. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm

**2:00pm – University of Rochester 4-part Lecture Series: *Exploring the Life and the Founder of Modern Turkey, Mustafa Kemal Atatürk*** with Professor Sevinc Turkkan, Ph.D., from the Department of Religion and Classics. Please see page 18 for course information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

**6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Symphonic Cinema*.** Please note transportation and ticket arrangements were made in advance. Contact the RPO Box office at 389-2170 if you are interested in obtaining a ticket. Please call Elizabeth David 641-6344 for registration assistance and to secure transportation. Return approx. 10:00pm



Story Telling Group with Master Story Teller Jay Stetzer.

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**Friday May 20<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
- \*9:00am – Mac Computer Class, Topic: *Using Pages to Format a Document*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Media Center
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- \*10:30am – Depart for a scenic ride and lunch at Simply Crepes located in Canandaigua, NY.** Lunch will be paid for on your own. **Please note 10 steps are required to enter the restaurant.** Please register on the Digital Calendar located on the Portal. For registration assistance please contact Elizabeth David 641-6344. Return approx. 1:30pm
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Worship Service** with Chaplain Steve Petrovich. **Communion will be given.** Laurelwood Gallery.

**Cultural Programming Staff**

**Crystal Johnston – Life Enrichment Manager**

Phone: 641-6345

Email: [crystal\\_johnston@urmc.rochester.edu](mailto:crystal_johnston@urmc.rochester.edu)


Office: Located 2<sup>nd</sup> floor of Laurelwood

**Elizabeth David – Cultural Programming Assistant**

Phone: 641-6344

Email: [Elizabeth\\_david@urmc.rochester.edu](mailto:Elizabeth_david@urmc.rochester.edu)

Office: Located 2<sup>nd</sup> floor of Laurelwood

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



**Saturday May 21<sup>st</sup>: Armed Forces Day**

**10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room

**1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**Sunday May 22<sup>nd</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

**1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**1:30pm – Depart for the Rochester Philharmonic Orchestra Sunday Matinee Concert *Baroque and Beyond II* at Nazareth College Art Center.** Please note transportation arrangements were made in advance. Contact the RPO Box office at 389-2170 if you are interested in obtaining a ticket. Please call Elizabeth David 641-6344 for registration assistance and to secure transportation. Return approx. 4:00pm

**Monday May 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


**9:30am – Book Discussion Group Meeting, Book Title: The Midnight Library** by Matt Haig. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com to be assigned to a group. Activities 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 – Windows PC Computer Class, Topic: *What is Streaming?*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Media Center

**(Programs for 5/23 Continue on Next Page)**

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**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

**7:00pm – Evening Music with the ROC City Ringers** featuring a variety of popular favorites. Community Center

**Tuesday May 24<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

**\*10:00am & 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 – Resident Portal Class, Topic: *Submitting Forms, Where Do They Go?*** with the HAP Technology Team. Please bring your own device if you wish to follow along, but it is not required. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. 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

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

**2:00pm – Presentation: *Staying Empowered During Stressful Times*** with Jennifer Klein, a certified holistic stress management instructor with a master's degree in integrative health. Please see page 19 for more information. Community Center

**\*6:15pm – Depart for the Eastman-Rochester New Horizons Annual Spring Concert Band at Kodak Hall at Eastman Theatre.** Join for an evening of musical pleasure, with a variety of selections from Gershwin to Jersey Boys to Rimsky-Korsakov played by the full Symphonic Bands. No admission fees. Return approx. 10:30pm



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**Wednesday May 25<sup>th</sup>:**

- \*8:45am – Depart for a guided tour of the Willard Memorial Chapel** also know as the “Tiffany Treasure of the Finger Lakes” with lunch at Elderberry Pond located in Auburn, NY. Enjoy seeing where some of the last pieces of Tiffany stained glass windows remain. Admission fee is \$8.00 per person. **Please note 7 steps are required to enter the building.** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 2:15pm
- 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 – Caregivers Support Group** with volunteer Mary Walker, LPN. All are welcome. Activities Room
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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 – New Residents Happy Hour!** drink specials and appetizers. Community Center

**Thursday May 26<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 – Perk up coffee hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining services.
- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- 2:00pm – University of Rochester 4-part Lecture Series: *Exploring the Life and the Founder of Modern Turkey, Mustafa Kemal Atatürk*** with Professor Sevinc Turkkan, Ph.D., from the Department of Religion and Classics. Please see page 18 for course information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

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**Friday May 27<sup>th</sup>:**

**No Fitness Classes with Robin today**

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

**10:00am – iPad/iPhone Class, Topic: *Why do I have so many Apps, and do I Need them all?*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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

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

**\*1:30pm – Depart for a walk on the Fairport Canal while enjoying gelato.** Walking is required. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Please see page 19 for gelato history. Return approx. 3:30pm

**3:00pm – Virtual Current Events Discussion Group, Topic: *General Discussion*.** The Zoom link will be sent to all residents via email the morning of the meeting. To learn more, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions the day of the meeting.


**Saturday May 28<sup>th</sup>:**

**10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room

**1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**3:00pm – Enjoy a Pet Therapy visit from RocDog,** a Non-Profit Therapy Dog organization that prepares dogs and handlers for visitations. Laurelwood Gallery



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**Sunday May 29<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

**1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**Monday May 30<sup>th</sup>: Memorial Day**

No Fitness Classes today, Pool is open you just need a buddy.

No Technology Classes today

No resident meeting today. The meeting was scheduled one week earlier on 5/23 due to the Memorial Day holiday.

**Tuesday May 31<sup>st</sup>:**

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

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


**\*9:30am – Depart for Seneca Falls, NY with a stop at Sauders Country Store.** Enjoy their grocery, bakery and deli sections along with hand crafted items. Purchase lunch at the market or bring your own. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return Approx. 1:30pm

**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.** Community Center

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



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## University of Rochester Lectures

**May 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and June 2<sup>nd</sup> at 2pm**

**Exploring the Life and the Founder of Modern Turkey, Mustafa Kemal Atatürk**

The founder of modern Turkey, Mustafa Kemal Atatürk was one of the most enigmatic, visionary, and influential statements of the 20<sup>th</sup> century. Trained as an army officer, Atatürk was unknown until 1919 when he took the lead in thwarting the Allies' plan to partition the Ottoman Empire. He defeated the Allies, deposited the Sultanate and the Caliphate, and secured the territory of the Turkish nation-state, becoming the first president of the new Republic in 1923. This lecture series will cover Ataturk's legacy, his responsibility in creating some of his country's ills while also transforming the Republic from a battle-scattered ruin into a regional power.

**May 9<sup>th</sup> & 16<sup>th</sup> at 2:00pm**


**Robotics and Artificial Intelligence**

This 2-part series will touch on introducing the origins, foundations, and applications of artificial intelligence as well as focus on robotics, a form of embodied artificial intelligence that enables these systems to observe and interact with the physical world. Artificial intelligence is a scientific field that has quickly evolved over the past 70+ years and has begun to have a transformative impact on our society. The first lecture will introduce the origins, foundations, and applications of artificial intelligence. The second will revisit these topics with a focus on robotics, a form of embodied artificial intelligence that enables these systems to observe and interact with the physical world.

### **Bio:**

**Thomas Howard** is an Assistant Professor in the Department of Electrical and Computer Engineering at the University of Rochester. He also holds secondary appointments in the Department of Biomedical Engineering and Department of Computer Science, and is an affiliate of the Goergen Institute of Data Science and directs the University of Rochester's Robotics and Artificial Intelligence Laboratory. Previously he held appointments as a research scientist and a postdoctoral associate at MIT's Computer Science and Artificial Intelligence Laboratory in the Robust Robotics Group, a research technologist at the NASA Jet Propulsion Laboratory in the Robotic Software Systems Group, and a lecturer in mechanical engineering at Caltech.

Thomas earned a Ph.D. in robotics from the Robotics Institute at Carnegie Mellon University in 2009 in addition to BS degrees in electrical and computer engineering and mechanical engineering from the University of Rochester in 2004. His research interests span artificial intelligence, robotics, and human-robot interaction with a research focus on improving the optimality, efficiency, and fidelity of models for decision making in complex and unstructured environments with applications to robot motion planning, natural language understanding, and human-robot teaming. Thomas was a member of the flight software team for the Mars Science Laboratory, the motion planning lead for the JPL/Caltech DARPA Autonomous Robotic Manipulation team, and a member of Tartan Racing, winner of the 2007 DARPA Urban Challenge. Professor Howard's research at the University of Rochester has been supported by National Science Foundation, Army Research Office, Army Research Laboratory, Department of Defense Congressionally Directed Medical Research Program, National Aeronautics and Space Administration, Defense Advanced Research Projects Agency, and the New York State Center of Excellence in Data Science.

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## Lectures

**May 3<sup>rd</sup> at 2:00pm**

**Chapbook Series; In This Moment: Revolution Reckoning Reparation**

**Erica Bryant** is a collage artist whose work tells specific, often surreal, stories. A former Democrat and Chronicle journalist, she now uses discarded bits of paper to report on happenings in the dream world. Her work has been exhibited in galleries in Florida and New York. She is self-taught, and draws inspiration from the work of James Hampton, Purvis Young, Josephine Tota and the Gees Bend Quilters.

**May 11<sup>th</sup> at 2:00pm**

**Latest Gravitational Wave Discoveries**

Einstein's theory of relativity predicts that massive accelerating objects in space will generate ripples through space time called gravitational waves. In 2015, the first gravitational waves were detected, and since then over 50 detections or candidate detections have been made. This lesson will introduce you to the different types of gravitational waves, briefly describe how they are detected and explore some of the coolest discoveries to date.

**May 24<sup>th</sup> at 2:00pm**

**Staying Empowered During Stressful Times**


The COVID-19 pandemic has been hard for all of us and we have all experienced the effects differently. Easing of restrictions has allowed us to get back to the people and things we love, but it can take time to readjust. It is important to be patient with yourself and with your feelings. As we herald what is hopefully the end of this pandemic, where might we find peace, calm, empowerment, and growth? . . . It always starts from within.

## Outings

**Friday, May 27<sup>th</sup> at 1:30pm**

**Walk on the Fairport Canal with gelato**


Gelato is the richer, denser, and smoother relative to American ice cream. In fact, the term gelato actually means ice cream in Italian. In Italy, frozen desserts date back thousands of years, but it wasn't until the Renaissance that gelato, as we know it today, became popular. Similar to ice cream, gelato is made from a custard base of milk, cream, and sugar. The difference lies in the proportions of each with gelato having more milk (and less cream) compared to ice cream. Gelato also doesn't usually contain egg yolks the way that ice cream does.

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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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