



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

September 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.



Thursday, September 1st:

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

*11:00am – **Depart for a scenic ride with lunch at Nolan's followed by an optional stop at Abbott's**



Frozen Custard in Canandaigua, NY. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for questions and registration assistance. Return approx. 2:00pm

Friday September 2nd:

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.

9:30am – **Tech Time, Topic: *Maintaining your Devices (Clean up Internet History, Deleting Cookies) and the Importance of Shutting Down*** 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


No Religious Program with Chaplain Steve Petrovich today.



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

1:00pm – **First Friday Communion Service** with volunteers from St. Louis Church. Community Center

1:30pm – **Documentary Video: *Lo and Behold: Reveries of the Connected World*. A Werner Herzog film presented by Netscout.** This meditative examination of the history and future of the Internet, features interviews with many of the experts whose insights and technological breakthroughs helped fuel the network revolution. Run time is approx. 1 hour and 36 minutes. 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.



Saturday September 3rd:

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 September 4th:

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 Activities Room

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



Monday September 5th: Labor Day

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

No Technology related classes today.

No Program Planning Meeting today, please join us on Monday, September 12th.

1:00pm – **Holiday Movie Matinee: 9 to 5** featuring Jane Fonda. Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks. Music Room

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



Tuesday September 6th:


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

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

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. Art Gallery

(Programs for 9/6 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.


- 1:00pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Community Center
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – Virtual Presentation: *JWST (James Webb Space Telescope) Update: First Light Images*** 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 18 for more information. This virtual presentation is also available to view in the Music Room

Wednesday September 7th:

- 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
- 9:15am – Depart for a trip to the Seneca Park Zoo for a guided tour.** Please note registration and transportation arrangements were made in advance. Please contact Elizabeth David 641-6344 with questions. Return approx. 12:00pm
- 10:00am – Resident Portal Class, Topic: *Setting Up Your Bio*** with the HAP Technology Team. This helps your neighbors get to know you better so bring your device and we can do it together. 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
- 1:30pm – 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. Location is TBD

Residents Marianne and Bob Hesselberth and Paul Francis
on the Chautauqua Belle.



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 September 8th:

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: *Maintaining Your Devices***. Learn How to Clean Up, Check Storage, Organize Apps, and Use Widgets with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Beethoven's 5th***. Please note



transportation and ticket arrangements were made in advance. Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 10:00pm

Friday September 9th:

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

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


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

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

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

6:30pm – **Evening Entertainment** with *Hanna and the Blue Hearts Duo* featuring piano, vocals, and drums. 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.



Saturday September 10th:

9:30am – Depart for the Memorial Art Gallery’s Annual Clothesline Festival. Please note tickets and transportation arrangements were made in advance. Return approx. 12:30pm

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 11th in the 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 September 11th: Patriot Day

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

10:30am – Communion Service with volunteers from St. Louis Church. Music Room

11:00am – Asbury First United Methodist Church Live Stream Service. Laurelwood Activities Room

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

Monday September 12th:

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

1:00pm – Social Media Technology Class, Topic: *Pinterest, What is it and Why Would We use it?* with the HAP Technology Team. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

2:00pm – Presentation: *Van Lare Water Treatment Plant* with Water Resource Recovery Operator Dan Post. (WRRO). Learn about the largest waste water facility in the county, handling up to 135 million gallons per day (mgd). The Zoom link will be sent to all residents via email the morning of the presentation. Music Room

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Tuesday September 13th:

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

*10:30am – **Depart for a self-guided walk and lunch at Hose 22.** Enjoy a leisure walk near Beach Ave along Lake Ontario taking in the beautiful scenery and luxury homes. 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.

2:30pm – **Dish on Dining.** Come listen to Andy as he explains the ins/outs of HAP's new dining program and tour the Oneida Grille. Community Center

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

Wednesday September 14th:

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 – **On Your 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

Pittsford Highlands Chorus practice has been rescheduled for tomorrow September 15th.

(Programs for 9/14 Continue on Next Page)

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2:00pm – University of Rochester Presentation: *Staying Sharp as We Age; New Approaches to Brain Mapping and Healthy Aging* with John Foxe Ph.D., professor in the Department of Neuroscience. 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

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 September 15th:

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 – Depart for a guided tour of the Van Lare Water Treatment Plant located in Rochester, NY.** Enjoy a short presentation describing the history and current operation of the facility, followed by a tour of the water plant grounds. No fee to attend. Walking is required with possible steps. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for questions and registration assistance. Return approx. 12:30pm


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

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

4:00pm – “UR” It Tune Lecture Series: *Tales from Behind the Music Scene with Amy Blum a faculty member of the Eastman School Institute for Musical Leadership. Please see page 17 for more information. **Please register on the Digital Calendar located on the Portal.** If you would like transportation to the Hahnemann Club please contact the Hospitality Desk 586-7600. Departure time is 3:30pm. Hahnemann Club

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Friday September 16th:


- 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 Apps: What Else Do They Offer?*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Media Center
- 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
- *1:00pm – Depart for a guided tour of St. Luke and St. Simon Church. Please note this trip was rescheduled from August.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:00pm

Saturday September 17th:

- 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, September 18th:

- 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. All are welcome. Music Room
- 11:00am – Asbury First United Methodist Church Live Stream Service.** Laurelwood Activities Room
- 1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room


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**Monday September 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
- 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. Music Room
- 1:30pm – **Presentation: *The Music & Life of Liza Minnelli*** with Larry Shearer. Laurelwood Activities Room
- 2:00pm – **Presentation: *The Didgeridoo and Australian Aboriginal Culture*** with Cottage Resident Larry Iwan. Please see page 18 for more information. **In-person only.** Community Center
- *7:00pm – **Depart for Flower City Jazz Society Concert** featuring the *Jazz Happens Band*. 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 September 20th:**

- 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
- *11:30am – **Depart for Finger Lakes Gaming and Race Track.** Enjoy lunch at the Platinum Grill, along with Slot Machines, and Horse Racing (betting is optional). Lunch will be paid for on your own. No fee to attend. Walking with possible steps is required. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 3:00pm
- 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

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Wednesday September 21st:

- 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
- *2:00pm – **Windows PC Computer Class, Topic: *Tips and Tricks for Using the Keyboard and Mouse*** 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. Community Center
- 5:30pm – **Depart for a Dinner Cruise aboard the Colonial Belle in Fairport, NY. Please note transportation and registration arrangements were made in advance.** For questions contact Elizabeth David 641-6344.

**Thursday September 22nd: First day of Autumn**

- 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 – **Depart for a multi-stop outing including a Polish lunch at Polska Chata. Stops include Savoia Bakery, Rubino's Italian Submarines, and Costanza Sausage Retail Store.** 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

(Programs for 9/22 Continue on Next Page)

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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

4:00pm – “UR” In Tune Lecture Series: *The Expressions and Experiments of the Harlem Renaissance* with Darren Mueller, Ph.D. Assistant Professor of Musicology at the Eastman School of Music. Please see page 17 for more information If you would like transportation to the Hahnemann Club with a departure time of 3:30pm, please contact the hospitality desk 586-7600. Hahnemann Club

Friday September 23rd:

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


10:30am – Resident Portal Class, Topic: *Setting Up Your Bio.* with the HAP Technology Team. This helps your neighbors get to know you better so bring your device and we can do it together. Please contact Crystal Rothfuss 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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

***1:00pm – Depart for Pittsford Farms Dairy & Bakery** in the Village of Pittsford to enjoy some ice cream and sweet treats. Please register on the Digital Calendar located on the Portal. Please see page 19 for more information. For questions and registration assistance, contact Elizabeth David 641-6344.

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



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Saturday September 24th:


- 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 September 25th: Rosh Hashanah: Begins at Sundown

- 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 Activities Room
- 1:15pm – Depart for the Rochester Philharmonic Orchestra Sunday Matinee Concert of *Mozart, Mendelssohn & Martin*** at Nazareth College. Please note transportation and ticket arrangements were made in advance. Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 4:30pm
- 1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

Monday, September 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
- 9:30am – Book Discussion Group, Book Title: Being Mortal** by Atul Gawande. 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
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 2:30pm – Resident Meeting.** In-person and virtual. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center

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Tuesday September 27th:

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 – Presentation: *Lumberjacking 101* with 3 Time overall Lumberjack World Champion Dave Jewett. **In- person only.** Community Center

Wednesday September 28th:

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

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

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


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

1:15pm – Depart for Geva Theatre for the performance of *Jane Eyre*. Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions.
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 – Meet, Mix, and Mingle Happy Hour for Newcomers: Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

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Thursday September 29th:

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 the Genesee Country Village & Museum for a guided Trolley Tour and lunch. Please note registration and transportation arrangements were made in advance. Please contact Elizabeth David 641-6344 with questions. Return approx. 2:15pm**

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

4:00pm – **“UR” In Tune Lecture Series: *Concert Programming 101*** with Mike Stefiuk Director of Concert Operations at the Eastman School of Music. Please see page 18 for more information. If you would like transportation to the Hahnemann Club with a departure time of 3:30pm, please contact the hospitality desk 586-7600. Hahnemann Club

Friday September 30th:

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

1:00pm – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to secure transportation.

1:15pm – **Name that Tune** with Chaplain Steve Petrovich. Laurelwood Gallery

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University of Rochester Lecture

September, 14th at 2:00pm

Staying Sharp as We Age; New Approaches to Brain Mapping and Healthy Aging

John Foxe is a translational researcher with a history of research studies on the basic neurophysiology of schizophrenia and autism. His work places special emphasis on the identification of endophenotypic markers in childhood neuropsychiatric diseases and in the linking of these biomarkers to the underlying genotype. Work in his labs has a consistent history of NIH and NSF funding, and a strong record of research productivity (160+ publications). Before joining the faculty at Einstein in January of 2010 (his alma mater), John served for 6 years as the Director of the PhD Program in Cognitive Neuroscience at The City College of New York. He was recruited to Einstein in January of 2010 as Director of Research for the Children's Evaluation and Rehabilitation Center (CERC), with a mandate to develop and coordinate clinical pediatric research across the college. His lab employs an integrated multi-methodological approach to issues in the cognitive neurosciences, using structural and functional neuroimaging, high-density electrophysiology, imaging genomics, eye tracking, psychophysics and virtual reality to understand the neural basis of basic sensory-perceptual and cognitive functions. The work is translational at its core in that it employs an equal mix of basic-science projects in healthy individuals with clinical studies in patient populations.

The approach taken is to first develop novel assays of a given perceptual or cognitive function in healthy individuals, which are then deployed in clinical populations of interest. The core mission of the lab is to understand the underlying neurobiology of developmental disorders, with a specific emphasis on Autism. The central goal is to develop more effective treatments and interventions through establishing basic knowledge and myself and my team have worked extensively in both adolescent Schizophrenia and Autism Spectrum Disorders. The lab also has a very extensive history of investigations into the neurophysiology of both basic and complex auditory processing, from investigations of the fundamental mechanisms of frequency representation all the way to high-level speech processing.

“UR” In Tune Lecture Series

Thursday, September 15th at 4:00pm


Tales from Behind the Music Scene

Amy Blum is a faculty member of the Eastman School Institute for Musical Leadership and a nationally-respected public relations professional for musicians. Amy will speak about what a music publicist does and how the internet and social media platforms have changed her PR strategies through the years. She will also share some of her favorite “behind the scenes” stories.

Thursday, September 22nd at 4:00pm

The Expressions and Experiments of the Harlem Renaissance

Darren Mueller Ph.D. is an Assistant Professor of Musicology at the Eastman School of Music. His work on jazz and mass media has appeared in numerous scholarly journals across disciplines. His book, *At the Vanguard of Vinyl: A Cultural History of the Long-Playing Record in Jazz*, is under contract with Duke University Press

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“UR” In Tune Lecture Series Cont’d

Thursday, September 29th at 4:00pm
Concert Programming 101

Mike Stefiuk is the Director of Concert Operations at the Eastman School of Music. He brings to this role a wealth of experience he acquired working for major orchestras and concert venues. Mike will talk about his experience and how he goes about lining up the guest artists for hundreds of concerts each year at Eastman.


Lectures

Tuesday, September 6th at 2:00pm
JWST Update: First Light Images

The James Webb Telescope successfully launched on Christmas day, 2021. Since then, it has been traveling to its home at Lagrange Point 2, and astronomers and engineers have been prepping the mirrors and instrumentation to make scientific observations. Today, we’ll take look at the process of mirror alignment and calibration, view the first images taken by the space telescope, and discuss any other scientific images that have been released to date.

Monday, September 19th at 2:00pm
The Didgeridoo and Australian Aboriginal Culture

In 1998, Larry’s casual interest in the sounds of the didgeridoo, a folk instrument of the Australian Aboriginals, rapidly grew into an obsession with what he heard as the voice of the earth itself. He bought a didgeridoo, began to learn to play it, and eventually traveled to Arnhem Land in northern Australia to study Aboriginal playing techniques with Djal Gurruwiwi, an Aboriginal master. While he was there, he befriended a number of Aboriginal people and grew increasingly interested in their history and their culture, past and present. Australia’s Aboriginal people have lived in Australia for at least 50,000 years, and may be the oldest continuous culture on the planet. Accordingly, the didgeridoo may well be the oldest horn amongst the musical instruments devised by humans for ritual and entertainment. Larry left a part of his soul in the red earth of Gulkula in the Northern Territory, and will evoke it to join him for his presentation. He will demonstrate didgeridoo playing techniques and play some improvisations and an authentic Yolngu (northern Australian) song he learned from his teacher. He will present a potpourri of information about past and present Aboriginal culture and encourage interested attendees to pursue this fascinating subject for their personal fulfillment.

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Outings

September, 23rd at 1:00pm **Pittsford Farms Dairy & Bakery**

Pittsford Farms Dairy is located on North Main Street in the heart of the historic village of Pittsford. The landmark dairy property traces its origins back to 1814 when Samuel Hildreth built his home and established a stagecoach operation and livery business.

In the 1860s, the farm was acquired by prominent Rochester businessman and politician Jarvis Lord. Lord combined three farms resulting in the “S” in the Dairy’s current name. Lord eventually sold the farm to the Hawley family who founded the dairy operation in 1888. During the Hawley’s tenure, the farm received national recognition for its introduction of scientific agriculture and outstanding herds of Jersey cattle and Shetland ponies.


Since 1946, the dairy has been owned and operated by the Zornow/Corby family. The dairy’s current retail store and modern processing plant, carefully designed to blend with its historic setting, opened in 2012. Today, local farms provide the raw milk used in all of the dairy’s milk and ice cream.

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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.

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

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Email: elizabeth_david@urmc.rochester.edu

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