



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational
Program Calendar

December 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



Thursday December 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

*1:00pm – **Depart for Kittelberger’s Florist and Gift Shop** for some holiday shopping. Pick up a holiday gift or something for yourself! Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 3:30pm



No Pet Therapy with Ann Julian and Lulu today.

Friday December 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

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

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

11:00am – **First Friday Catholic Mass** with volunteers from St. Louis Church. Please note today’s time change. Music Room

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

No Religious Program today with Chaplain Steve Petrovich.

3:30pm – **Annual Employee Appreciation Fund Ceremony and Resident Holiday Party including the presentation of the checks** in the Community Center. This event will be followed by a buffet style dinner from 4:30pm-6:30pm in the Oneida Dining Room. **Please see previously distributed flyer for additional 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.

Saturday December 3rd:

- 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
- *3:15pm – Depart for the New Horizon Band Holiday Concert performing at Brighton High School.** No fee to attend, general admission. **Walking is required. Please note there are 2 sets of steps to get into the building with no ramp access for wheelchairs.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 6:30pm

Sunday December 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. 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 December 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
- 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

(Programs for 12/5 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.

2:00pm – **Presentation: *LGBTQ+ Etiquette and Common Bloopers*** with Jeannie Gainsburg, award-winning educational trainer and consultant in the field of LGBTQ+ inclusion and effective allyship. Jeannie’s parents both previously lived at the Highlands. The Zoom link will be sent to all residents via email the morning of the presentation. Please see page 20 for more information.
Community Center

6:45pm – **Depart for the Penfield Symphony Orchestra Concert: *Celebrate the Season with Friends.***



Please note tickets and transportation arrangements were made in advance. For questions, contact Elizabeth David 641-6344. Return approx. 10:00pm

Tuesday December 6th:

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

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. **Please note today’s location.** Laurelwood Activities Room

1:00pm – **Knitting Group** with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Music Room

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

2:00pm – **3-Part Lecture Series: *Healing Pathways, Today’s Topic: Spirituality and our Health and Wellbeing*** with Jennifer Klein, a Certified Holistic Stress Management Instructor with a Master’s Degree in Integrative Health. Community Center

*4:45pm – **Depart for The Town of Pittsford’s Candlelight Night in the Village.** An annual holiday celebration featuring live music, carolers, and visits with Santa. Explore the village of Pittsford and shop! Walking is required. In Pittsford, the shuttle pick up and drop off location is behind The Spa at the Del Monte. Return approx. 6:30pm

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.

Wednesday December 7th: Pearl Harbor Remembrance 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
- 10:00am – Technology Class, Topic: *Holiday Lists***, How to Build and Maintain a holiday list for Mailings with the HAP Technology Team. Please contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- *11:30am – Depart for the Live from Hochstein Concert: *Madrigalia: A Cup of Good Cheer***, a choral chamber ensemble. Please register on the Digital Calendar located on the Portal. For questions or registration assistance contact Elizabeth David 641-6344. Return approx. 1:15pm
- 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 – Caregivers Support Group Meet & Greet** with new facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager) All are welcome. Activities Room
- 3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm~6:00pm – Happy Hour:** drink specials and appetizers. Community Center
- *4:15pm – Depart for Dinner at the Red Fedele Brook House** located in Greece. Come enjoy an Italian dinner and view the beautiful Christmas décor. Dinner will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions or registration assistance contact Elizabeth David 641-6344. Return approx. 7:30pm
- 6:45pm – Evening Entertainment** with John Williams featuring piano. Laurelwood Gallery



Residents Ellen Hannes and Nancy Robbins enjoying lunch at McArdle's Restaurant in Fairport.



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Thursday December 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.

***9:45am – Depart for some holiday shopping at Parkleigh and MacKenzie-Childs at Parkleigh 235**, located on Park Avenue. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 12:00pm

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

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

11:00am – Gentle Chair Yoga with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

1:15pm – Depart for The Sisters of St. Joseph’s Mother House for the Pittsford Highlands chorus performance. Chorus members please contact the Hospitality Desk 586-7600 if you would like transportation.

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



Friday December 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



(Programs for 12/9 Continue on Next Page)

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

*1:00pm – Depart for shopping at Eastview Mall, Target, and Victor Crossings where store selection includes the Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Make those last-minute holiday purchases! Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 4:00pm

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

6:45pm – Depart for the Rochester Philharmonic Orchestra Concert: *Handel's Messiah*. Please



note this is an additional concert that is not part of the normal RPO concert series that the Highlands offers. Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions or to secure transportation contact Elizabeth David 641-6344. Return approx. 10:00pm

Saturday December 10th:

8:45am – Depart for a Scenic Excursion Day Tour trip to Skaneateles for the Dickens Christmas Festival as well as an evening Holiday Lights display on Onondaga Lake. Please note transportation and ticket arrangements were purchased in advance. Return approx. 9:15pm

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

Due to the busy use of our rooms there will be no weekend Movie Matinee today.

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 December 11th:

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

1:00pm – Holiday Caroling with Asbury First United Methodist Church. All are welcome. Music Room

Due to the busy use of our rooms there will be no weekend Movie Matinee today.

3:00pm – Holiday Afternoon Entertainment with *Take Note* featuring keyboard and vocals. 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.

Monday December 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 – **Monthly Documentary Movie: *Mother Teresa: A Life of Devotion (1997)***. Run time is approx. 50 min. See page 20 for movie description. Community Center
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool

Tuesday December 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
- 12:50pm – **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: *Books and Book Binding*** with resident Hans Ruhland. Community Center

Wednesday December 14th

- *8:30am – **Depart for Breakfast at Steve's Diner in Perinton followed by shopping at the Purple Moon Cottage.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 12:00pm
- 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
- 10:00am – **Resident Portal Class, Today's Topic: *Setting up your Bio on the Portal for Others to get to know You.*** Please bring your laptop so we can help you get started with the HAP Technology Team. For questions contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309. Music Room

(Programs for 12/14 Continue on Next Page)

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- 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 – **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 or registration assistance, contact Elizabeth David 641-6344.
 Laurelwood Activities Room
- 3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center
- 4:30pm – **Afternoon Holiday Entertainment and Sing along from the group *The High Five*.** Listen to holiday music being played by residents Ralph Carter on the piano, Larry Iwan on the tuba, Glenn Koch and Jean Weaver on the trumpet and Peter Webster on the baritone sax. Come support your neighbors! Music Room

Thursday December 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.
- 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
- *11:30am – **Depart for the Eastman @ Washington Square Concert for the performance of *Hope-Jones Organ Showcase*.** Rejoice with the sound of the of the First Universalist Church's organ as organist Keith Reas show-cases this important and beautiful instrument. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 1:15pm


(Programs for 12/15 Continue on Next Page)

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2:00pm – **The Pittsford Highlands Chorus Performance: *Holiday Joys***. Come support your neighbors and enjoy some holiday favorites ! Community Center

2:00pm – **Asbury First United Methodist Church Advent Communion service** with Christmas hymns, followed by social. All are welcome. Music Room

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

Friday December 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

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.

2:30pm – **Afternoon Holiday Entertainment with the *New Horizons Big Band***. Come support some of your neighbors who you may recognize! Community Center

Saturday December 17th

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

1:30pm – **Afternoon jazz and folk music** with Vicki Rummler featuring piano and vocals. Daughter of Laurelwood resident Ed Rummler. Community Center

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

Residents Al Lorenzo and Dawn Murley enjoying a lunch outing.



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Sunday December 18th: Hanukkah 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 – 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
- 1:00pm – Afternoon Music from the Elizabeth Kinney School** featuring a piano and cello variety performed by children of all ages. Community Center
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

Monday December 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: *Music & Life of Barbara Streisand*** with Larry Shearer. Laurelwood Activities Room
- 2:00pm – University of Rochester Presentation: *Music-Language Collaborations: Speech-in-Noise and Mapping Music in the Brain*** with Betsly Marvin, Minehan Family Professor and Professor of Music Theory at the Eastman School of Music. Please see page 19 for more information. **In-person only.** Community Center
- *7:00pm – Depart for Flower City Jazz Society Concert featuring *Roger Ecker's Little Big Band.*** 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
- 7:00pm – Evening Entertainment with music from *Rochester Rhapsody*** featuring a cappella harmony singing. Community Center

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Tuesday December 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

11:00am – **Hanukkah Celebration with Rabbi Peter Stein from Temple B'rith Kodesh.** All are welcome. Music Room

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Music Room

2:00pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

*1:30pm – **Cookie Decorating with eggnog.** What is the holiday season without cookie decorating and eggnog? All decorating supplies and cookies will be provided. Join your neighbors for conversation, fun, and a glass of eggnog. Bring home a sweet treat to share with your family. Please register on the Digital Calendar located on the Portal. Space is limited. For questions or registration assistance, contact Elizabeth David 641-6345. Music Room

Wednesday December 21st: First day of winter

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

*1:30pm – **Holiday BINGO and Wine!** Come enjoy a fun game of BINGO while enjoying a holiday beverage. Great prizes will be given to winners! Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Community Center

(Programs for 12/21 Continue on Next Page)

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*2:00pm – **Windows PC Computer Class, Topic: *Basic Q&A: Office vs. Google Docs*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Patrick Langton 641-6309 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

*6:15pm – **Depart for a Christmas Lights Evening Ride (Group 1)** to see festive outdoor holiday decorations. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return at approx. 7:15pm



*7:45pm – **Depart for a Christmas Lights Evening Ride (Group 2)** to see festive outdoor holiday decorations. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return at Approx. 8:45pm



Thursday December 22nd:

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 the Lambert Conservatory** to view the beautiful collection of plants and the poinsettia display. Admission fee \$1.00 and will be collected on the bus. Walking is required. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 4:00pm

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

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

11:00am – **Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

6:30pm – **Holiday Evening Entertainment with Karen LaBella** on guitar featuring Jewish music to celebrate Hanukkah. Community Center



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Friday December 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
- *11:00am –Christmas Caroling on the Highlands Campus.** Come spread some goodwill and holiday cheer to our friends on campus with guitarist Karen LaBella leading the way. **Music Lyrics will be provided.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. **Location will be TBD.**
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Christmas Hymn Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm-3:00pm – Holiday Social:** Come enjoy refreshments and each other's company during this holiday season! All are welcome. Music Room

**Saturday December 24th: Christmas Eve**

- 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
- 7:00pm – Live Stream Christmas Eve Service with Asbury First United Methodist Church.** After dinner, stop by to enjoy the service and fellowship with your neighbors during this holiday season. All are welcome. The zoom link will be sent out to all residents via the daily email the morning of the services. Music Room

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



Sunday December 25th: Christmas Day

No Church Transportation today.

No Communion Service with volunteers from St. Louis Church today.

No Asbury First United Methodist Church Live Stream Service in Laurelwood today. Please see daily email for live stream link to watch on your own.

Monday, December 26th: Hanukkah ends at sundown / Kwanzaa begins

No Fitness Classes with Robin Gallagher today.

There will be no Book Discussion Group this month. See you on January 23rd.

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

Tuesday December 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

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. Music Room

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

2:00pm – **Virtual Presentation: *What's up in Astronomy?*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. Join Valerie for a discussion of some amazing discoveries and events from the past year in space! The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Community Center.



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Wednesday December 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
- *10:00am – Depart for the George Eastman House Annual Sweet Creations Exhibition.** The display features clever confections from professional bakers, families, and community groups. Admission is \$18.00 and will be collected on the bus. Walking is required. Return approx. 12:15pm
- 10:00am – Social Media Technology Class, Topic: *How to Set Up and Maintain Facebook*** with the HAP Technology Team. For questions contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 1:00pm~2:00pm – Open Swim** with Robin Gallagher. Pool
- No Pittsford Highlands Chorus practice today, see you January 4th.**
- 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 December 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.
- 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

(Programs for 12/29 Continue on Next Page)

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*12:45pm – **Movie Matinee at Regal Eastview.** The Movie will be advertised as the date approaches.



Admission fee is \$12.55 per person and will be paid for in advance, as the tickets will also be purchased in advance by Elizabeth David. Please note departure and return times are subject to change. Please register on the Digital Calendar located on the Portal. Elizabeth will contact those registered for additional and up to date information. For questions or registration assistance, contact Elizabeth David 641-6344 Return approx. 4:00pm

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

Friday December 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

1:15pm – **Christmas Carols** with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm-3:00pm – **Holiday Social:** Come enjoy refreshments and each other's company during this holiday season! All are welcome. Music Room

Saturday December 31st: New Year's Eve

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



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University of Rochester Lecture

Monday December 19th at 2:00pm

Music-Language Collaborations: Speech-in-Noise and Mapping Music in the Brain

Abstract: (Words from Betsy)

As music teachers, we have opportunities to change our students' lives by shaping the ways they interact with music. I have been fortunate to experience another kind of impact on musicians' lives, through collaborations with medical researchers whose work stands at the intersection of language and music processing in the auditory system. I provide two case studies from my perspective as musician-collaborator. The first explored the question of whether musical training improves the ability to separate a single voice from surrounding noise. We adapted an existing hearing-in-noise test to a new format that is easy to administer and has potential to improve hearing-loss detection. In the second, I served as music consultant during awake brain surgery. Here I assisted in developing and scoring a musical task that helped guide the surgeon's work as he removed a tumor positioned near the right superior temporal gyrus of a professional saxophone player's brain, an area potentially critical for music processing. The task identified music-specific areas that were successfully preserved in surgery.

Bio:

Elizabeth West Marvin is the Minehan Family Professor and Professor of Music Theory at the Eastman School of Music; she holds a secondary appointment in the Department of Brain and Cognitive Sciences at the University of Rochester. Her research interests include the study of cognitive differences among musicians, non-musicians, and absolute-pitch listeners; pedagogical implications of music-cognitive research; and comparisons between language and music processing. Dr. Marvin is a past president of the national Society for Music Theory. In 2013, she was awarded the Gail Boyd de Stwolinski Prize for Lifetime Achievement in Music Theory Teaching and Scholarship. In addition to her research publications, she is co-author of three music theory textbooks published by W.W. Norton.

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Lecture

Monday, December 5th at 2:00pm

LGBTQ+ Etiquette and Common Bloopers

LGBTQ+ terms and identities are constantly changing. It is difficult to keep up. Many people feel intimidated by all the changes and are silenced by the fear that they will accidentally say something that will offend someone. This presentation will help relieve this anxiety by offering easy respectful language tips and suggestions for how to mess up properly. Hopefully you will leave with a list of the most common LGBTQ+ etiquette bloopers, better language suggestions, best-practice communication tips, and an increased confidence in their ability to have respectful interactions with and about LGBTQ+ friends and family members.

Jeannie Gainsburg is an award-winning educational trainer and consultant in the field of LGBTQ+ inclusion and effective allyship. Formerly the Education Director at the Out Alliance of Rochester, N.Y., she is the founder of Savvy Ally Action and author of the book, *The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate*. Jeannie has a BA in psychology from Brown University and an MA in social work and social research from Bryn Mawr College. She was under the impression that a citation was the result of driving too fast until January of 2019, when she received one from the New York State Assembly for Distinguished Educational & Human Rights Services for her work in promoting LGBTQ+ rights and inclusion. Her encouraging, passionate, and warm-hearted approach will jumpstart even the most tentative ally. Visit her website and download free ally goodies at: www.savvyallyaction.com.

Documentary Description

Monday, December 12th at 1:00pm

Mother Teresa: A Life of Devotion (1997).

This poignant portrait is highlighted by talks with those who knew and worked with Mother Teresa -- unknowns to famed leaders. For more than 50 years, Mother Teresa dedicated herself to work on behalf of God's will, in her own feelings. She founded the Missionaries of Charity, which included 3,000 members working in 25 countries. A Nobel Peace Prize winner, this admirable woman remained humble until her death in 1997. Run time is approx. 50 min. Community Center

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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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