



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

February 2023



Cultural Programming Staff

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Use the guides below to help you determine which outings are for you.



Programs denoted with a wheelchair symbol indicate it is wheelchair accessible.

Use the asterisk below to help gauge the level of walking an outing requires.

- * Easy Going
- ** On Your Feet
- *** Keep the Pace
- **** Let's Go!

Wednesday February 1st:

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

10:00am – Resident Portal Technology Class, Topic: *General Overview* with the HAP Technology Team. Please contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309 with questions. Music Room

10:00am-1:00pm –In-person Demonstration: *Ancient Sand Art*. Watch local artist Katie Jo Suddaby create vibrant pictures out of thousands of grains of colorful sand! This piece is impermanent, meaning it will be brushed away when it's finished. Pub Area

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

***11:15am – Depart for lunch at Foxes Deli located in Winton Plaza**. Enjoy a New York Deli Brisk- paced, family-run restaurant specializing in comfort foods, from reubens and matzo ball soup, to burgers and salads. Lunch will be paid for on your own. **Please register on the Registration Calendar located on the Portal**. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:30pm *



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

4:00pm – To “UR” Health Lecture Series: *Lecture on Lifestyle Medicine and Healthy Aging with Susan M. Friedman, M.D., M.P.H. **Please register on the Registration 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

February

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



Thursday February 2nd: Groundhog Day

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 at 586-7600 to secure transportation.

10:00am – **Perk up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

*11:30am – **Eastman at Washington Square Concert: *Classical Guitar*** featuring music of Johann



Sebastian Bach and more. No fee to attend. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:30pm *

*1:00pm – **Depart for the Memorial Art Gallery** for a guided tour of the exhibit *Striking Power: Iconoclasm in Ancient Egypt*. Admission fee is \$16.00 per person and will be paid for upon arrival. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:15pm ***

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

Friday February 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 at 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 at 641-6316. Fitness Room

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

11:00am – **Presentation: *What is Organization: How to Keep up*** with HAP Staff Member Elizabeth David. Music Room

(Programs for 2/3 Continue on Next Page)

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

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

2:30pm – **Afternoon Entertainment** featuring classic 60's romantic music on the guitar as we gear up for Valentine's Day. Laurelwood Gallery

Saturday February 4th:

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 February 5th:

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

1:15pm – **Depart for the JCC (Jewish Community Center) to see the production of *Hitmakers*.** Please note  tickets and transportation arrangements were made in advance. For questions contact Elizabeth David at 641-6344. Return approx. 4:30pm *

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

Monday February 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 at 641-6316. Hahnemann Club

10:00am – **Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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

(Programs for 2/6 Continue on Next Page)

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

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

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

2:00pm – **Presentation: *Love is in the Air ~ Broadway Style*** with Bob Sagan AKA “Broadway Bob”.

In-person only. Community Center

Tuesday February 7th:

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 at 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.** 2nd Floor 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 – **Virtual Presentation: *Latest Results from the James Webb Space Telescope II*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 18 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.

7:00pm – **Evening Movie and Snacks:** The movie title will be announced in advance on the Digital Sign and Resident Portal. Music Room



Resident Mary Kay Kidd and Brad Paxton enjoying
grilled cheese sandwiches from Sauders Market in Seneca Falls.



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

Wednesday February 8th:

- 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 at 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 facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2nd Floor Activities Room
- 1:15pm – Depart for Geva Theatre for the performance of *Ain't Misbehavin*. Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David at 641-6344 with questions. Return approx. 4:30pm *
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- *1:30pm – **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 Register Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Laurelwood Activities Room
- *2:00pm – **Windows PC Computer Class,** Today's Topic: *How to Clean and Optimize your PC* with the HAP Technology Team. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 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

Residents enjoying a trip to the Strassenburgh Planetarium.



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Thursday February 9th:

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 conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

1:00pm – Depart for Regal Eastview for the showing of *80 for Brady*. Please note ticket and transportation arrangements were made in advance. Contact Elizabeth David 641-6344 with questions.



Return approx. 4:00pm*

1:00pm – Depart for shopping at Tops Friendly Markets. Please call the Hospitality Desk 586-7600 to secure transportation. **

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

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *A Celebration of Black Composers:*



Rochester's Connections. 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 at 641-6344. Return approx. 10:00pm*

6:30pm – Evening Entertainment. Piano & sing along recital with the Rachel Nicol's School. Community Center

Lunch outing at Rome Café with some residents.



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Friday February 10th:

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 at 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 – Shopping in Henrietta.** Shops include Bed Bath & Beyond, DSW, Dress Barn, Talbots Outlet and Tops Friendly Markets. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 4:00pm ***

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



Saturday February 11th:

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



Sunday February 12th: Superbowl LVII/ Lincoln's Birthday

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

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

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

6:00pm – Superbowl Game. Come down enjoy some snacks and beverages and watch the game against the Philadelphia Eagles and the Kansas City Chiefs on the big screen. Community Center



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Monday February 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 at 641-6316. Hahnemann Club
- 10:00am – **Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 10:15am – **Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 2:15pm** – **University of Rochester Presentation. *Nutrition for Retirement*** with April Ho, Lead Clinical Dietitian at the Center for Community Health and Prevention. See page 18 for additional information. **Please note start time.** Community Center
- 6:45pm – **Depart for the Penfield Symphony Orchestra Concert: *Musical Bonbons*.** Please note tickets and transportation arrangements were made in advance. For questions, contact Elizabeth David at 641-6344. Return approx. 10:00pm *

**Tuesday February 14th: Valentine's Day**

- 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 Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 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
- 2:30pm – **Valentine's Day Social.** Come enjoy fun snacks and drinks with your neighbors. Community Center
- 7:00pm – **Evening Movie and Snacks:** The movie title will be announced in advance on the Digital Sign and Resident Portal. Music Room



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

**Wednesday February 15th: Susan B. Anthony 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 at 641-6316. Hahnemann Club
- 10:00am – Resident Portal Technology Class**, Topic: *Making Reservations and Signing up for Events* with the HAP Technology Team. For questions contact Patrick Langton at 641-6309 or Jeremy Snelgrove at 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
- 1:00pm-4:00pm – HAP Afternoon Pampering.** Enjoy complimentary spa amenities along with light refreshments. Services will be held in the 2nd Floor Activities Room and Highlands Style Salon. See flyer that will be distributed for additional information. For all services offered, please call Nicole in the HAP Salon at 585-641-6332 to make an appointment.
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- *1:30pm – Valentine’s Day Bingo.** Come for a glass of wine and fun prizes to be won. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Community 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

Thursday February 16th:

- 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 at 586-7600 to secure transportation.
- 10:00am – Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

(Programs for 2/16 Continue on Next Page)

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

*11:30am – Depart for lunch at the Pour House in Penfield. Lunch will be paid for on your own. **Please** register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:30pm *



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

Friday February 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 at 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 at 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 at 586-7600 to secure transportation

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

7:15pm – Depart for the Rochester Philharmonic Orchestra Pops Concert for the performance of *Andres* on Broadway. 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 at 641-6344. Return approx. 10:00pm *



Saturday February 18th:

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



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

Sunday February 19th:

- 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 February 20th: President's Day/Washington's Birthday

- 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 at 641-6316. Hahnemann Club
- 10:00am – Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 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
- 1:30 – Presentation: *Music & Life of Rodgers & Hart*** with Larry Shearer. Laurelwood Activities Room
- 2:00pm – Presentation: *Local Birds of Winter*** with bird expert Richard Ashworth. In-person only. Community Center
- *7:00pm – Depart for Flower City Jazz Society Concert featuring *Smugtown Stompers*.** Tickets are \$15.00, pay upon arrival. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx.

10:00pm *

Residents visiting the Rochester Zen Center.



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Tuesday February 21st Fat Tuesday/Mardi Gras

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 at 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

1:00pm – **Laughter Exercise Class with Robin Gallagher**. Did you know your body benefits from laughing? Laughter class uses laughter, silly activities and breathing. You might be surprised on how many muscles you use to laugh. All are welcome. Fitness Room

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

2:00pm – **Presentation: *Recycle Last, Reduce First*** with Antonius Chess, Natural Resources Educator and Climate Stewards Coordinator from Cornell Cooperative Extension. See page 19 for more information. Community Center

7:00pm – **Evening Movie and Snacks**: The movie title will be announced in advance on the Digital Sign and Resident Portal. Music Room

Wednesday February 22nd: Ash Wednesday

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 at 641-6316. Hahnemann Club

10:00am – **Resident Portal Technology Class**, Topic: *Discussion: What do you Love about the Portal?* with the HAP Technology Team. For questions or registration assistance contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

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

11:00am – **St. Louis Ash Wednesday Live Stream Service**. A volunteer from the parish will be here to give ashes. All are welcome. Music 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

(Programs for 2/22 Continue on Next Page)

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

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

***4:30pm – Depart for Dinner at Monroe’s Restaurant in Pittsford. Please register on the Registration Calendar located on the Portal.** Please note there are some stairs. For questions or registration assistance please contact Elizabeth David at 641 6344. Return approx. 7:30pm *



Thursday February 23rd:

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 19 for more information. No fee to attend. **Please register on the Registration Calendar located on the Portal. Please note the waitlist from January’s outing has priority. Space is limited.** For questions and registration assistance, contact Elizabeth David at 641-6344. Return approx. 12:15pm ***

10:00am – Perk up Coffee Hour. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

1:00pm – Depart for shopping at Tops Friendly Markets. Please call the Hospitality Desk at 586-7600 to secure transportation. **

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

6:45pm – Evening Entertainment with the Flower City Duo featuring two celloist. Community Center

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

Friday February 24th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 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 at 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 – Monthly Documentary Movie: *Score: A Film Music Documentary*.** See page 19 for additional information. Run time is approx. 1h 33m. Music Room
- 1:15pm – Hymn Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Afternoon Entertainment** with Don Newcomb featuring a 40's & 50's sing along. Community Center

Saturday February 25th:

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

Sunday February 26th:

- 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



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

Monday, February 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 at 641-6316. Hahnemann Club
- 9:30am – Book Discussion Group, Book Title: The Boy, the Mole, the Fox, and the Horse** by Charlie Mackesy. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room
- 10:00am – Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- *12:00pm – Winter Picnic Luncheon.** No fee to attend. **Residents only. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. **Please note this is not a Dining Event and no points will be used.** 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 February 28th:

- 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 at 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 Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 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

(Programs for 2/28 Continue on Next page)

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

2:00pm – University of Rochester Presentation: *Optimizing stress: Developing Tools to help People Face Evaluative Pressure* with Jeremy Jamieson, Professor of Psychology and Primary Investigator for the Social Stress Lab. See page 18 for additional information. Community Center

7:00pm – Evening Movie and Snacks: The movie title will be announced in advance on the Digital Sign and Resident Portal. Music Room

University of Rochester Lectures

Monday, February 13th at 2:15pm **Nutrition for Retirement**

Bio:

April Ho is the Lead Clinical Dietitian at the Center for Community Health and Prevention. She is a Registered Dietitian Nutritionist, Certified Personal Trainer, and recipe developer! April was born and raised in Rochester, NY and I loves helping people use food and fitness to improve their physical and emotional well-being. She completed undergraduate and graduate studies in Nutritional Sciences at Cornell University, and am currently working at the University of Rochester Center for Community Health and Prevention providing medical nutrition therapy and personal training to individual patients for a variety of diagnoses. I live with my husband, five children and dog, and spend my free time cooking with my family and practicing jiu jitsu.

Tuesday, February 28th at 2:00pm **Optimizing stress: Developing Tools to help People Face Evaluative Pressure**

Social-evaluative stressors—experiences in which people feel they could be judged negatively—pose a major threat to mental health and productivity, and can cause people to disengage from stressful pursuits.

Lectures

Tuesday, February 7th at 2pm **Latest Results from the James Webb Space Telescope II**

Since its first image release in July of 2022, the James Webb Space Telescope has revolutionized our view of the universe. New images of stars, planets, and galaxies are obtained on a daily basis, and these pictures help scientists better understand what our Universe looks like and how it's changed over time. Today's lesson will highlight some of the most recent results from JWST data, including new images of planets and moons in our solar system, stunning data from star-forming regions, and the latest spectacular images of distant galaxies.

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Tuesday, February 21st at 2:00pm
Recycle Last, Reduce First

Recycle Last, Reduce First is a presentation on sustainability at home. Emphasizing the 3Rs: Reduce, Reuse, Recycle. He will go over the history of Recycling, how much municipal waste we produce, and where it all actually goes, how to reduce the amount of waste you produce on an individual level, and ways to reuse items for the raw material that they are. He will provide alternative ways to reduce and reuse on an individual level and gives take home material to reference.

Outings

Thursday, February 23rd at 10:00am
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

Friday, February 24th at 1:30pm
Score: A Film Music Documentary

Movie fans may give it little thought, but a film's music is key to establishing mood and drama. This absorbing look at the craft of composing for movies features interviews with several masters, including John Williams, Hans Zimmer and Quincy Jones.

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

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