



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

October 2022



Cultural Programming Staff

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The Highlands Review is now accepting submissions

for the February 2023 edition

*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.

**Saturday October 1st:**

- *9:15am – Depart for the Hilton Apple Festival located in Hilton, NY.** The festival offers free family entertainment including a wide variety of local vendors while celebrating the apple harvest season. No fee to attend. See page 21 for more outing information. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 12:45pm
- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center


Sunday October 2nd:

- 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
- 1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room
- 1:30pm – Afternoon Music** with Ivanka & Suzanne playing 4 hand piano. Community Center

Monday October 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
- 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: *Act II Opener*** with Bob Sagan AKA “Broadway Bob”. **In-person only.** See page 21 for more information. Community Center



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



Tuesday October 4th: Yom Kippur

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 ~1:00pm – **Chili cook off lunch supporting the Alzheimer's Association.** For a \$5.00 (minimum) donation, you will get to sample the different chili recipes each prepared by our HAP chefs! Please see flyer previously distributed for additional information. Community Center

1:00pm – **Knitting Group.** Please bring your own supplies; yarn is available for charity knitting. Art Gallery

1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. HAP Parlor

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

2:00pm – **University of Rochester 2-part Lecture Series: *The Career of Dr. Halfdan Mahler*** with Theodore M. Brown Ph.D., Professor Emeritus of History and Public Health Sciences. See page 19 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Music Room

Wednesday October 5th:

6:45am – **Depart for a Scenic Excursion Day Tour trip to The Corning Museum of Glass.** Please note transportation and ticket arrangements were made in advance. Return approx. 6:00pm

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

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

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

1:00pm – **Presentation: *NYS Mental Health Legislation*** and time for Q&A with Senator Samra Brouk who represents New York's 55th District which includes portions of Monroe and Ontario counties, including Mendon and Pittsford. Community Center

(Programs for 10/5 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. Community Center

Thursday October 6th:

No Fitness Classes with Robin Gallagher today.

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

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

***12:45pm – Depart for a fall foliage trip to Naples, NY with a stop at Joseph’s Market and Artizanns Gifts from the Finger Lakes, with an optional stop at Monica’s Pies.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. No Fee to attend. **Walking is required. Please note there are steps in the Artizanns shop if you wish to go upstairs.** Return approx. 4:00pm


3:30pm – Pet therapy with Ann Julian and Lulu. Laurelwood Hearth Room

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Chopin & Higdon*. Please note transportation and ticket arrangements were made in advance, but there are still some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 10:00pm




Residents enjoying a Red Wings Baseball Game.



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 October 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
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- 10:00am – Tech Time Technology Class, Topic: *What is the Difference between Wi-Fi and Cellular*** with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 with questions. Music Room
- *10:00am – Depart for a trip to Powers Farm Market.** Just a hop, skip, and jump away from the Highlands. Browse a variety of seasonal desserts, décor, and pumpkins, along with fresh apples and cider. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 11:15am
-  **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 Catholic Mass** with volunteers from St. Louis Church. Music Room
- 1:15pm – Pause for Prayer** with Chaplain Steve Petrovich. Laurelwood Gallery

Saturday October 8th:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Weekend 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



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 October 9th: Sukkot 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

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

Monday October 10th: Columbus Day

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

2:00pm – 2 Part Lecture Series: *Presidential Decision Making in Crises*, Today's Topic: *The Cuban Missile Crisis* with Sarah Liebschutz, *Distinguished Service Professor Emerita, from Brockport College.*
In-person only. Community Center

3:00pm – Resident Portal Class, Topic: *Dining Reservations and Event Registrations* with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 with questions. Music Room


Tuesday October 11th:

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




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- *11:30am – Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review: *Left on Tenth: A Second Chance at Life* by Delia Ephron. Reviewed by Dr. Pradyumna Phatak, who is the Division Chief, Hematology/Medical Oncology Medical Director, Lipson Cancer Institute Chair of Medicine at Rochester General Hospital. Please register on the Digital Calendar located on the Portal. No Fee to attend. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 12:45pm
- 1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Music Room
- 1:15pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – **Virtual Presentation: *Back to the Moon: NASA’s Artemis Mission*** 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. See page 21 for more information. This virtual presentation is also available to view in the Community Center.
- *4:00pm – “UR” Always Learning: *Cryptocurrency: Magic Internet Money ~ OR ~ Is There Something There?* with resident George Gibson, MBA. See page 20 for additional information. Please register on the Digital Calendar located on the Portal. 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

Wednesday October 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
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- *1:00pm – **On Your Own Flower Arranging.** Stop by and make a small 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
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 2:00pm – **Monthly Documentary Movie: *Ken Burn’s America: Brooklyn Bridge (1981)*.** See page 22 for more information. Run time is approx. 1 hour. Community Center

(Programs for 10/12 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. Community Center



Thursday October 13th:

*8:45am – Depart for a guided tour of the Cobblestone Springs Retreat Center located in Dundee, NY with lunch at Bully Hill Winery. Lunch will be paid for on your own. Wine tasting is optional with a tasting fee of \$8.00 per person. See page 22 for additional information. 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. 2:45pm

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

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

3:30pm – **Pet therapy with Ann Julian and Lulu.** Laurelwood Hearth Room


Friday October 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

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 10/14 Continue on Next Page)

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

*10:30am – **Depart for a scenic ride with lunch at Elderberry Pond located in Auburn, NY.** 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



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

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

At this time The Highlands is currently looking for a resident or a few residents to take over the Current Events Coordinator role as Edward Kokkelenberg has stepped away. If you have an interest or would like to know more, please contact Edward directly 310-7366. At this time the Current Events Group will be on hold until further notice.

Saturday October 15th:

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

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

Sunday, October 16th:

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


1:15pm – **Depart for the JCC (Jewish Community Center) to see the production of *On the Market*.** Please




note tickets and transportation arrangements were made in advance. For questions contact Elizabeth David 641-6344. 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



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Monday October 17th:

- 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 Anne Murray*** with Larry Shearer. Laurelwood Activities Room
- 2:00pm – **2 Part Lecture Series: *Presidential Decision Making in Crises*, Today's Topic: *The COVID-19 Pandemic*** with Sarah Liebschutz, *Distinguished Service Professor Emerita, from Brockport College.* **In-Person Only.** Community Center
- *7:00pm – **Depart for Flower City Jazz Society Concert featuring *Ron Joseph's Dixie Five*.** Tickets are  \$15.00, pay upon arrival. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 10:00pm

Tuesday October 18th:

- 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 the Rochester Public Library Fall 'Books Sandwiched In' Book Review: *What the Ermine Saw: The Extraordinary Journey of Leonardo Da Vinci's Most Mysterious Portrait*** by Eden Collinworth. Reviewed by Nancy Norwood, curator of European art at the Memorial Art Gallery. 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. 12:45pm

(Programs for 10/18 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. Music Room
- 2:00pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – **University of Rochester 2-part Lecture Series: *The Career of Dr. Halfdan Mahler*** with Theodore M. Brown Ph.D., Professor Emeritus of History and Public Health Sciences. See page 19 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- *4:00pm – “UR” Always Learning: *The Nuts & Bolts of Leukemia*** with cottage resident Dr. John M. Bennett, M.D. See page 20 for more information. Please register on the Digital Calendar located on the Portal. 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

Wednesday October 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
- 11:15am – **Depart for the Finger Lakes Railway Train Ride** located in Seneca Falls. Please note ticket and transportation arrangements were made in advance. For questions contact Elizabeth David 641-6344. Return approx. 3:30pm
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center



Thursday October 20th:

- 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

(Programs for 10/20 Continue on Next Page)

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*10:00am – Depart to Schutt’s Apple Mill located in Webster, NY. Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items, and much more. 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. 12:00pm



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

3:30pm – Pet therapy with Ann Julian and Lulu. Laurelwood Hearth Room

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Strauss & Stravinsky*. Please note transportation and ticket arrangements were made in advance, but there are still some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 10:00pm



Friday October 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

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

10:00am – iPad/iPhone Class, Topic: *Air Tags* with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 with questions. Music Room

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


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

*1:00pm – Depart for the Memorial Art Gallery for a guided tour of the Exhibit *Ubuhe Women:*



Beadwork and the Art of Independence. See page 22 for more information. Admission fee is \$7.00 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

(Programs for 10/21 Continue on Next Page)

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

2:30pm – **Afternoon Entertainment** with Casey Costello Duo featuring piano and vocals. Community Center

Saturday October 22nd:

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

*12:00pm-2:00pm – **Annual Fall Festival:** Enjoy some fun activities around the Highland Campus with your family featuring music from *Still One Left*. Light refreshments will be served.

Due to campus activities today, the weekend movie matinee will only be played on Sunday the 23rd.

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

*6:15pm – **Depart for Honeoye Falls Middle school to enjoy the *Autumn Concert* performed by the Honeoye Falls Community Concert Band.** No admission fee to attend. General seating. Some seats may require stairs. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 10:00pm

Sunday October 23rd:

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


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

Monday, October 24th: United Nations Day

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: A Long Petal of the Sea** by Isabel Allende. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room

(Programs for 10/24 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.

At this time The Highlands is currently looking for a resident or a few residents to take over the Health Affairs Coordinator role as Dr. John Bennett has stepped away. If you have an interest or would like to know more, please contact Dr. John Bennett directly 310-7617 with questions. At this time the Health Affairs Group will be on hold until further notice.

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

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

6:45pm – Depart for the Penfield Symphony Concert: *A Time for Celebration!* Please note tickets and transportation arrangements were made in advance. For questions contact Elizabeth David 641-6344. Return approx. 9:30pm

Tuesday October 25th:

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 – Social Media Technology Class, Topic: *Internet Fact Checking 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


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 – University of Rochester Presentation: *Wireless Sensor Networks in the Age of Big Data* with Wendi Heinzelman Ph.D. See page 20 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

4:00pm – “UR” Always Learning: *Nuclear Energy’s Biggest Problem* with resident Laurie Ford Ph.D. See page 21 for additional information. Please register on the Digital Calendar located on the Portal. 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




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Wednesday October 26th:

- *8:45am** – Depart for a guided tour of the Women’s Rights National Historical Park. The trip will also include lunch and shopping at Sauders Market located in Seneca Falls, NY. No fee to attend. 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. 2:45pm
- 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.** All are welcome. Activities Room
- 1:30pm** – **Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 3:00pm** – **Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm** – **Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Thursday October 27th:

- 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** – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to secure transportation.
- 3:30pm** – **Pet therapy with Ann Julian and Lulu.** Laurelwood Hearth Room

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Friday October 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

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

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

***11:15am – Depart for lunch at Nocino Bar & Ristorante located at the Mall at Eastview.** 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. 1:15pm

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

No Religious Program with Chaplain Steve Petrovich today.

Saturday October 29th:

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

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


Sunday October 30th:

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



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Monday, October 31st: Halloween Day

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

2:00pm – Halloween Party! Enjoy themed snacks and beverages. Join us for some Halloween fun.


Costumes are encouraged but not required. Community Center

No Resident Meeting in October.



Residents Marie Ginther, Pat Rettew, Pat Robinson
Camille Clayton, and Brad Paxton outside of Hedges
Nine Mile Point Restaurant.



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University of Rochester Lecture

October 4th & 18th at 2:00pm

The Career of Dr. Halfdan Mahler

Dr. Halfdan Mahler, used to be the Director General of the World Health Organization from 1973 to 1988. Dr. Mahler, a Dane with strong social democratic proclivities, is widely considered the most charismatic, consequential, and controversial Director General in WHO's history. The first lecture (on October 4) will trace Mahler's family background and early life, medical school education and early career, his field experiences in international health in Latin America and in India, and the start of his career as a WHO official through 1976. The second lecture (on October 18) will describe Mahler's WHO career from 1977 to 1988, his triumphs and challenges, the controversies which surrounded him including his departure from WHO on unhappy terms in 1988, and his later embrace by the People's Health Movement as the hero of an anti-WHO grassroots global health insurgency.

Bio:


Theodore M. Brown is Professor Emeritus of History in the School of Arts and Sciences and of Public Health Sciences in the School of Medicine and Dentistry at the University of Rochester. During his forty-two years at Rochester, he also taught regularly in the Medical School's Division of Medical Humanities.

His research includes the history of U.S., international, and global medicine and public health; the history of U.S. health policy and politics; the health left and its role in both domestic and international health policy; the influence of organized philanthropy on medicine and public health; and the history of psychosomatic medicine, "stress" research, and biopsychosocial approaches to clinical practice. Professor Brown served as editor of *Rochester Studies in Medical History*, a book series of the University of Rochester Press, for eighteen years and oversaw the publication during his tenure of forty-five monographs on the history of medicine, public health, and related fields.

He has also served since 1997 as History Editor of the *American Journal of Public Health*. During the past year he has overseen the publication in *AJPH* of several historical essays putting the Covid-19 into historical perspective. In 1997 he co-authored (with Elizabeth Fee) *Making Medical History: The Life and Times of Henry E. Sigerist* and in 2012 (with Georges Benjamin and Susan Ladwig) *The Quest for Health Reform: A Satirical History*, a history of health reform in the United States as seen in political cartoons. In 2013 (with Anne-Emanuelle Birn) he published a coedited and coauthored book on American health internationalists in the 20th century. Along with Marcos Cueto and Elizabeth Fee, he completed a history of *The World Health Organization: A History*, which was published by Cambridge University Press in April 2019.

This November, the American Public Health Association will publish *Public Health Then and Now: Landmark Papers from the American Journal of Public Health*, an anthology of historical papers which he has selected and introduces. With Marcos Cueto and Niels Brimnes, he is currently working on a biography of Halfdan Mahler, Director General of WHO from 1973 to 1988.

University of Rochester Lecture information Cont'd

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Tuesday, October 25th at 2:00pm

Wireless Sensor Networks in the Age of Big Data

Wireless sensor networks, otherwise known as the Internet of Things (IoT), have and will continue to transform our every-day lives, from supporting personalized health care to enhanced environmental monitoring to enabling precision agriculture. With the plethora of applications and the advances in low-power and small devices, wireless sensor networks are able to produce data on a scale never before possible. Recent advances in data science and machine learning have enabled the analysis and application of this data to provide increased value. In this talk, Wendi will look back at the evolution of wireless sensor networks as well as look to the future to see where this technology may take us and what research is needed to get us there.

Bio:

Wendi Heinzelman is Dean of the Hajim School of Engineering and Applied Sciences and a Professor in the Departments of Electrical and Computer Engineering and Computer Science at the University of Rochester. As dean, Dr. Heinzelman oversees a variety of programs, departments, and institutes that support an undergraduate student body of 1,800 students along with 115 faculty, 65 staff, 660 graduate students, and more than 20,000 alumni. Dr. Heinzelman is also an accomplished researcher in the field of wireless communications, with her research supported by over \$11M in grants and published in over 150 textbooks, journal and conference papers that have been cited over 55,000 times. Dr. Heinzelman is a co-founder and current steering committee member of Networking Networking Women (N²Women), a member of the Society of Women Engineers (SWE), a Fellow of the ACM, and a Fellow of the IEEE.

“UR” Always Learning Lecture Series

Tuesday, October 11th at 4:00pm

Cryptocurrency: Magic Internet Money ~ OR - Is There Something There?

This lecture covers technologies on which cryptocurrencies are based and explores how some of the current ills might be resolved, perhaps giving rise to new and valuable applications.

Bio:

George Gibson earned his MBA at U of R's Simon Business School. Throughout his career, he, along with a variety of co-inventors, has been awarded 73 US patents. George is presently a consultant and an Adjunct Professor at Alfred University


Tuesday, October 18th at 4:00pm

The Nuts & Bolts of Leukemia

This talk will focus on how a leukemia diagnosis is made, who is at risk, how various types of the disease are managed, treatment, and expected results.

Bio:

Dr. Bennett is Professor Emeritus of Medicine, Pathology, and Laboratory Medicine at URMC and a practicing physician to this day. He has contributed to nearly 600 publications and was Editor-in-Chief of the Leukemia Research Journal for 20 years.

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“UR” Always Learning Lecture Series Cont’d

Tuesday, October 25th at 4:00pm **Nuclear Energy’s Biggest Problem**

Laurie will talk about the nuclear fuel cycle and its management for a sustainable future.

Bio:

Laurie Ford has a Ph.D. in Systems Engineering and Operations Research and has retired from her career as a management consultant. She has worked with several organizations on matters of nuclear energy and the management of nuclear waste.

Lectures

Monday, October 3rd at 2:00pm **Act II Openers**

Nothing can transport you back into the story quite like a musical number, and Broadway’s best shows are proof of that power. Join Bob to relive the magical opening numbers for Act III!

Tuesday, October 11th at 2:00pm **Back to the Moon: NASA’s Artemis Mission**


Since the Apollo 17 astronauts left the moon in 1972, no other human being has set foot on the lunar surface. NASA’s Artemis mission hopes to change this by putting the next man and the first woman on the moon by 2025. In this lesson, we’ll discuss the current progress of the Artemis mission, and give you an update on NASA’s Space Launch System, the Lunar Gateway, and the lunar lander being built by SpaceX.

Outings

Saturday, October 1st at 9:15am **Hilton Apple Festival**

The Festival was founded in 1981 by Hilton Businessmen Patrick Marlow and Douglas Marple. Homer Marple of Marple Furniture, financed the Festival in its first year when it was organized by Coordinator, Carol Gursslin with just a handful of volunteers. It was held at Canning Street Square.

The purpose of the Festival was to offer free family entertainment while celebrating the apple harvest season, the Hilton/Parma community, and the local apple growers. Artists were given a showplace for their handcrafted goods and nonprofit groups of the Hilton Central School District raised funds by selling food. In 1982, Carol Gursslin was once again the Coordinator but there were about 200 volunteers and it was held at the Hilton Community Center. Many local businesses provided finances the first five or six years. The Apple Fest currently has approximately 100 craft booths and 22 food booths. One of the reasons for its success is the help it receives from its approximately 200 volunteers.

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Outing's Cont'd

Wednesday, October 12th at 2:00pm

Documentary Movie: Ken Burn's America: Brooklyn Bridge

Master documentary filmmaker Ken Burns is the genius behind this film that chronicles the history of New York City's fabled Brooklyn Bridge. Traversing the East River, the Brooklyn Bridge stands graceful and tall, often prominently featured in many a book and movie. Listen as such literary luminaries as Arthur Miller and Kurt Vonnegut discuss the magic of this landmark.

Thursday, October 13th at 9:00am


Cobblestone Retreat Center

Cobblestone Springs is an interdenominational retreat/renewal center located in the Finger Lakes Region of rural Upstate New York. Housed in an historic 1840s cobblestone mansion, it overlooks the Seneca Lake valley. Well-kept Mennonite farms surround the property, and horse-drawn buggies regularly pass by the house. Cobblestone Springs is set on 16 mostly wooded acres with a large front porch, a patio garden, two screened gazebos, and trails with benches in quiet places for prayer and reflection. Our facilities include two formal parlors for gatherings of 10 to 15 people, overnight retreat accommodations for several people, and a library filled with a variety of spiritual reading. Cobblestone Springs regularly offers programs related to spirituality, community, and ecology. Its facilities are also available for individuals or groups. Meals can be provided by prior arrangement.

Friday, October 21st at 1:00pm

Memorial Art Gallery: Ubuhle Women: Beadwork and the Art of Independence


Ubuhle Women: Beadwork and the Art of Independence showcases a new form of bead art, the ndwango ("cloth"), developed by a community of women living and working together in rural KwaZulu-Natal, South Africa. The black fabric on which the Ubuhle women work is reminiscent of the Xhosa headscarves and skirts which many of them grew up wearing. By stretching this textile like a canvas, the artists transform the flat cloth into a contemporary art form with colored Czech glass beads. Ubuhle means "beauty" in the Xhosa and Zulu languages and it describes the shimmering quality of light on glass that for the Xhosa people has a particular spiritual significance.

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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
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
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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