



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

August 2022



Cultural Programming Staff

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The Highlands Review Is Now Accepting submissions

DEADLINE: Sept. 7, 2022

*Articles, *Memoir, *Poetry *Fiction,

*Photography Editing support always available

Contact: Betty Iwan 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.

**Monday, August 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
- 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: *Prospects for Renewable Energy in New York and the World*** with Eric Williams, Professor at the Golisano Institute for Sustainability at Rochester Institute of Technology (RIT). Please see page 17 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Music Room

Tuesday August 2nd:

- 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 – Knitting Group.** Please bring your own supplies; yarn is available for charity knitting. Pub Area
- 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 Nationalism in the Spanish Civil War*.** 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. **Laurelwood Activities Room**
- 6:00pm-7:30pm – Antique Car Show.** Enjoy culinary delights, entertainment, and of course the classic automobiles! This event will be held at The Highlands' Main Entrance and in the 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 August 3rd:

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- 12:30pm – **Depart for Bristol Valley Theater Playhouse for the performance of *The Book Club Play*. Please note transportation and ticket arrangement were purchased in advance. Return approx. 5:00pm**
- 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.

Thursday August 4th:

- 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
- 10:30am – **Tech Time, Topic: *Let's Discuss What the IT Team here Currently Does for You and What Changes you Would Like to see from IT*** with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music 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 guided tour of St. Luke and St. Simon Church**. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:30pm

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 August 5th:

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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
- No Religious Program today with Chaplain Steve Petrovich.**
- 3:00pm – **Afternoon Entertainment** with *Take Note* featuring keyboard and vocals. Laurelwood Gallery

Saturday August 6th:


- 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 August 7th:

- 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 August 8th:

- No Fitness Classes with Robin Gallagher today. Pool is open, you just need a buddy.**
- 2:00pm – **Presentation: *Solid Waste: Composting to Biodigesting Technology, and Ways to Reduce Household and Industrial Waste*** with Jennifer Lunsford, representative of the 135th Assembly District, which includes the town of Pittsford. See page 18 for speaker information. 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.

Tuesday August 9th:

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

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: *A Discussion on Portal Changes; What has Changed Since we Started and What Changes would You Like to See Going Forward* with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music 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.

No Religious Program today with Chaplain Steve Petrovich.

2:00pm – 6-Part Lecture Series: *Resistance* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's Topic: *Admitting to Genocide: The Ultimate 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

7:30pm – Outdoor Movie Night! Join us for the movie *Newsies*. Enjoy complimentary movie treats. Chairs provided. Keypad 2

Wednesday August 10th:

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

12:00pm-2:00pm – Resident and Employee Summer Picnic. Enjoy a chicken BBQ, ice cream truck, yard games and country music by George Hogan. No fee to attend. Location: Keypad 2


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. 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

Due to the Resident Picnic taking place today, Happy Hour has been canceled.



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Thursday August 11th:

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

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: *Using AirDrop to Share Pictures and Contacts* with the HAP Technology Team. For questions please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309. Music Room

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

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 Eastview Mall, Target, and Victor Crossings** where store selection includes Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 4:00pm


Friday August 12th:

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

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

No Religious Program today with Chaplain Steve Petrovich.

2:00pm – National Geographic Documentary: *Stress: Portrait of a Killer*. The serially overworked already know that stress is a near-constant fixture in modern-day living. But to what degree is stress affecting our bodies -- and is there any way to healthfully combat it? With a focus on the work of Stanford University neurobiologist Robert Sapolsky, this National Geographic program looks at the latest science to see what researchers are learning about this insidiously silent killer.
Run time is 50 minutes. Music Room

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Saturday August 13th:

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

Due to our dining room renovation and limited space, our movie matinee will only be played on Sunday the 14th.

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 August 14th:

9:30am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.

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 August 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

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 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 *Dean Martin*** with Larry Shearer. Laurelwood Activities Room

2:00pm – **Presentation: *Iconic Movie Songs*** with writer and speaker Michael Lasser. **In-person only.** Please see page 19 for speaker information. Music Room

*2:30pm – **Social Media Technology Class, Topic: *TikTok, What is It, Who Uses It, and How Can we Benefit?*** 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 *Gordon Webster Swing*. 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

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Tuesday August 16th:

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

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: *Voices of History and the Current Moment***. 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 August 17th:

7:00am – **Depart for a Scenic Excursion Day Tour trip to Lake Chautauqua & Lucy's Hometown. Please note transportation and ticket arrangements were purchased in advance. Return approx. 9:15pm**

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

1:30pm – **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 August 18th:

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

*1:00pm – **Depart for a guided tour of the NYS Transportation Museum located in Rush, NY.** Admission fee is \$5.00 per person and will be collected on the bus. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:15pm

6:30pm – **Last night of our Gazebo Music Series.** Join us one last time for some wonderful outdoor music with *A Taste of Jazz*. Gazebo

Friday August 19th:


9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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 – **Technology Class, Topic: *Productivity Packages, Microsoft Word vs. Google Docs vs. Apple Pages*** 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

(Programs for 8/19 Continue on Next Page)

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*11:15am – Depart for the Village of Pittsford to have lunch at Harladay Hots, owned by previous HAP employee Bernadette. Menu includes hotdogs, sausage, and burgers. **Please note that all seating is outside and only cash is accepted.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344.



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

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

Saturday August 20th:

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

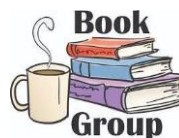
Sunday August 21st:

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 August 22nd:

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


9:30am – Book Discussion Group, Book Title: The Handmaid's Tale by Margaret Atwood. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room

*2:00pm – Mac Technology Class, Topic: *Using Tags* 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

2:00pm – University of Rochester Presentation: *No More Mice: Studying New Drugs Using Tissue Chips* with Benjamin L. Miller Ph.D., Dean's Professor of Dermatology. Please see page 17 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Music Room



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Tuesday August 23rd:

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 – **Caregivers Support Group** with volunteer Mary Walker, LPN. All are welcome. Activities 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. HAP Parlor

*4:00pm – **Depart for Dinner at the Red Fedeles Book House** located in Greece. 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



Wednesday August 24th:

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

*9:30am – **Depart for a guided tour of Sibley Square along with lunch at Mercantile on Main.** 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. Please see page 19 for more information. 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

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

*2:00pm – **Windows PC Computer Class, Topic: *Tips and Tricks for Using a Windows PC*** 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

(Programs for 8/24 Continue on Next Page)

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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 August 25th:

8:00am – Depart for the U.S. Mail Boat 3-hour Cruise on Skaneateles Lake, with time for shopping in town following the cruise. Please note transportation and ticket arrangements were purchased in advance. Light snacks are available for purchase and brown bagged lunches are encouraged. Return approx. 4:00pm

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

Friday August 26th:


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

(Programs for 8/26 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.

*1:00pm – Depart for a scenic ride and ice cream at Colby’s Ice Cream and Bake Shop in Rush, NY. Enjoy a wide variety of desserts and ice cream. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:15pm



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



Saturday August 27th:

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 August 28th:

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, August 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


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

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

1:00pm – Root Beer Float Social! Join us for a sweet treat before the resident meeting. Highland Pub

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



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Tuesday August 30th:

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


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

2:00pm – Virtual Presentation: *Measuring Distances in Space* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. The Zoom link will be sent to all residents via email the morning of the presentation. Please see page 19 for more information. This virtual presentation is also available to view in the Music Room.

Wednesday August 31st:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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. Due to the overwhelming level of interest  we have decided to put on one last trip to the ball game. Please note transportation and ticket arrangements were purchased in advance. Return approx. 4:00pm


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

No Pittsford Highlands Chorus practice today.

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.




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Pictures from our trip to the 1000 Islands. Residents had such a fun time!!



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University of Rochester Lecture

Monday, August 22nd at 2:00pm

No More Mice: Studying New Drugs Using Tissue Chips

Modern medicines go through years of testing on animals before ever reaching humans. This makes the process of drug discovery slow and expensive, and also carries a high ethical cost. This talk will describe work to develop “organ on a chip” models, potentially allowing us to test new medicines from the very start in a human-relevant system.

Prof. Benjamin L. Miller received his undergraduate degrees from Miami University (Ohio) in Chemistry (B.S.), Mathematics (A.B.), and German (A.B.) in 1988, and a Ph. D. in Chemistry in 1994 from Stanford University. Following a stint as an NIH postdoctoral fellow at Harvard, he joined the University of Rochester faculty in 1996. He is currently Dean’s Professor of Dermatology, Biochemistry and Biophysics, Biomedical Engineering, Materials Science, and Optics. His laboratory works on novel optical chem- and biosensors, with particular interests in integrated photonics and sensors for cost- and resource-sensitive applications. Miller is the Academic Lead for Integrated Photonic Sensors in AIM Photonics. He is a Fellow of the AAAS, OSA, and AIMBE.

Lectures


Monday, August 1st at 2:00pm

Prospects for Renewable Energy in New York and the World

The talk begins with a discussion on environmental and social reasons why it is important to move the global energy system away from fossil fuels. Solar and wind power are introduced as major candidates to achieve this. Challenges are presented, in particular how-to delivery energy even when the wind is not blowing and at night, and proposed solutions, e.g. storing energy in huge battery banks. New York’s aggressive climate targets are introduced with how the state is thinking to achieve them.

Bio:

Eric Williams is Professor at the Golisano Institute for Sustainability at Rochester Institute of Technology. Originally trained in theoretical physics, Eric’s research interest is the evolution of technology, society and energy systems. Specific research topics include assessing and forecasting technological progress, technology diffusion modeling, electricity system models, and subsidy policies for energy technologies. Eric’s research has been widely covered in the media in outlets such as the New York Times, the Washington Post and Scientific American.

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Monday, August 8th at 2:00pm**Solid Waste: Composting to Biodigesting Technology, and Ways to Reduce Household and Industrial Waste****Bio:**

Jennifer Lunsford is proud to represent the good people of the 135th Assembly District, which includes the towns of Webster, Penfield, East Rochester and Perinton on the east side of Monroe County. Jen was born on Long Island to a working mom and stay-at-home dad. She graduated from Patchogue-Medford High School and then went on to Hartwick College in Oneonta, where she dual majored in political science and philosophy. After working as a paralegal for a major international law firm, Jen attended Boston University School of Law where she concentrated in health care law, served as a Note Editor on the American Journal of Law and Medicine and won the Dean's Award for Constitutional Law. Following law school, Jen moved to Rochester, where her husband grew up, to begin her legal career. Jen has spent the past eleven years working as a litigator, focusing primarily on plaintiff's side personal injury, workers' compensation and Social Security disability.

Jen has deep roots as a community volunteer and activist fighting for reproductive justice, criminal justice and universal health care with organizations like Lawyers for Good Government and If/When/How. Jen ran for office because she felt a call to service, following the 2016 election, to shape the world into a place of hope and opportunity for her son, and for all the families of the 135th District.

Monday, August 15th at 2:00pm**Iconic Movie Songs****Bio:**

Michael Lasser is a writer and speaker. His most recent book, *City Songs and American Life, 1900-1950*, appeared in June, 2019. He is also the co-author (with Philip Furia) of *America's Songs: The Stories Behind the Songs of Broadway, Hollywood and Tin Pan Alley* (2006), and the author of *America's Songs II: From the 1890s to the Post-War Years* (2013). Michael is currently working on two new books, both about American music. He has also written dozens of magazine articles over the years. His nationally syndicated public radio show, *Fascinatin' Rhythm*, was on the air from 1980-2021, and won a 1994 Peabody Award. A graduate of Dartmouth College, he is the former theater critic for the *Rochester Democrat & Chronicle* and *CITY*, and speaks often at museums and universities around the country. Michael taught English in independent school for forty years, including thirty-two of them at The Harley. In 2010, he was named a Thomas P. Johnson Distinguished Visiting Scholar at Rollins College and in October will be a visiting scholar at The Waterford School near Salt Lake City.

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


Tuesday, August 30th at 2:00pm
Measuring Distances in Space

How far away is that star in the sky? What about the Andromeda galaxy? How do we even begin to measure the distances to galaxies at the edge of our observable Universe? In this lesson we'll explore the ideas of parallax, standard candles, and the Hubble-Lemaitre` law, which are all techniques used to measure distances in outer space. By combining all the methods, astronomers are able to generate a three-dimensional view of our galaxy and our Universe, and give us a better understanding of exactly where we fit in to the cosmos.

Outings

Wednesday, August 24th at 9:30am
Guided tour at Sibley Square


Learn the rich history of Sibley's in Rochester from the Fire that closed down the departments store in 1904 to the building we're in today which started in 1905 and had 2 expansions in 1918 and 1938. The 1.1m sq ft building was the largest department store between NY and Chicago. Enjoy walking through the historic Tea Room, once the restaurant for the department store now home to NextCorps, the largest technology incubator in Monroe County. We'll visit Rufus Sibley's original office, retained in its original glory and see lots of historic elements retained throughout the building.

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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.

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| Book Discussion Group | Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: jes14850@gmail.com |
| Community Outreach Committee | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@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 | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu |
| Go Green 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 |

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