



THE HIGHLANDS  
AT PITTSFORD

# Cultural and Educational Program Calendar

## April 2023



### Cultural Programming Staff

**Crystal Johnston – Life Enrichment Manager**

Phone: 641-6345

Email: [Crystal\\_johnston@urmc.rochester.edu](mailto:Crystal_johnston@urmc.rochester.edu)

Office: Located 2<sup>nd</sup> floor of Laurelwood

**Elizabeth David – Cultural Programming Assistant**

Phone: 641-6344

Email: [Elizabeth\\_david@urmc.rochester.edu](mailto:Elizabeth_david@urmc.rochester.edu)

Office: Located 2<sup>nd</sup> floor of Laurelwood

### 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!



### Saturday April 1<sup>st</sup>: April Fool's Day

**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 April 2<sup>nd</sup>: Palm Sunday

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

**10:30am – Palm Sunday Communion Service** with volunteers from St. Louis Church. Palms will also be given to anyone who attends. 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 April 3<sup>rd</sup>:

**No Fitness Classes with Robin Gallagher today.**

**11:00am – Program Planning Meeting.** All are welcome to discuss, evaluate, and suggest outings and lectures. Music Room

**Pool is open you just need a buddy.**

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

**2:00pm – University of Rochester 2-part Lecture Series: Today's Topic, *The Secret and Not-So-Secret World of Animal Communication*, with J. Albert C. Uy, Professor in the Department of Biology.** Please see page 19 for more information. Community Center

Residents Carole Bowen and Brad Paxton enjoying dinner at Perlo's Restaurant.



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.

## Tuesday April 4<sup>th</sup>:

No Fitness Classes with Robin Gallagher today.

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

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

\*11:30am – Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review: *Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions* by Temple Gradin, Ph.D. Reviewed by Dan DeMarle Ph.D., President and Education Specialist at DeMarle Inc. **Please register on the Registration Calendar located on the Portal.** No Fee to attend. Please see page 21 for additional information. 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.  
2<sup>nd</sup> Floor Activities Room

1:00pm – **Knitting Group.** Please bring your own supplies today. Music Room

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

2:00pm – University of Rochester presentation: *Treating Alzheimer’s Disease: What you Should Know about Lecanemab* with Emily Clark, DO. Please see page 19 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

## Wednesday April 5<sup>th</sup>: Passover Begins at Sundown

No Fitness Classes with Robin Gallagher today.

10:00am – Portal Services Technology Class. Topic: *Learn about Transportation & Maintenance Requests, Absence Forms, and Guest Apartment Reservations* with the HAP Technology Team. For questions contact Patrick Langton at 641-6309 or Jeremy Snelgrove at 641-6309. Music Room

Pool is open you just need a buddy.

(Programs for 4/5 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 – **Caregivers Support Group** with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2<sup>nd</sup> Floor Activities Room
- \*1:00pm – **Depart for the Garden Factory located on Buffalo Road in Greece, NY.** Shop for perennials, plants, and garden décor. Pick out some flowers for the Easter Season! **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 \*\*
- 1:30pm – **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:** Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center
- 6:45pm – **Evening Music featuring the *Luna Piano Trio*** from the Eastman School of Music. Community Center

#### Thursday April 6<sup>th</sup>:

No Fitness Classes with Robin Gallagher today.

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

\*10:00am – **Depart for lunch and shopping at Sauders Market: A taste of Mennonite Culture located in Seneca Falls, NY.** 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. 1:45pm \*\*



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

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

7:30pm – **Asbury First United Methodist Church Live Streamed Maundy Thursday Service.** Join us in the Laurelwood Activities Room or use the link provided to you in the Daily Email to watch in the comfort of your home. All are welcome. Laurelwood Activities 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.



### Friday April 7<sup>th</sup>: Good Friday

No Fitness Classes today with Robin Gallagher.

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

11:00am – Presentation: *Pysanky: The Ukrainian Art of Egg Decorating* with Bonnie Deprez, daughter of residents Bob and Marion Deprez. **In-person only.** Community Center

12:00pm – Asbury First United Methodist Church Live Streamed Good Friday Service. Join us in the Music room or use the link provided to you in the Daily Email to watch in the comfort of your home. All are welcome. Music Room

No First Friday Catholic Mass today. Join us at 3:00pm for the Live Stream Good Friday Service at 3:00pm Pool is open you just need a buddy.

1:15pm – Good Friday & Easter Service with Chaplain Steve Petrovich. Laurelwood Gallery

3:00pm – St. Louis Good Friday Live Stream Service. A volunteer from the parish will be at The Highlands giving communion. Please note this service will also include the Veneration of the Cross. All are welcome. Music Room

### Saturday April 8<sup>th</sup>:

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 April 9<sup>th</sup>: Easter Sunday

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

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

11:00am – Asbury First United Methodist Church Live Stream Easter 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 April 10<sup>th</sup>:**

- 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
- 2:00pm – University of Rochester 2-part Lecture Series: Today's Topic, *Battle of the Sexes: Conflict During Mate Choice*** with J. Albert C. Uy, Professor in the Department of Biology. Please see page 19 for more information. Community Center

**Tuesday April 11<sup>th</sup>:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- 10:00am – 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
- 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 – Virtual Presentation: *Wonders of the Spring Night Sky*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 20 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

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 April 12<sup>th</sup>:

**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: *How to View your Account, make Reservations, Menus, and Leaving Comments*** with the HAP Technology Team. For questions 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

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

**No Pittsford Highlands Chorus practice today.**

**\*1:30pm – On Your Own Flower Arranging.** Stop by and make a small floral arrangement. Please bring your own BUD vase or one will be given to you. 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

**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:** Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center

**\*6:45pm – Depart for the Dryden Theatre for the showing of *Coney Island (1943)*.** Please note ticket and transportation arrangements were made in advance but there still may be some tickets available. Contact the George Eastman House at 327-4800 to purchase a ticket. Run time is approx. 96min. Please see previously distributed memo for additional information. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 9:45pm\*



### Thursday April 13<sup>th</sup>:

**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

**(Programs for 4/13 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.




 \*10:30am – Depart for the Memorial Art Gallery to see the exhibit *Joan Lyon's* and to have lunch at the Brown Hound. Admission fee is \$16.00 per person and will be collected on the bus. Lunch will be paid for on your own. Please see page 22 for exhibit information. **Please register on the Register Calendar located on the Portal. Please note that there are some stairs to enter the restaurant.** For questions or registration assistance, contact Elizabeth David at 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 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

 6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *West Side Story*. 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 or to secure transportation contact Elizabeth David at 641-6344. Return approx. 10:00pm \*

#### Friday April 14<sup>th</sup>:

No Fitness Classes with Robin Gallagher today.

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

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

Pool is open you just need a buddy.

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

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.

**Saturday April 15<sup>th</sup>:**

**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 April 16<sup>th</sup>:**

**9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk at 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 April 17<sup>th</sup>:**

**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 – Go Green Group Sponsored Presentation: *Attracting More Birds and Butterflies to the Highlands*** with Horticulturist Michael Warren Thomas. Please see page 20 for additional information. All are welcome. Music Room

**1:30pm – Presentation: *Music & Life of Bette Midler*** with Larry Shearer. Laurelwood Activities Room

**2:00pm – University of Rochester 3- part Lecture Series: *Aging and Engaging: The Benefits of Social Connection. April's Topic: Brain Health*** with Associate Professor Kim Van Orden, Ph.D. Please see page 20 for additional information. Community Center

**\*7:00pm – Depart for Flower City Jazz Society Concert featuring the *Art Deco Quartet*.** 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 \*



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.


**Tuesday April 18<sup>th</sup>:**

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

10:00am – **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

\*11:30am – **Depart for the Strassenburgh Planetarium for a private viewing of *JWST: The Just Wonderful Space Telescope*.** This show is 50-minutes. Admission fee is \$10.00 and will be collected on the bus.  **Please register on the Registration Calendar located on the Portal.** See page 23 for additional information. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:15pm \*

12:00pm – **Chorus members depart for the Pittsford Senior Center** for your Pittsford Highlands chorus performance. Chorus members please contact the Hospitality Desk at 586-7600 if you would like transportation.

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

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

**Wednesday April 19<sup>th</sup>:**

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,** Open Discussion. All are welcome. 2<sup>nd</sup> Floor Activities Room

**(Programs for 4/19 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.

1:15pm – Depart for Geva Theatre for the performance of *And So We Walked*. Please note ticket and transportation arrangements were made in advance, but there still may be some tickets available. Contact the Geva Theatre Box office at 232-4382 if you are interested in obtaining a ticket. Please call Elizabeth David at 641-6344 with questions or to secure transportation.



Return approx. 4:30pm \*

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

\*2:00pm – Windows and Apple Devices Technology Class. Bring your devices with you so we can help answer questions. 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: Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center



**Thursday April 20<sup>th</sup>:**

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 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

10:00am – Project Mini Share items will be on display. Feel free to take something. All are welcome. Music room

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

\*11:15am – Depart for lunch at CRISP Rochester. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641-6344.

Please note there are a few steps into the building. Return approx. 1:45pm \*

**(Programs for 4/20 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.

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

\*6:45pm – Depart for the Nazareth College Glazer Music Performance Center to enjoy the *Jazz Ensemble and Lab Band*. Please note this is a **FREE** concert! Please register on the Registration Calendar



located on the Portal. All seating is general admission with some seats requiring the use of a few steps. **Reminder: There is no admission fee for this concert.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 9:30pm \*



### Friday April 21<sup>st</sup>:

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

10:00am-3:00pm – **Project Mini Share** items will be on display. Feel free to take something. All are welcome. Music room

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

\*11:00am – **Group Walk and Clean Up!** Now that the snow has melted, waste and debris has gathered on the sidewalk along Rt. 31. Gather with neighbors, participate in a healthy exercise, and clean up the earth! The walk will take place on campus and surrounding campus sidewalks. Short and long walk distance options are available. Dogs are welcome to join too! **Walking is required.** Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641-6344. Meet at the Hospitality Desk \*\*\*\*

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

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

3:30pm – **Afternoon Entertainment with the Finger Lakes Opera.** 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.





**Saturday April 22<sup>nd</sup>: Earth Day**

**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 April 23<sup>rd</sup>:**

**9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk at 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

**It's time for spring cleaning!**

**Electronic Recycling and Paper Shredding Week**

**Please drop off paper shredding, small electronic recycles, and clothing (new/gently used) to Key Pad 1 from April 24<sup>th</sup>~28<sup>th</sup>.**

**For larger electronic recyclables, please call the hospitality desk at 586-7600.**



Residents enjoying dinner at Perlo's Restaurant.


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, April 24<sup>th</sup>:**

- 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 Four Winds*** by Kristin Hannah. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2<sup>nd</sup> 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
- 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 April 25<sup>th</sup>:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- No Stretch, Strength, and Balance class with Mark Strivings today.
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- \*11:30am – Depart for the Books Sandwiched In Book Review at the Central Library of Rochester:**
-  Today's book is *Origin: A Genetic History of the Americas* by Jennifer Raff. A study of both past and present, ORIGIN explores how genetics is currently being used to construct narratives that profoundly impact Indigenous peoples of the Americas. 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
- 2:00pm – Presentation: *The Role of Business in Attaining a Sustainable Future*** with resident George Gibson. The Zoom link will be sent to all residents via email the morning of the presentation. See page 21 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

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 April 26<sup>th</sup>:**

**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 – iPhone/iPad Technology Class.** Topic: *Widgets and Apps on your iPhone(s) and iPad(s)* with the HAP Technology Team. For questions 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

**\*11:30am – Depart for the Live from Hochstein Concert for the performance of *The Music of William Grant Still*** featuring Tony Caramia on piano, and Renée Jolles on violin. 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~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 – 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 Chen Garden on Monroe Ave. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance please contact Elizabeth David at 641 6344. Return approx. 7:30pm \*

**Thursday April 27<sup>th</sup>:**

**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 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

**(Programs for 4/27 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.

**11:00am – 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. \*\*

**2:00pm – Presentation. *Our Remarkable Rochesterians:*** Lessons learned from 13 years of compiling a roll call of people – some famous, some not – who have done Rochester proud with retired journalist Jim Memmott. In-person only. Community Center

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



**Friday April 28<sup>th</sup>: Arbor 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

**\*9:30am – Depart for a tour of the Sri Vidya Hindu Temple in Rush, NY. Please register on the Digital Calendar located on the Portal. Please remember to bring socks as you will need to take your shoes off inside.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 12:30pm \*

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

**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: *BINGO! The Documentary.*** See page 23 for additional information. Run time is approx. 1hour. Music Room

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

**Saturday April 29<sup>th</sup>:**

**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 April 30<sup>th</sup>:**

**9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk at 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

**1:00pm – Depart for Eagle Vale Golf Club for their second annual Tablescapes event benefitting the Home Start Hope project.** Please see upcoming flyer for additional information.



Residents visiting the Abbey of the Genesee where the Monks live in Geneseo, NY.

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.

## University of Rochester Lectures

### Monday April, 3<sup>rd</sup> & 10<sup>th</sup> at 2:00pm

**April 3<sup>rd</sup> Topic - The secret and Not-So-Secret World of Animal Communication**

**April 10<sup>th</sup> Topic - Battle of the Sexes: Conflict During Mate Choice**

Why are so many animals colorful? Why do birds sing at dawn? In this two-part lecture series, we will explore the world of animal communication. In the first lecture, he will discuss the function of highly elaborate courtships, as males vie for the attention of females while trying to avoid the notice of predators. Al will explore communication from the perspective of both the signalers, the animals who are sending the signal, and the receivers, the animals processing the information encoded in signals. In the second lecture, we will explore the evolutionary arms race between males and females, as the two sexes invest energy to find or attract the best mates. Al will devote special attention to the conflict that arises when individuals have opposing ways to maximize their chances of successful reproduction.

#### **Bio:**

**J. Albert C. Uy** was born and raised in the Philippines, moving to the US in his early teens. He received his undergraduate degree from the University of California at Berkeley, and his doctorate degree from the University of Maryland at College Park. Before joining the University of Rochester in 2020, Al held faculty positions at San Francisco State University, Syracuse University and the University of Miami. For over 25 years, Al and his team have explored the ecology and evolution of biological diversity, working in Australia, New Guinea and the Solomon Islands, as well as Ecuador, Panama and Costa Rica. His work is featured in “Islands of Creation”, a documentary produced by the Smithsonian Channel and now available to stream through Paramount+.

### Tuesday, April 4<sup>th</sup> at 2:00pm

**Treating Alzheimer’s Disease: What you Should Know about Lecanemab**

Learn about the recent provisional FDA approval of Lecanemab for Alzheimer’s disease and what to expect with this medication as it comes to market.

#### **Bio:**

**Dr. Emily Clark** is an Assistant Professor of Psychiatry at the University of Rochester School of Medicine and Dentistry and the Associate Director of the Alzheimer’s Disease Care, Research, and Education Program (AD-CARE). Dr. Clark specializes in dementia care and management, both clinically and academically, serving as a clinician at the UR Memory Care Program and as an investigator on a number of clinical research trials focused on Alzheimer’s disease at the AD-CARE program.

**Monday, April 17<sup>th</sup>, May 1<sup>st</sup> & June 27<sup>th</sup> at 2:00pm**  
**Aging and Engaging: The Benefits of Social Connection**

**April 17<sup>th</sup> Topic ~ Brain Health**

**May 1<sup>st</sup> Topic ~ Mental Health**

**June 27<sup>th</sup> Topic ~ Well-Being**

**Bio:**

**Dr. Kimberly Van Orden** is a clinical psychologist and Associate Professor in the Department of Psychiatry at the University of Rochester Medical Center. She directs the HOPE Lab (Helping Older People Engage), which studies programs to promote social connection and healthy aging and prevent suicide in later life. She co-directs the Rochester Royal Center for Social Ties and Aging, which is focused on promoting social vitality for dementia family caregivers. She co-directs the Center for the Study and Prevention of Suicide at URMC, as well as a research fellowship in suicide prevention. Kimberly mentors' students and fellows and maintains a clinical practice providing evidence-based psychotherapy to older adults.

### **Lectures**

**Tuesday, April 11<sup>th</sup> at 2:00pm**  
**Wonders of the Spring Night Sky**

Springtime is great for stargazing. The weather is getting warmer, and the sun still sets early enough to get outside at a reasonable hour. The Spring sky graces us with constellations like Leo, Cancer and Virgo, while the Big Dipper hangs high in the Northern sky. A pair of binoculars will reveal interesting objects like the Beehive star cluster in Cancer, and the Methuselah star in Libra- the oldest known star in the entire Universe! Join Valerie as she explores what's up in the Spring sky, and highlight the interesting science behind some of these bright stars.

**Monday, April 17<sup>th</sup> at 1:00pm**  
**Attracting More Birds and Butterflies to The Highlands**

There are so many beautiful native plants that give us flowers and feed the birds and butterflies. A diversity of plants is the key to attracting them because most birds and butterflies are attracted to specific plants. A lawn with several non-native trees and shrubs will attract almost nothing. We used to think that choosing a non-native plant over a native plant had no impact on our ecosystem, but now it is clear that without native plants the birds that depend on the caterpillars and berries will continue to dwindle in numbers. How and where can we plant more native species? Why are native plants cheaper to maintain than lawns? Please bring your questions!

**Bio:**

**Michael Warren Thomas** had his Naturally Green radio show for 26 years, and has taught hundreds of gardening classes. He came to Rochester to attend the University of Rochester and stayed to become an entrepreneur in the field of horticulture. Michael started his own lawn and landscape design company Naturally Green, which focused on reducing the use of pesticides and adding more gardens. Inspired by Doug Tallamy's books and initiatives including the Homegrown National Park, Michael is focusing his current design work on eliminating large areas of lawn and replacing them with native plants.

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.



## Lectures Cont'd

**Tuesday, April 25<sup>th</sup> at 2:00pm**

### **The Role of business in Attaining a Sustainable Future**

In a 1970 New York Times article, Milton Friedman famously opined, "the social responsibility of business is to increase its profits." This conversation will examine how well this maxim has held up and present evidence of an emerging paradigm where "doing well by doing good" and stakeholder capitalism may point to an increased role for business in the resolution of the urgent problems we face as we attempt to build a truly sustainable future.

#### **Bio:**

**George Gibson** holds a BA and MS in Chemistry from Binghamton University and an MBA from the University of Rochester. Currently he is the managing partner of G2 Tech Acceleration, a boutique technology commercialization consultancy and is an Adjunct member of the faculty of the College of Business of Alfred University where he teaches research methods, business sustainability, innovation management and cryptocurrency. He spent 26 years of his (so far) 43-year career at Xerox where he held a number of technology development and management positions. He holds 73 US patents and has published ~20 articles in the scholarly and trade press. He resides here at the Highlands' with his wife Ginny

## Outings

**Tuesday, April 4<sup>th</sup> at 11:30am**

### **Books Sandwiched In' Book Review: Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions**

Grandin crafts a strong depiction of visual thinking, assembling personal history, historical anecdotes, scientific studies and societal trends. She provides a vivid recognition of the full breadth of human ingenuity.



Resident's Celebrating St. Patrick's Day.

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, April 13<sup>th</sup> at 10:30am**  
**Memorial Art Gallery: Joan Lyons**

**Joan Lyons** who was born in 1937 has been making pictures continuously for more than six decades. She has been a fearless innovator in a wide range of historical and contemporary image-making processes, as well as newly invented reproduction technologies of the 1960s–1980s. Lyons embraces chance and uncertainty as opportunities for discovery. She has said, “Every idea, every kind of work needed a different way of making it. And the way of making it suggested new directions for the work as it evolved.”

While Joan is adept with process and equipment, her starting point is an idea: that the people and everyday objects around us accrue value from our interactions with them. The humble objects she pictures—chairs, plants, a well-used apron—achieve a heightened status as artifacts owned, used, and perceived by humans.

Joan has forged a unique path with intuitive projects that challenge the authority of the traditional photographic image. From the 1960s through the 1980s, she created a feminist inquiry into the deeply personal and particular as subjects for her art. To this day she continues to investigate the power and conventions of photography, image-making, and representation within Western culture.

This exhibition is the first museum retrospective dedicated to the artist in her home town of Rochester, New York. It features a broad and representative selection of Lyons’ work from all six decades of her career. The exhibition will begin in MAG’s introductory Forman Gallery, which welcomes all visitors to MAG, and will extend into spaces throughout the American galleries on the first floor.

**Bio:**

**Joan Lyons** since the start of her career, has exhibited her art in galleries and museums around the world. It is also in the permanent collections of, for example, the DeCordova Museum; J. Paul Getty Museum; Museum of Fine Arts, Houston; Museum of Modern Art, New York; Minneapolis Institute of Art; National Gallery of Canada; Norton-Simon Museum, and the Yale University Art Gallery. In 2007, Lyons had a retrospective exhibition at Rochester Contemporary Art Center, and in 2018, Lyons’ career was featured in a major exhibition at Steven Kasher Gallery in New York and Paris.

In addition to her work in photography, Joan was the Founding Director of Rochester’s Visual Studies Workshop Press, which she led from 1972–2004. She was responsible for the production and publication of 450 titles, as well as over 30 editions of her own artist books. She is the editor of the influential *Artists’ Books: A Critical Anthology and Sourcebook* (1986, 1988, 1991, 1993), and *Artists’ Books: Visual Studies Workshop Press 1972–2008* (2009).

Tuesday, April 18<sup>th</sup> at 11:30am

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.

Documentary Description

Friday, April 28<sup>th</sup> at 1:00pm

**BINGO! The Document**

Filmmaker John Jeffcoat takes a quizzical and endearing look at the ever-popular game of Bingo. His inquisitive lens takes us from welfare recipients to drag queens and the Catholic Church. Filmed on location throughout the United States, Europe and even on a floating Carnival Cruise Bingo Ship in the Caribbean, this documentary reveals all that lies below the gloss of American kitsch, where hope for a winning card is evergreen.

**The Next Issue of  
*The Highlands Review* is  
June 2023**

**We are now accepting submissions!!  
Deadline is May 5, 2023**

**\*Articles, \*Memoir, \*Poetry \*Fiction, \*Photography  
Editing support always available**

**Contact Betty Iwan: [bettyiwan@gmail.com](mailto:bettyiwan@gmail.com)**

### 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.

<b>Book Discussion Group</b>	Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: jes14850@gmail.com
<b>Community Outreach Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Dining Committee</b>	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: andy_trepanier@urmc.rochester.edu
<b>Friendship Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Go Green Group</b>	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
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu
<b>Library Committee</b>	Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu
<b>Program Planning Meeting</b>	Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu

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