



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

July 2022



Cultural Programming Staff

Crystal Johnston – Life Enrichment Manager

Phone: 641-6345

Email: crystal_johnston@urmc.rochester.edu


Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Assistant

Phone: 641-6344

Email: Elizabeth_david@urmc.rochester.edu

Office: Located 2nd 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.

**Friday July 1st:**


- 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
- *9:45am – Depart for shopping at Parkleigh and MacKenzie-Childs at Parkleigh on Park Avenue followed by lunch at Blu Wolf Bistro. Lunch will be paid for on your own. Walking is required, with the ability to handle some steps.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, 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
- 1:00pm – First Friday Communion Service** with volunteers from St. Louis Church. Music Room
- 1:15pm – Pause for Prayer** with Chaplain Steve Petrovich. Laurelwood Gallery

Saturday July 2nd:

- 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. Music Room

Sunday July 3rd:

- 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

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.



Monday July 4th: Independence Day

No Fitness Classes with Robin Gallagher today. Pool is open you just need a buddy.

No Technology Classes today with the HAP Technology Team.

In observance of the 4th of July Holiday the Program Planning Meeting will be held on July 11th.

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

Tuesday July 5th:

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

No Stretch, Strength, and Balance class with Mark Strivings today.

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

The First Presbyterian Church Small Group Fellowship and Prayer has concluded for the summer and will resume in September.

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: *Developing DNA Technologies to Reduce Food Waste in the Maple Syrup Industry* with undergraduate students partaking in the iGEM (International Genetically Modified Machines) program. Please see page 18 for more information.



In-person only. Music Room

Wednesday July 6th:


8:30am – Depart for a guided tour of the Salt Museum located in Onondaga County with lunch at The Retreat. Lunch will be paid for on your own. Please note this outing was rescheduled from June and is currently full. Return approx. 2:30pm

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

(Programs for 7/6 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.

1:30pm – 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. During the Oneida Dining Room renovation, happy hour location is weather dependent. Each week's location will be communicated through either the daily email or a notice will be posted on the Pub counter.

Thursday July 7th:

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.

***9:00am – Depart for Oak Hill Bulk Foods Specialty Food Store and the Oak Leaf Café located in Penn**



Yan, NY. Enjoy lunch on your own at the café. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. See page 19 for additional information. Return approx. 1:30pm

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


Friday July 8th:

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

No Stretch, Strength, and Balance with Mark Strivings today.

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

(Programs for 7/8 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 – Closet to the Pin Chipping Match:** Come enjoy friendly competition with your neighbors on the green. Spectators welcome. Please register on the Digital Calendar located on the Portal if you would like to participate in the chipping match. The match will be held on the chipping green at The Highlands at Pittsford. Weather Permitting.



***11:30am-1:30pm – Hot Dog and Corn Cake Luncheon.** No fee to attend. Outdoor seating only. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Gazebo



10:30am – Tech Time, Topic: *Pros and Cons of Apple iMacs vs Windows PC's* with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 with questions. Music 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 Joe Naples featuring piano. Music Room

Virtual Current Events Discussion Group has concluded for the summer. They will resume in the fall, date is TBD.



Saturday July 9th:

***9:30am – Depart for the Corn Hill Arts Festival with optional lunch at the festival.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. **Please note heavy walking and uneven grounds with limited seating.** Return approx. 1:00pm

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

Due to limited space, our movie matinee will only be played on Sunday the 10th.

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 July 10th:

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


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.

Monday July 11th:

- 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
- 2:00pm – Virtual Presentation: *Milky Way 101*** 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 Music Room.

Tuesday July 12th:

- 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 – Resident Portal Class, Topic: *How to Make a Dinner Reservation and Register for Events*** with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 with questions Music Room
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- The First Presbyterian Church Small Group Fellowship and Prayer has concluded for the summer and will resume in September.**
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – 6-Part Lecture Series: *Resistance*** with Sarah Hodgson, Social Studies teacher at Arcadia High School. **Today's Topic: *Resisting White Supremacy at the Treaty of Versailles*.** Please see page 19 for more information and weekly topics. The Zoom link will be sent to all residents via email the morning of the presentation. 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

Wednesday July 13th:

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 – Depart for a tour of the Cobbs Hill Daylily Garden, followed by lunch at Panera Bread.**



Lunch will be paid for on your own. No Fee to attend the garden. **Please be aware there is limited seating at the garden as well as walking on uneven grounds. Steading walking is required.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm

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

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

Caregivers Support Group has concluded for the month of July and will resume back on August 23rd.

1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room

***2:30pm – 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.

Laurelwood Activities 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. During the Oneida Dining Room renovation, happy hour location is weather dependent. Each week's location will be communicated through either the daily email or a notice will be posted on the Pub counter.


Thursday July 14th:

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.

9:30am – iPad/iPhone Class, Topic: *Reading Apps- There are Many to Choose from* with the HAP Technology Team. For questions please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Music Room

(Programs for 7/14 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.

10:00am – 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

***10:30am – Depart for a picnic lunch at Kershaw Park in Canandaigua, NY.** 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. 2:00pm

No Gentle Chair Yoga with Eva Kane today.

7:00pm – Evening Gazebo Music Series with the Old Hippies. Gazebo



Friday July 15th:

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

9:15am – Depart for a trip to the Seneca Park Zoo. Please note transportation and registration



arrangements were made in advance. Please contact Elizabeth David 641-6344 with questions. Return approx. 12:00pm

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

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

1:15pm – Worship Service with Chaplain Steve Petrovich. Laurelwood Gallery


2:30pm – Afternoon Entertainment and Ice Cream Social with Jazz Duo Laura Dubin featuring piano.
Residents only, no guest. Bistro Patio

Saturday July 16th:

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

Sunday July 17th:

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 July 18th:

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. Club Room


1:30pm – Music & Life of Bobby Darin with Larry Shearer. Laurelwood Activities Room

2:00pm – Presentation: *Act 1 Finales* with Bob Sagan AKA “Broadway Bob”. Please see page 19 for more information. **In-person only.** Music Room

2:30pm– Social Media Technology Class, Topic: *YouTube-What Can We Learn and How Can we Use It? with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Media Center

***7:00pm – Depart for Flower City Jazz Society Concert** featuring the *Morgan Street Stompers*. 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



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 July 19th:

- 8:30am – Departing for the overnight to the Thousand Islands. Will be returning on Wednesday afternoon. Please note transportation and reservations were made in advance.
- 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
- The First Presbyterian Church Small Group Fellowship and Prayer has concluded for the summer and will resume in September.
- 2:00pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – 6-Part Lecture Series: *Resistance* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: *Resisting Patriarchy in Japan*. Please see page 19 for more information and weekly topics. The Zoom link will be sent to all residents via email the morning of the presentation. Music Room

Wednesday July 20th:

- 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 – Poetry Discussion, Topic: *Emily Dickinson* with Kathleen Cadle. Parlor
- 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. During the Oneida Dining Room renovation, happy hour location is weather dependent. Each week's location will be communicated through either the daily email or a notice will be posted on the Pub counter.



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 July 21st:

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.

***9:15am – Depart for Shopping at ReHouse Architectural Salvage on West Ridge Road with lunch at Outback Steak House.** Lunch will be paid for on your own. **Please note there are 13 steps in this building between the 1st and basement levels if you wish to enjoy both floors.** 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. 2:00pm

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


Friday July 22nd:

***8:45am – Depart for a self-guided tour of the Sampson Military Museum located in Romulus, NY.** Please 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. 12:30pm

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 7/22 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

9:30am – Technology Class, Topic: *Productivity Packages: Microsoft Excel vs. Google Sheets vs. Apple Numbers 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

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

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

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

2:30pm – Afternoon Entertainment with Don Newcomb featuring 40's and 50's music. Laurelwood Gallery

Virtual Current Events Discussion Group has concluded for the summer. They will resume in the fall, date is TBD.

Saturday July 23rd:

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. Music Room

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 July 24th:

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

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.

Monday July 25th:


- 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, Book Title: The Ladder Years** by Ann Tyler. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room
- 10:00am – Health Affairs Discussion Group.** This group is led by cottage resident Dr. John Bennett. All are welcome to participate in an open discussion. The Zoom link will be sent to all residents via email the morning of the discussion. Please contact Dr. Bennett 310-7617 with questions.
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 2:00pm – University of Rochester Presentation: *Hospice 101*** with Dr. Rashmi Khadilkar, MD, HMDC Assistant Professor of Medicine/Palliative Care Physician, Highland Hospital and Associate Medical Director, UR Medicine Hospice. Please see page 18 for more information. The Zoom link will be sent to all residents via email the morning of the meeting. Music Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- *2:00pm – Mac Technology Class, Topic: *Launchpad- What is the Purpose of this App in my Dock?*** 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

July Resident Meeting has been canceled. Next meeting will be held on August 29th.

Tuesday July 26th:

- 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
- The First Presbyterian Church Small Group Fellowship and Prayer has concluded for the summer and will resume in September.**
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

(Programs for 7/26 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.

2:00pm – 6-Part Lecture Series: *Resistance* with Sarah Hodgson, Social Studies teacher at Arcadia High School. **Today's Topic: *Dada, the Art of Resistance***. Please see page 19 for more information and weekly topics. The Zoom link will be sent to all residents via email the morning of the presentation. Music Room

Wednesday July 27th:

8:00am – Depart for the U.S. Mail Boat Cruise on Skaneateles Lake, with time for shopping in town following the cruise. Please note transportation and tickets were purchased in advance. Brown bagged lunches are encouraged. Return approx. 4:00pm

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

Caregivers Support Group has concluded for the month of July and will resume back on August 23rd.

No Pittsford Highlands Chorus practice today.

1:00pm – Windows PC Computer Class, Topic: *File Structures, Folders vs. Subfolders, How Can We Stay Organized? 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

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. During the Oneida Dining Room renovation, happy hour location is weather dependent. Each week's location will be communicated through either the daily email or a notice will be posted on the Pub counter.

***6:30pm – Depart for Temple B'rith Kodesh for a concert from the Rochester Philharmonic Orchestra.**



This is a free concert and open to the public. Enjoy a dessert reception immediately following the performance. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 9:00pm




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.

Thursday July 28th:

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

10:15pm – **Depart for a Rochester Red Wings Baseball Game.** Due to the overwhelming level of interest  we have decided to put on another trip to the ball game. **At this time the trip is full with those residents who were on the wait list from the June sign up. Please note tickets and transportation arrangements were made in advance.** Return approx. 2:00pm

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 – **Last night of our Gazebo Music Series.** Join us one last time for some wonderful outdoor music. Gazebo

Friday July 29th:


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

Saturday July 30th:

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. Music Room

Sunday July 31st:

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



Residents enjoying some lunch at wine tasting at Knapp Winery located on Cayuga Lake.



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.

University of Rochester Lecture

Tuesday, July 5th at 2:00pm

Developing DNA Technologies to Reduce Food Waste in the Maple Syrup Industry

Description

A team of twelve undergraduate students at the University of Rochester is developing new technologies to improve maple syrup production and reduce food waste. They will share common issues faced by local sugar makers, the applications of synthetic biology in food science, and creative biosensor-based solutions to prevent and repurpose inedible sap products.

Monday, July 25th at 2:00pm

Hospice 101

Description

This presentation will cover the basics of hospice. We'll discuss the philosophy of hospice, who receives this kind of care, the insurance implications, and the benefits hospice provides. We'll address some of the medications we might use for people on hospice and why they are helpful. Finally, we'll talk about the similarities and differences between hospice and palliative care.

Bio:


Dr. Rashmi Khadilkar completed medical school, Internal Medicine residency, and Rheumatology fellowship at Temple University in Philadelphia. Over time, her interest in the care of seriously ill patients drew her to Palliative Care, and she completed training in Palliative Care and Geriatrics at the University of Rochester. She now practices as a palliative care physician at UR Medicine/Highland Hospital and is the Associate Medical Director of UR Medicine Hospice. She enjoys reading, singing (mostly showtunes and 80s music), and "running." She lives in Pittsford with her husband, two children, two cats, and a lot of tropical fish.

Lectures

Monday, July 11th at 2:00pm

Milky Way 101

We live in a large barred-spiral galaxy called the Milky Way. It's filled with hundreds of billions of stars all held together by the gravity of a supermassive black hole at the center. In today's lesson, Valerie will explore the shape and structure of the Milky Way galaxy and discuss the position and motion of our solar system within the spiral arms. She will also take a look at the recent direct image of the Milky Way's supermassive black hole taken by the Event Horizon telescope!

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, July 12th~August 16th at 2:00pm
Resistance

This lecture series on resistance will explore the following questions:

What does the study of resistance reveal about the oppressive nature of the power structures within modern nation states? How do these stories of resistance expose the hegemonic and heterogenous ethos that drives societies? How does the study of resistance help us as individuals to explore our own assumptions about ourselves, our society, and our nation?

Sarah will take you through the 20th century from the WWI era to the present moment and the current debate about Critical Race Theory.

Below are the weekly topics:

7/12- Resisting White Supremacy at the Treaty of Versailles

7/19- Resisting Patriarchy in Japan

7/26- Dada, the Art of Resistance

8/2- Resisting Nationalism in the Spanish Civil War

8/9- Admitting to Genocide: The Ultimate Resistance

8/16- Voices of History and the Current Moment

Monday July 18th at 2:00pm
Act I Finales

The great creators of Broadway musicals know how best to wrap up an act- with a show-stopping finale. Some of the most memorable tunes in the musical theatre canon happen just before intermission, leaving an impression that sparks interest and anticipation for the show's conclusion.


Outings

Thursday, July 7th at 9:00am
Oak Hill Bulk Foods specialty food store and the Oak Leaf Café

Oak Hill Bulk foods is a family-owned specialty food store business since 1983. In addition to basic grocery needs, you will find a nice selection of candies, nuts, pretzels, and snack mixes. Try a sample of NY state cheddar cheese, or one of the many Amish cheeses from Ohio. This peaceful country location adds to the unique shopping experience. Oak Leaf Cafe is committed to serving tasty food with great service and consistent quality. They offer a robust menu of breakfast and lunch items, as well as an espresso bar. There is something for everyone.

Thursday, July 21st at 10:00am
ReHouse Architectural Salvage

Rehouse has one of the largest organized collections of reclaimed architectural elements in the country and has saved over a million pounds of materials for reuse. Shop there 21,000 sq. ft retails store with items ranging from antiques, hardware, furniture and more.

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, July 22nd at 8:45am
Sampson Military Museum

An official Path Through History Site! This complex of military museums was created by members of the Sampson WWII Veterans organization and was a military base. The Sampson Naval Training Station and Sampson Air Force Base were temporary homes to over 400,000 U.S. servicemen during the 1940s and 1950s. The adjacent former Seneca Army Depot occupied 10,587 acres between Seneca and Cayuga Lakes. It was used as a munition's storage and disposal facility by the U. S. Army from 1941 until the 1990s.

Cultural Programming Staff

Crystal Johnston – Life Enrichment Manager

Phone: 641-6345

Email: crystal_johnston@urmc.rochester.edu


Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Assistant

Phone: 641-6344

Email: Elizabeth_david@urmc.rochester.edu


Office: Located 2nd 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.

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.

| | |
|--|---|
| Book Discussion Group | Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: jes14850@gmail.com |
| Community Outreach Committee | Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: ann_julien@urmc.rochester.edu |
| Current Events Discussion Group | Resident, Edward Kokkelenberg, Cottage 103 Phone: (585) 310-7366 Email: kokkelenberg103@gmail.com |
| Dining Committee | Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: andy_trepanier@urmc.rochester.edu |
| Friendship Committee | Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: ann_julien@urmc.rochester.edu |
| Go Green Discussion Group | Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: rcarter56@gmail.com |
| | Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: mvicker1@rochester.rr.com |
| Health Affairs Discussion Group | Resident, Dr. John Bennett, Cottage 519 Phone: (585) 310-7617 Email: john_bennett@urmc.rochester.edu |
| Landscape Committee | Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu |
| Library Committee | Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu |
| Program Planning Meeting | Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu |

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.