



THE HIGHLANDS AT PITTSFORD

Cultural and Educational Program Calendar

March 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!

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 March 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 – **Tech Time Technology Class**, Topic: *Open Forum for Questions and How-to's* 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
- *11:30am – **Depart for lunch at Stones Pub in Henrietta. Please register on the Registration Calendar**  **located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 2:00pm *
- 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 March 2nd:

- 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.
- *9:00am – **Depart for Montezuma's Audubon Center and bus tour in Savannah, NY** with Center Director Chris Lajewski. Learn how you can assist and promote wildlife management, habitat restoration, conservation education, and public use within the Montezuma Wetlands Complex (MWC). Tour fee is \$10.00 per person and will be collected on the bus. **Please register on the Registration Calendar located on the Portal.** For questions and registration assistance, contact Elizabeth David at 641-6344. Please note there will be some standing at the Center and the optional opportunity to get off the bus to view the lands. Return approx. 1:00pm *
- 10:00am – **Perk up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

(Programs for 3/2 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-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

2:00pm – **Afternoon Entertainment** with *Quintessence* (Woodwind Quintet). Community Center

No Pet Therapy with Ann Julian and Lulu today.

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Mozart & Schubert***. 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*

Friday March 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

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

1:30pm – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk at 586-7600 to secure transportation.

Saturday March 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

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 March 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

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



Monday March 6th: Purim begins at sundown

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

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

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

2:00pm – Presentation: *Present-Day Freedom Seekers and The Power of our Stories* with Saladin Allah, Director of Community Engagement at the Niagara Falls Underground Railroad Heritage Center. Please see page 19 for additional information. Community Center



Tuesday March 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

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

(Programs for 3/7 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.

- 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
- 3:00pm** – **Presentation: *MacArthur, Truman, Insubordination and a Failed Strategy in Korea*** with Michael Ahern, American History teacher at Brighton High School. See page 20 for additional information. **In-person only. Please note time.** Community Center
- *4:15pm** – **Depart for the Nazareth College Performance Hall** for the book review of Braiding Sweetgrass. A Presentation by Dr. Robin Wall Kimmerer. No fee to attend. Please see page 20 for additional information. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 6:30pm *
- 7:00pm – **Evening Movie and Snacks:** The movie title will be announced in advance on the Digital Sign and Resident Portal. Music Room



Wednesday March 8th: International Women's 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 – **Social Media Technology Class**, Topic: *How to Look up Events near you and Connect with others through Facebook* 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 – **Caregivers Support Group** with 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
- *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

(Programs for 3/8 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 – **Happy Hour:** drink specials and appetizers. Community Center

6:15pm – Depart for Regal Eastview for the showing of *Casablanca*. Please note ticket and transportation



arrangements were made in advance. Run time is approx. 112min. Contact Elizabeth David 641-6344 with questions. Return approx. 9:15pm*

Thursday March 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

*11:30am – **Eastman at Washington Square Concert: *Inspiring 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 – **Depart for shopping at Tops Friendly Markets.** Please call the Hospitality Desk at 586-7600 to secure transportation. **

2:00pm – **Asbury First United Methodist Church Lenten Communion service.** All are welcome. Music Room

No Pet Therapy with Ann Julian and Lulu today.

6:45pm – **Depart for the Dryden Theatre to see the showing of *My Man Godfrey*.** Please note ticket and transportation arrangements were made in advance. Run time is approx. 94min. Contact Elizabeth David at 641-6344 with questions. Return approx. 9:45pm*



Friday March 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
- 10:00am-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
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- No Religious Program with Chaplain Steve Petrovich today.**
- 2:30pm – Afternoon Entertainment** with *Morning Musicales* featuring flute and piano. Community Center

Saturday March 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 March 12th: Turn your clocks AHEAD one hour before bed tonight for Daylight Savings

- 9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk at 586-7600 to be added to the transportation list.
- 11:00am – Asbury First United Methodist Church Live Stream Service.** Laurelwood Activities Room
- Due to a room conflict there will be no Weekend Movie Matinee today.**
- 3:30pm – Afternoon Entertainment.** Enjoy a performance by the *Young School of Irish Dance*. Stop by and see these talented dancers perform traditional reels and jigs! 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.

Monday March 13th:

No Fitness Classes with Robin Gallagher today.

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

Pool is open you just need a buddy.


2:00pm – **Presentation: *A Story of Bravery and Gratitude by a Lost Boy of Sudan*** with Co-founder Sebastian Maroundit and Chair Judy Schwartz. Sebastian will share his story of survival over a dozen years, walking thousands of miles and living in refugee camps. **In-person only.** Community Center

Tuesday March 14th:

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

2:00pm – **Virtual Presentation: *Rings Around the Gas Giants*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 19 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 March 15th:

- 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 – Depart for the Abbey of the Genesee with lunch at The Village Tavern in Geneseo. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Please see page 21 for additional outing information. Return approx. 3:00pm *
- 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 – Windows PC Computer Class,** Today's Topic: *General questions and Overview of Microsoft Office* 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

Thursday March 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

Residents out to dinner at Monroe's Restaurant.



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*1:30pm – **St. Patrick'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

No Pet Therapy with Ann Julian and Lulu today.

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Philharmonics 10*. 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*



Friday March 17th: St. Patrick's 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

9:00am – **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

*11:15am – Depart for our annual Irish lunch at Flaherty's in Macedon. **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

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

2:00pm – **St. Patrick's Day Afternoon Social.** Enjoy a Shamrock Shake and trivia. Pub Area/Music Room

Saturday March 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

2:30pm – **Afternoon Entertainment** with *Healing Harmonies*. Featuring youth ensembles from the Brighton Central School District. Community Center



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Sunday March 19th:

- 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
- 2:15pm – Depart for the Gay Men’s Chorus Concert: *Fabulous 40th Fan Favorites* at The Hochstein School of Music.** Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David at 641-6344 with questions. Return approx. 5:30pm

Monday March 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 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 Sponsored Presentation: *Waste Minimization in University Dining Services.*** with guest speaker Cam Schauf. Please see page 20 for additional information. All are welcome. Music Room
- 1:30pm – Presentation: *Music and life of the Folk Group Peter, Paul & Mary*** with Larry Shearer. Laurelwood Activities Room
- *4:30pm – Depart for dinner at Perlo’s Restaurant in East Rochester. Please register on the Registration Calendar located on the Portal.** For questions and registration assistance please contact Elizabeth David at 641 6344. Return approx. 7:30pm *



No Flower City Jazz Concert this month.

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**Tuesday March 21st:**

UNIVERSITY of
ROCHESTER

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

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

2:00pm – **University of Rochester Presentation: *Greater Together: A look at the Historical Relationship of the University of Rochester and the Community*** with Melissa Mead from the Department of Rare Books and Special Collections. Please see page 18 for additional information. The Zoom link will be sent to all residents via email the morning of the presentation. 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 March 22nd:

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 – **Apple Products Tech Class**, Topic: *Get Help with your iMac, MacBook Pro, iPhone, iPad etc.* 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

1:00pm – **Caregivers Support Group**, Open Discussion. All are welcome. 2nd Floor Activities Room

1:15pm – Depart for Geva Theatre for the performance of *Russian Troll Farm*. 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

2:30pm – **Afternoon Music** with Pat Acer featuring the piano. Music Room

(Programs for 3/22 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 – Happy Hour: Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Thursday March 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 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

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

2:00pm – Reptile Show with The Reptile Guy. See live snakes, lizards and a bearded dragon. Interact with the animals and learn about their habitat, and behaviors. **In-person only.** Community Center

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

Friday March 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

(Programs for 3/24 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 – **Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – **University of Rochester Presentation: *Visual Brain Plasticity Associated with Lifespan, Clinical Disorders and Individual Differences*** with Dujie Tadin Ph.D. See page 18 for additional information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Saturday March 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 March 26th:

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

10:00am – 11:30am – **Easter EGGstravaganza.** Join us for family fun including an egg hunt, crafts and of course the Easter Bunny. Light refreshments will also be served. Please see upcoming flyer for additional information. HAP Common Areas

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

2:00pm – **Depart for the Eastman Theatre to see the Grammy Award-Winning *Ying Quartet*.** Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David at

641-6344 with questions. Return approx. 5:30pm *

Residents visiting the Rochester Zen Center.




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Monday, March 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 Four Winds** by Kristin Hannah. 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
- 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 March 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
- 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 him as he walks 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
- 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 March 29th:

- 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 Book Events and Understand the Calendar* 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
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- *1:30pm – Depart for Moonlight Creamery in Fairport, NY.** Moonlight offers fair trade and certified products promote environmental sustainability. Menu includes ice cream, coffee, tea, and artisan chocolates. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 2:45pm
- 3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center



Thursday March 30th:

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
- 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
- 2:30pm – Presentation: Morocco: Let's Take a Ride on a Magic Carpet** with travel expert Beth Brancato. Please see page 20 for additional information. **In-person only. Please note time.** Community Center
- 3:30pm – Pet Therapy with Ann Julian and Lulu.** Laurelwood Gallery

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 March 31st:

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

Pool is open you just need a buddy.

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

1:00pm – Monthly Documentary Movie: *Score: Blue Gold: World Water Wars*. See page 21 for additional information. Run time is approx. 1h 30m. Music Room

2:30pm – Afternoon Entertainment with Pam Ernst featuring oldies with guitar and vocals. Laurelwood Gallery

University of Rochester Lectures

Tuesday, March 21st at 2:00pm

Greater Together: A look at the Historical Relationship of the University of Rochester and the Community

The 1924 fundraising campaign to build the River Campus had the slogan "A Greater University for a Greater Rochester." Chartered in 1834, the City of Rochester is only 16 years older than the University, and throughout their shared history, they have supported and relied on each other in myriad ways. This talk will trace successes, failures, and innovations in the 172-year-old relationship of "town and gown."

Friday, March 24th at 2:00pm

Visual Brain Plasticity Associated with Lifespan, Clinical Disorders and Individual Differences

Learn how vision is affected by age, conditions like autism and schizophrenia, as well as gender. In several of these cases, perception is better than for typical young adults. Dr. Tadin will show the most recent results that demonstrate how training can improve visual perception in older adults.

Bio:

Dr. Duje Tadin is a Professor at the University of Rochester with a primary faculty appointment in the Department of Brain and Cognitive Sciences, of which he is the chairperson. Dr. Tadin also has faculty appointments in the Department of Neuroscience, the Department of Ophthalmology, the Center for Visual Science, and the Del Monte Institute for Neuroscience. Dr. Tadin holds a Ph.D. from Vanderbilt University in Psychology as well as B.A. degrees in Mathematics and Psychology from Westminster College.

Dr. Tadin's main areas of expertise are visual perception, visual attention, and human cognition. He has published over 70 peer reviewed journal articles and book chapters, given over 40 invited lectures in 8 countries, reviewed articles and textbooks for over 50 journals and publishers, and organized 12 international conferences and symposia on perception and cognition.

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Lectures

Monday, March 6th at 2:00pm

Present-Day Freedom Seekers and The Power of our Stories

Learn about the value of their local heritage and preserving the stories of everyday people doing extraordinary things. Through highlighting the Heritage Center and sharing his personal stories as a descendant of famed underground railroad freedom seeker Josiah Henson, Saladin will discuss the importance of everyday people finding a sense of agency in their legacy as modern-day freedom seekers.

Bio:

Saladin Allah is the third-great grandson of famed underground railroad freedom seeker Josiah Henson whom Harriet Beecher Stowe used as the primary narrative for her famous 19th Century novel Uncle Tom's Cabin. Saladin is the founder of the Atlantis School for Gifted Youngsters, and the author of twenty-three books; five are part of a Curatorial Activism archive in the British Library. He is a featured historian in the 2019 IMAX film 'Into America's Wild' narrated by Morgan Freeman, and a featured historian in the 2020 award-winning docuseries 'Enslaved', executive produced by and starring Samuel L. Jackson. Saladin is a featured educator in a 2022 United Nations Outreach Programme on the Transatlantic Slave Trade and Slavery video, a featured historian in 'Secrets on the Boarder'; The Nature of Things CBC documentary directed by Adrian Callendar, and a producer/featured historian of the Buffalo & Erie County Naval Park exhibit and documentary Two Wars: The Road to Integration. Saladin is Director of Community Engagement at the Niagara Falls Underground Railroad Heritage Center, Public Art Coordinator for the Niagara Falls National Heritage Area, a Machine Inspector for the Niagara County Board of Elections, and a Human Rights Commissioner in the City of Niagara Falls, NY.

Tuesday, March 7th at 3:00pm

MacArthur, Truman, Insubordination and a Failed Strategy in Korea

Learn that Truman had more reasons than just insubordination for grounds to fire Douglas MacArthur. That indeed, MacArthur's assessments and beliefs were deeply flawed when it came to understanding the post-World War II geopolitical climate and combating communism.

Bio:

Michael Ahern is an American history teacher at Brighton High School. Over the past number of years, he has been privileged enough to speak to retirement communities on a number of topics including the American Civil War, World War II, the Korean War, as well as the Kennedy family and its legacy.

Tuesday, March 14th at 2:00pm

Rings around the Gas Giants

Everyone knows about the rings of Saturn, but did you know that all of the gas giant planets in our solar system have rings? Thanks to modern telescopes and interplanetary spacecraft, astronomers are seeing planetary rings like they've never seen them before. In this lesson, we'll show you up-close images of the rings of Saturn, fly through the rings of Jupiter, and give you an infrared view of the rings of Neptune from JWST. We'll also discuss how planetary rings form, and how moons actually contribute to the construction and destruction of the ring systems.

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Monday, March 20th at 1:00pm**Waste Minimization in University Dining Services.**

Cam will tell the story of how the University of Rochester Dining Services team has worked over the years to minimize waste in their dining program. Working with customers, employees and industry partners, they have been very successful in developing and implementing programs that reduce all types of waste.

Bio:

Cam Schauf was the Director of Campus Dining Services & Auxiliary Operations at the University of Rochester until his retirement on August 19, 2022. His responsibilities included dining services, bookstores, one card operations, vending, and laundry. Dining included residential dining, retail, catering, and convenience stores. He was also the Co-chair of the University's Council on Sustainability. Cam has been involved in the National Association of College and University Food Services (NACUFS) as national president, regional president, coach/mentor at several education institutes and a variety of other positions. Cam has presented interest sessions at numerous regional and national conferences for NACUFS and other national organizations. At the University of Rochester, Cam was a Meliora Award recipient and in 2021 he was named the Students' Association Student Life Advocate of the Year.

Thursday, March 30th at 2:30pm**Morocco: Let's Take a Ride on a Magic Carpet**

Rubbing the magic genies lamp, let's dive into age old kasbah. Discover the ancient roman empire in the wonderful colorful Islamic land and get a taste of what is like to work for the Moroccan mafia.

Outings**Tuesday, March 7th at 5:00pm****Braiding Sweetgrass Presentation**

Join us as Dr. Robin Wall Kimmerer presents on her best-selling, influential book, *Braiding Sweetgrass*. As a member of the Citizen Potawatomi Nation, an environmental biology scholar, and a mother, Wall Kimmerer weaves her identities together to tell a story of connection. She shows a world full of teachers and gifts, and urges all of us to take part in the generous reciprocity of life.

Wall Kimmerer — winner of a so-called genius grant, a 2022 MacArthur Fellow — is a changemaker through her writing, speaking, and teaching. She shares both science and Indigenous traditional ecological knowledge to help people see the relationship between nature and humans and to promote environmental stewardship. At the State University of New York, College of Environmental Science and Forestry in Syracuse, Wall Kimmerer is a distinguished teaching professor of environmental biology and director of the Center for Native Peoples and the Environment.

Wednesday March 15th at 10:00am
Abbey of the Genesee and Lunch

The Abbey of the Genesee is home to some 24 contemplative monks belonging to the Order of Cistercians of the Strict Observance also known as Trappists. Founded from the Abbey of Gethsemani in 1951 monastic life at Genesee is made up of a balanced daily round of prayer, lectio divina and manual labor in an atmosphere of simplicity, silence and fraternal support. The natural beauty, silence and solitude of the verdant Genesee River Valley so conducive for the contemplative life provides an ideal location for the monastery. The visit will include a Liturgical Service and shopping at the bread store.

Documentary Description

Friday, March 31st at 1:30pm
Blue Gold: World Water Wars

Narrated by Malcolm McDowell, this award-winning documentary from director Sam Bozzo posits that we're moving closer to a world in which water -- a seemingly plentiful natural resource -- could actually incite war. As water becomes an increasingly precious commodity, corrupt governments, corporations and even private investors are scrambling to control it which leaves everyday citizens fighting for a substance they need to survive.



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.

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.