



# THE HIGHLANDS AT PITTSFORD

## Cultural and Educational Program Calendar

### June 2022



**Cultural Programming Staff**

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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.



### Wednesday June 1<sup>st</sup>:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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: *Yoga Play*.** 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. 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 June 2<sup>nd</sup>:

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

\*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to make transportation arrangements.

10:00am – **Perk up Coffee Hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area


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 – **Virtual 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. This virtual presentation can also be viewed from the Community Center.

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *The Resurrection Symphony*.** 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 with questions and 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



### Friday June 3<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

9:00am – **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 – **Depart for a scenic ride to Belhurt Castle with lunch at Stonecutter’s Tavern located in Geneva, NY.** Enjoy shopping at the gift shop as well as optional wine tasting. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 2:30pm



10:00am – **Tech Time, Topic: *Let’s Discuss Artificial Intelligence*** 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

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

2:30pm – **Afternoon Entertainment** with Musique. Community Center




### Saturday June 4<sup>th</sup>:

\*9:00am – **Depart for a guided tour of the Tree Peony Festival of Flowers at Linwood Gardens located in Linwood, NY.** Admission fee is \$15.00 per person and will be paid for on the bus. After the guided tour, enjoy the rest of the festival on your own. Walking is required, with the potential for uneven grounds. Sweet Arts Bakery will be on site with a light lunch and treats for purchase. Brown bag lunches are encouraged for the return ride home. Please see page 19 for more information. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:00pm



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

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.



### Sunday June 5<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 June 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

**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: *Cryptocurrencies - Is it Just Magic Internet Money or is There Something There?*** with resident George Gibson. Please see page 18 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center




Residents on an outing to Fruition Seeds Farm located in Naples, NY

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 June 7<sup>th</sup>:**

- \*8:45am – Annual Men’s Breakfast with guest speaker Michael Migliaccio from the Antique Wireless Museum.** Learn about many connections that the museum has to the Rochester area as well as how their 100% volunteer organization goes about preserving history, presenting and educating the community, publishing technical journals, and academic reviews of historical information. **A suggested donation of \$5.00 will be collected at the breakfast. Proceeds this year will benefit Food Link,** a Rochester-based nonprofit dedicated to ending hunger and building healthier communities by addressing both the symptoms and root causes of food insecurity. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Community Center
- 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 secure transportation
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- \*11:45am – Depart for the Tuesday Pipes Concert at Christ Church.** Following the performance will be a short discussion about the organs and a private demonstration. No fee to attend. See page 20 for more information Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm
- 1:00pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. 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


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.




Wednesday June 8<sup>th</sup>:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- \*9:30am – Depart for a guided tour of the Van Lare Water Treatment Plant located in Rochester, NY.**  
Enjoy a presentation describing the history and current operation of the facility, followed by a tour of the water plant. No fee to attend. Walking is required with possible steps. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 12:30pm
- 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
- \*2:00pm – On You Own Flower Arranging.** Stop by and make a floral arrangement. Please bring your own vase, the flowers will be provided. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Space is limited. Bistro
- 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 June 9<sup>th</sup>:


- 9:00am – Water Fitness** with Robin Gallagher. Pool
- \*9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.
- 10:00am – Perk up Coffee Hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area
- \*10:00am – Depart for Knapp Winery located on Cayuga Lake for lunch and optional wine tasting.**
-  Tasting fee is \$15.00. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 2:00pm

**(Programs for 6/9 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.

- 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
- 6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Danzmayr Returns***. Please note this concert was rescheduled from back in January. If you are interested in Contact the RPO Box Office at 389-2170 if you are interested in obtaining a ticket. Please call Elizabeth David 641-6344 with questions and to secure transportation. Return approx. 10:00pm

**Friday June 10<sup>th</sup>:**

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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 – **iPad/iPhone Class, Topic: *Google Home Products 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 – **Depart for a guided tour at the Rochester Contemporary Art Center to view the exhibit *6x6***. No fee to attend. Tickets are compliments of the Rochester Area Community Foundation, a non-profit organization which works to provide local grants to people in need. See page 20 for more information. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 2:45pm
-  1:15pm – **Poems, Quotes, and Songs** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – **Afternoon Jazz Entertainment with Brad Batz Duo**. Laurelwood Gallery

**(Programs for 6/10 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



**3:00pm – Virtual Current Events Discussion Group, Topic: *Urgent Moral Issues*** with Michael Laver, Associate Dean from RIT (Rochester Institute of Technology). 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 June 11<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

**1:30pm – Afternoon Entertainment with Take Note** featuring keyboard and vocals. Laurelwood Gallery

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

### Sunday June 12<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

**\*1:15pm – Bus Decorating for the Pittsford Pride Event.** Join your neighbors in decorating the HAP Bus for the parade. If you are interested in helping, please register on the Digital Calendar located on the Portal. Meet at the front of the Highlands Main Building

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

**\*2:00pm – Depart for the Pittsford Pride Event located in the Village of Pittsford.** Partake in the parade with a stop at the Port of Pittsford located behind the Pittsford Library. Enjoy the outdoor gathering from 3:00pm-4:00pm celebrating the LGBTQIA Community. Return approx. 4:15pm



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**Monday June 13<sup>th</sup>:**

No Fitness Classes today with Robin Gallagher

1:00pm-2:00pm – Open Swim with HAP Staff Member. Pool

2:00pm – Presentation: *Stroke 101- Be Fast* with Julie Battaglia, Health and Wellness Educator with Lifespan in collaboration with the URMC Neurosurgery Comprehensive Stroke Center. Learn about stroke awareness and the signs, symptoms, and preventative measures. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

**Tuesday June 14<sup>th</sup>: Flag Day**

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. Music Room

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

2:00pm – Virtual Presentation: *Strange New Worlds* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. 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.



Residents on an outing at the Harriet Tubman House located in Auburn, NY

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**Wednesday June 15<sup>th</sup>:**

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

**\*9:00am – Depart for a guided tour of the Salt Museum located in Onondaga County with lunch at The Retreat.** Admission fee is \$5.00 and lunch will be paid for on your own. See page 20 for more information. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 2:30pm

**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

**3:30pm– Social Media Technology Class, Topic: *Reddit- An Option to Get Involved with Discussion Groups Regarding an Infinite Number of Topics*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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

**Thursday June 16<sup>th</sup>:**

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

**\*9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.

**10:00am – Perk Up Coffee Hour:** Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area

**10:30am – Enjoy a sample of the HAP Line Dancing Group.** Come down and enjoy a short demo, and ask some questions. All are welcome to join. Community Center


**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 – Depart for a scenic ride with a stop at Abbot’s Frozen Custard at the Port of Rochester.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:00pm



**7:00pm – Gazebo Music Series with 8 Days -A- Week** featuring Beatles Music. Gazebo

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**Friday June 17<sup>th</sup>:**

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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
- \*11:00am – Depart for a picnic lunch at Perinton Park on the Erie Canal.** No fee to attend. Please register  on the Digital Calendar located on the Portal. For questions and registration assistance, 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. Laurelwood Gallery.
- 6:30pm – Evening Piano Recital with students taught by Rachel Michaels.** Community Center


**Saturday June 18<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
- 2:00pm – Afternoon Piano Recital with students taught by Rachel Michaels.** Community Center


**Sunday June 19<sup>th</sup>: Father'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 – 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. Community Center



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**Monday June 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
- 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.** This group researches and discusses practices that may lead to more environmentally-friendly and ecologically-responsible lifestyles at HAP. All are welcome. Music Room
- \*1:00pm – **Windows PC Computer Class, Topic: *Taskbar, What is it, How do the Icons Get There and What do the Underlines Mean?*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Media Center
- 1:30pm – **Music and Life of Helen Reddy** with Larry Shearer. Laurelwood Activities Room
- \*7:00pm – **Depart for Flower City Jazz Society Concert featuring *Jon Seiger Quartet.*** Tickets are \$15.00,  pay upon arrival. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 10:00pm

**Tuesday June 21<sup>st</sup>: First Day of Summer**

- 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 secure transportation.
- 10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room
- 12:30pm – **LuGia's On Wheels Ice Cream Truck.** Enjoy a complimentary ice cream! Residents and staff only, no guest please. **The Ice Cream Truck will be at the Highlands Front Entrance.**
- 1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Music Room
- 2:00pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

**(Programs for 6/21 Continue on Next Page)**


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2:00pm – **Chapbook Series; In This Moment: Revolution Reckoning Reparation Presentation: *Human Trafficking*** with Celia McIntosh. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

### Wednesday June 22<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

12:15pm – **Depart for a Rochester Red Wings Baseball Game.** Please note tickets and transportation arrangements were made in advance. For questions and registration assistance, contact  Elizabeth David 641-6344. Return Approx. 4:00pm

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 June 23<sup>rd</sup>:

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


\*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.

10:00am – **Perk up Coffee Hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area

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

\*4:30pm – **Depart for a Hibachi Dinner at Umi Japanese Steak House.** Hibachi style cooking is done right in front of you! Dinner will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 7:00pm

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**Friday June 24<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

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

**No Hymn Study with Chaplain Steve Petrovich today**

**2:00pm – Educational Cooking Demonstration** with a member of the HAP Dining Services Team. No fee to attend. Community Center

**3:00pm – Virtual Current Events Discussion Group, Topic: *General Discussion, Topic TBD***. 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 June 25<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


**Sunday June 26<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


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**Monday June 27<sup>th</sup>:**

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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: Huckleberry Finn** by Mark Twain. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com to be assigned to a group. Activities Room
- 10:00am – Resident Portal Class, Topic: *Overview of What is Available*** with the HAP Technology Team. For questions and registration assistance, contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 1:00pm~2:00pm – Open Swim** with Robin Gallagher. Pool
- 2:30pm – Resident Meeting.** In-person or virtual. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center

**Tuesday June 28<sup>th</sup>:**


- 6:00am-9:00pm: Primary Election Voting.** If you would like transportation, please call the Hospitality Desk 586-7600 to be added to the transportation list. If you have any questions about voting, please contact Ellie Forgach 641-6379. Hahnemann Club
- 9:00am – Water Fitness** with Robin Gallagher. Pool
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. 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. Music Room
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – Chapbook Series; In This Moment: Revolution Reckoning Reparation Presentation: *Black Women's Health and Racism*** with Celia McIntosh and Debora McDell-Hernandez who is the Director of Advancement at Rochester General College of Health Careers & DEI Rochester Regional Health Foundations. Please see page 19 for more speaker information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center


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**Wednesday June 29<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
- \*12:30pm – Depart for Ganondagan State Historic Site located in Victor, NY.** Visit includes the full-size Seneca Bark Longhouse and the newly built Seneca Art & Culture Center. Admission fee is \$5.00 and will be collected on the bus. Walking is required. Return approx. 4:00pm
- 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 –Newcomer Happy Hour and Retirement Party for Ann Julien!** Stop down and wish Ann good luck in her new retirement life. We thank you for your 15 years, hard work and dedication to the Highlands. You will be missed. Enjoy drink specials and appetizers. Community Center

**Thursday June 30<sup>th</sup>:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- \*9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.
- 10:00am – Perk up Coffee Hour.** Enjoy a complimentary espresso beverage made by Andy, Director of Dining services. Pub Area
- \*10:00am – Depart for the City of Rochester Public Market.** Please register on the Digital Calendar located  on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344  
Return approx. 12:30pm
- 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
- 7:00pm – Gazebo Music Series with the 4-piece band Montage featuring** keyboard, drums, guitar and vocals. Gazebo

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## University of Rochester Lectures

**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.

### Lectures

**June 6<sup>th</sup> at 2:00pm**

**Cryptocurrencies - Is it just magic internet money or is there something there?**

The goal is to help us begin to understand cryptocurrencies and blockchain, the technology that is behind them. Most recently cryptocurrencies have become notorious for extreme volatility, seeming silliness and outright fraud. We will discuss some of the fundamentals and a few of the multitude of applications that are being developed. This will inform our examination of some of this technology's potential for benefit and for harm.


**Bio:**

George Gibson holds a BA and MS in Chemistry from Binghamton University and an MBA from the University of Rochester. Currently he is the managing partner of G2 Tech Acceleration, a boutique technology commercialization consultancy and is an Adjunct member of the faculty of the College of Business of Alfred University where he teaches research methods, business sustainability, innovation management and cryptocurrency. He spent 26 years of his (so far) 43-year career at Xerox where he held a number of technology development and management positions. He holds 73 US patents and has published 20 articles in the scholarly and trade press. He and his wife, Ginny, moved to the Highlands on January 5th of this year.

**Tuesday, June 14<sup>th</sup> at 2:00pm**

**Strange New Worlds**

To date, astronomers have discovered thousands of planets orbiting other stars in the night sky. Some planetary systems are reminiscent of our own solar system, while others have very odd planets unlike anything we've ever seen. This lesson is dedicated to those strange exoplanets- some orbit multiple stars, some are tremendously large or small, and some orbit their host star in less than an Earth day! In this lesson Valerie will share everything she knows about these strange worlds so far and the implications that their existence has on star and planet formation theories.

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**Tuesday, June 28 at 2:00pm**  
**Black Women's Health and Racism**


**Bio:**

**Debora McDell-Hernandez** joined Rochester Regional Health in January and is Director of Advancement at Rochester General College of Health Careers & DEI at Rochester Regional Health Foundations. The Rochester native received her B.S. in International Studies at St. John Fisher College and M.S. in Human Development from the Warner Graduate School of Education and Human Development at the University of Rochester. Her career path has taken her to a variety of industries: health care, arts and education and financial services. She worked at Chase Manhattan Bank for nine years in Corporate Communications and later, Retail Sales. She left banking in 2001 and joined the Memorial Art Gallery and worked in three departments during her 17-year long career at the museum—Marketing and Engagement, Academic Programs and Development. In 2018, McDell-Hernandez was hired by Planned Parenthood of Central and Western New York and served as Senior Director of Public & Community Affairs for nearly four years leading advocacy and community engagement efforts related to reproductive and sexual health, and managing media and government relations. Community service has always been important to McDell-Hernandez. She has served on a variety of community boards and committees for over 25 years. She is on the board for Hinge Neighbors and an honorary board member of Asian Pacific-Islander American Association of Greater Rochester. She also serves on MAG Director’

**Outings**

**Saturday, June 4<sup>th</sup>**  
**Guided tour of the Linwood Gardens**

Linwood Gardens is a private garden located in Linwood, New York, just 35 miles southwest of Rochester in the farmlands of the Genesee Valley. The original garden landscape was designed in the early 1900s, featuring a summerhouse influenced by the Arts and Crafts movement, walled gardens with pools and fountains, ornamental trees, and a view of the valley beyond. The gardens include a distinguished collection of Japanese and American tree peonies featured each spring at the Tree Peony Festival of Flowers. During the summer months, Linwood Gardens offers a peaceful garden sanctuary for workshops and Open Garden Days.

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**Tuesday, June 7<sup>th</sup> at 11:45am**  
**Tuesday Pipes Concert at Christ Church**

Two spectacular organs that are housed in Christ Church Rochester: The Chancel Organ, an American Romantic organ built in 1893 by the Hook and Hastings company of Boston, and the Craighead-Saunders organ in the rear gallery, named for two venerable professors of organ at Eastman. This organ is a "process recreation" of an organ built in 1776 by Adam Casparini in Vilnius, Lithuania. The 10-year research and building project is famous the world over for pipe organ aficionados, and the project was completed in 2008 when the organ was inaugurated. The project utilized building techniques from the 18th-century in order to re-create the behavior and sound of organs of that era. The short concert will consist of music appropriate to each instrument (the artist is yet to be announced), and the brief private lecture-demonstration that follows by Professors Higgs and Kennedy will illuminate some of the process of getting these organs to Rochester and give an inside look at the instrument's unique qualities.

**Friday, June 10<sup>th</sup>**  
**6x6 Exhibit at the Rochester Contemporary Art Center**

The exhibition on view is there annual fundraiser 6x6. Each summer Rochester Contemporary Art Center's 6x6 exhibition brings together thousands of original artworks, made and donated by celebrities, international & local artists, designers and youth. Artworks are six inches square and exhibited anonymously. All artworks will be exhibited and for sale to the public for \$20 each to benefit RoCo. Artists' names will be revealed to the buyer upon purchase.

**Wednesday, June 15<sup>th</sup> at 9:00am**  
**Salt Museum**

Discover the industry that created the City of Syracuse and supplied the entire nation with salt! Explore the site of an original boiling block where brine (salt water) was turned into what was then considered one of the country's most precious commodities.

**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


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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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