



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

January 2023



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.



Sunday January 1st: New Year's Day

No Church Transportation today.

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

Please also see the daily email for the live stream link if you wish to watch on your own.

No Weekend Movie Matinee today.

Monday January 2nd:

No Fitness Classes with Robin Gallagher today.

No Program Planning Meeting today. Next meeting will be held on January 9th.

11:00am-8:00pm – Enjoy the 134th Rose parade, beginning at 11:00am, followed by the 2023 Rose Bowl college football game, Penn State vs. Utah, beginning at 5:00pm. Join us at 4:30pm for game time snacks and beverages with the game on the big screen. Community Center

Pool is open you just need a buddy.

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

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

Tuesday January 3rd:

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 – Presentation: *The Best Collection Ever: The Latest News and Developments at the Museum*, with Christopher Bensch, Vice President for Collections and Chief Curator at the Strong Museum of Play. Please see page 17 for more information. Community Center





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Wednesday January 4th:

- 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 Technology Class, Topic: *Setting up your Bio on the Portal for others to get to know You*** 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
- *11:15am – **Depart for lunch at the Cheesecake Factory.** Lunch 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. 1:00pm
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – **Happy Hour:** drink specials and appetizers. Community Center

Thursday January 5th:

- 9:00am – **Water Fitness** with Robin Gallagher. Pool
- 9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club. 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 Eastview Mall, Target and Victor Crossings.** Store selection include Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Make holiday returns and enjoy the after-holiday sales! Please register on the Digital Calendar located on the Portal. 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

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 January 6th:**

- 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 – **First Friday Catholic Mass** with volunteers from St. Louis Church. Community Center
- 1:15pm – **Pause for Peace** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – **Monthly Documentary Movie: *Minimalism: A Documentary About the Important Things*** (2016). Run time is approx. 1h 20min. See page 18 for additional information. Music Room


Saturday January 7th:

- 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. Music Room
- *3:00pm – **Boars Head and Yule Log Festival hosted by the Third Presbyterian Church.** While there is no cost to attend, donations are appreciated as they help support Third Church's Art Programs and Outreach Ministries. See page 18 for additional information. Please register on the Digital calendar located on the Portal. For questions or registration assistance contact Elizabeth David 641-6344. Return approx. 6:00pm

**Sunday January 8th:**

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



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Monday January 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
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 11:00am – Program Planning Meeting.** All are welcome to discuss, evaluate, and suggest outings and lectures. Music Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 2:00pm – Virtual Presentation: *Betelgeuse: The Red Supergiant in Orion*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 17 for additional information. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Community Center.

Tuesday January 10th:

- 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
- *11:30am – Depart for the Tuesday Pipes Concert at Christ Church.** No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm
- 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: *The Power of Kindness*** with Chet Fery known as the “Bread Man”. Chet will share his bread time stories and provide a bread making demonstration. Join us as we walk down memory lane recalling our memories of “hot bread from the oven” and learn how we can make the world a better place “one loaf of bread at a time, one act of kindness at a time”.
- In-person only.** Community Center



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Wednesday January 11th:

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

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

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

1:00pm – Caregivers Support Group with new facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2nd Floor Activities Room

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

2:00pm – Windows PC Computer Class, Today's Topic: *Discussion: How do you Use your Computer, and What do you Want to use it for? with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309. Media Center

***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 – Depart for dinner at Michael Valley Grill in Penfield, NY.** 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. 7:45pm



Residents enjoying our Holiday Social!



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Thursday January 12th:

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

9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza. Please call the Hospitality Desk 586-7600 to secure transportation.


*9:30am – **Depart for a guided tour of the Ronald McDonald House of Rochester.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David. Walking is required. Return approx. 12:15pm

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

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

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

Friday January 13th:

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


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 – **Poems, Quotes and Songs** with Chaplain Steve Petrovich. Laurelwood Gallery

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Saturday January 14th:

- 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

Sunday January 15th:


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

Monday January 16th: Martin Luther King Jr. 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
- 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 the McGuire Sisters*** with Larry Shearer. Laurelwood Activities Room
- 2:00pm – **University of Rochester 2-part Lecture Series: *Dialectical Behavior Therapy (DBT) in a Nutshell*** with Mary Jo Newcomb, BS RN-BC. Please see page 17 for more information. **In-person only.** Community Center

No Flower City Jazz Concert this month.



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Tuesday January 17th:

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. Music Room

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

2:00pm – **Presentation: *Target: Why a Revolution*** with Rochester Historian Dan Cody. Please see page 17 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Wednesday January 18th:

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

*9:00am – **Depart for Sauders Market: A taste of Mennonite Culture located in Seneca Falls, NY**. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 12:00pm



10:15am – **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 – **Resident Portal Technology Class, Topic: *Intro to the Highlands at Pittsford Portal*** with the HAP Technology Team. For questions contact Patrick Langton 641-6309 or Jeremy Snelgrove 641-6309. 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

4:00pm – **To “UR” Health Lecture Series: *Pain Management*** with John Markman, M.D. 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. For questions or registration assistance, contact Bridget March at 641-6388. Hahnemann Club.



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Thursday January 19th:

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

9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza. 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 the Strassenburgh Planetarium for a private viewing of *JWST: The Just Wonderful Space Telescope* followed by lunch at Rome Café.** This show is 50-minutes. Admission fee is \$10.00 and will be paid for upon arrival. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. See page 18 for additional information. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 2:00pm

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 – **Eastman at Washington Square Concert: *Minus 2*** featuring French horn, tuba and euphonium. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm

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


Friday January 20th:

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

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

(Programs for 1/20 Continue on Next Page)

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

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

6:45pm – Depart for the Rochester Philharmonic Pops Concert: *Gershwin, Berlin & Friends*. Please note transportation and ticket arrangements were made in advance, but there still may be some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions contact Elizabeth David 641-6344. Return approx. 10:00pm

Saturday January 21st:

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. Music Room

Sunday January 22nd:

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

Monday, January 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

9:30am – Book Discussion Group, Book Title: Braiding Sweetgrass by Robin Wall Kimmerer. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room

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

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

2:00pm – University of Rochester 2-part Lecture Series: *Dialectical Behavior Therapy (DBT) in a Nutshell* with Mary Jo Newcomb, BS RN-BC. Please see page 17 for more information. **In-person only**. Community Center

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Tuesday January 24th:

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 Tuesday Pipes Concert at Christ Church.** No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm

*12:30pm – **Take-out lunch at HAP. Enjoy a “take out” lunch from Fairport Hots for Rochester’s Famous Garbage Plates!!** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. Those who have registered will receive a menu and additional information on ordering and payment. For questions or registration assistance, contact Elizabeth David 641-6344. Community Center



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


Wednesday January 25th:

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

10:00am – **iPhone/iPad Technology Class, Topic: *Maintaining your iPhones and iPads, Learn How to Clean Things Up*** with the HAP Technology Team. For questions or registration assistance contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309. Music Room

*10:00am – **Depart for the Rochester Zen Center.** A Sōtō and Rinzai Zen Buddhist sangha in the Kapleau lineage, established in 1966. It is one of the oldest Zen centers in the United States. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 12:00pm

(Programs for 1/25 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
- 1:00pm – **Caregivers Support Group**, Open Discussion. All are welcome. 2nd Floor 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
- 4:00pm – **To “UR” Health Lecture Series, Today’s Topic: *Parkinson’s Disease*** with Ray Dorsey, M.D., M.B.A. 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. For questions or registration assistance, contact Bridget March at 641-6388. Hahnemann Club.

Thursday January 26th:

- 9:00am – **Water Fitness** with Robin Gallagher. Pool
- 9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza. Please call the Hospitality Desk 586-7600 to secure transportation.
- *9:30am – **Depart for another guided tour of the Monroe County Crime Lab** with Lab Director John Clark. Please see page 18 for more 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. **Please note the waitlist from November’s outing has priority. Space is limited.** Return approx. 12:15pm
- 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
- 3:30pm – **Pet Therapy with Ann Julian and Lulu**. Laurelwood Hearth Room

(Programs for 1/26 Continue on Next Page)

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

Friday January 27th:


- 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 – **Hymn Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – **Afternoon Entertainment** with Mary Lobb featuring guitar and ukulele. Community Center

Saturday January 28th:

- 10:15am – **Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – **Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room
- 3:00pm – **Enjoy a Pet Therapy visit from RocDog**, a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

Sunday January 29th:

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

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Monday, January 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

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

***12:00pm – Pizza Party Luncheon.** No fee to attend. **Residents only.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Oneida Dining 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



Tuesday January 31st:

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 Tuesday Pipes Concert at Christ Church.** No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm




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 – Video Recording: *The Mushroom Man Who Changed the World*, featuring Resident Pat Rettew's Father-in-Law G. Raymond Rettew. Watch a 20-minute video clip to *learn about* the history and production of *Penicillin*. This presentation is only available to view in the Community Center.



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University of Rochester Lecture

January 16th & 23rd at 2:00pm

Dialectical Behavior Therapy (DBT) in a Nutshell

This 2-part series will provide an overview of Marsha Linehan's traditional DBT (a comprehensive cognitive-behavioral mental health treatment) and explain the 4 core DBT skills (mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness). Mary Jo will focus on these 4 DBT coping skills and discuss how they can be practiced to enhance and bring balance to your life. The 2nd session will provide experiential activities for practicing the skills.

Bio:

Mary Jo Newcomb, BS RN-BC is a nurse specializing in psychiatric/mental health nursing for 41 years. Mary Jo currently works part-time in the Psychiatric Medication Consultation Clinic at URM. She is certified in Dialectical Behavior Therapy. She also volunteers at Sunset House and Isaiah House, Comfort Care Homes.

Lectures

Tuesday, January 3rd at 2pm

The Best Collection Ever: The Latest News and Developments at the Museum

Christopher Bensch became one of the curators at The Strong museum with responsibilities ranging from furniture to cookware, record albums, televisions, Big Mac boxes and Halloween costumes. Since 2004, Chris has served as Vice President for Collections with oversight of the museum's curatorial, conservation, and library functions and the more than 500,000 objects make it the largest, most comprehensive collection of toys, games, dolls, and video games in the world. Chris oversaw production of the museum's two 2nd floor exhibits—the *Toy Halls of Fame* that opened in September 2015 and *America at Play* that opened in December 2016. He was also involved in The Strong's 90,000sq expansion project, that opened this year.

Monday, January 9th at 2pm


Betelgeuse: The Red Supergiant in Orion

Betelgeuse is the bright orange star representing the left shoulder of the constellation Orion. The star has been extensively studied throughout history, and is most famous for being a red supergiant that could explode as a supernova in the (astronomically) near future. In this lesson, we'll look at some direct images of the star's surface taken by space telescopes, discuss how we can measure its size and distance with great accuracy, and examine the recent "great dimming" event that had astronomers thinking the star was about to go supernova!

Tuesday, January 17th at 2:00pm

Why a Revolution?

Our Founding Fathers just didn't wake up on July 4, 1776, and decide to seek independence from Great Britain. It was the accumulation of years of events which brought the colonists to such a drastic and treasonous decision. Learn about what led up to that fateful decision.

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Outings

Saturday, January 7th at 3:00pm **Boars Head and Yule Log Festival**

This multi-generational pageant with over 100 cast and choir members dates back to the 14th century, and blends the secular elements of a Royal Court, with sacred elements such as The Holy Family, Shepherds, and Three Kings in a visually and musically spectacular celebration of Epiphany. Enjoy pre-festival music that starts at 3:30pm with a reception following the performance.

January 19th at 10:30am

JWST, the James Webb Space Telescope, is in its intended orbit, and its mirrors are focusing infrared light even better than expected. We'll appreciate JWST's amazing technology, fill the Star Theater dome with its first images, and find out why seeing in infrared is a scientific superpower.

Thursday, January 26th at 9:30am **Guided tour of the Monroe County Crime Lab**

Our group will be touring Monroe County's state of the art Crime Laboratory. We will visit the Evidence section of the laboratory where all of the evidence comes in for processing, is cataloged and assigned to one or more of the forensic sections. This tour will include visiting various part of the Lab such as Firearms and Toolmark, Biology which includes DNA analysis, Trace Evidence, Drug Chemistry and finally Digital Evidence. At each section an explanation of the types of evidence examined as well as the various tests that can be performed will be discussed.


Bio:

John Clark has a Masters and Bachelors in Forensic Science as well as a Master's in Public Administration. He has held many positions such as Laboratory Director, as well as Supervisor of the Firearms & Toolmark, and Firearms Examiner for many years.

Documentary Description

January 6th at 1:30pm **Minimalism: A Documentary About the Important Things**


Less has never meant more than it does to the architects, designers, musicians, businessmen and regular folk profiled here -- all of whom are self-proclaimed minimalists focused on getting the most out of life by living with the least.

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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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