



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

May 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.



Monday May 1st:

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.

1:00pm – **Monthly Documentary: *America: Imagine the World Without Her.*** What would the world look like if America never existed? Dinesh D'Souza, best-selling author and creator of 2016: OBAMA'S AMERICA, explores this fascinating question in this stirring, thought-provoking documentary. **Run time is approx. 1 hour.** Music Room

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

The University of Rochester 3- part Lecture Series: *Aging and Engaging: The Benefits of Social Connection* with Associate Professor Kim Van Orden, Ph.D. has been postponed. Please stay tuned for when this lecture will be rescheduled. Thank you for your understanding.

Tuesday May 2nd:

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

11:00am – **Writing your Personal Memoir 4 Part Series: A Singular Life: Today's Topic: *Finding Your Own Voice*** with Master Story Teller Jay Stetzer. **Please register on the Registration Calendar located on the Portal.** Please see page 23 for additional information. All are welcome. Music Room

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. 2nd 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

(Programs for 5/2 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.

- 2:00pm – **University of Rochester Presentation:** Exhibit talk for *Over the Rainbow and Around the World: Real and Imagined Journeys in Rare Books and Special Collections* with Jessica Lacher-Feldman, Exhibitions and Special Projects Manager and curator in the Department of Rare Books, Special Collections, and Preservation. Please 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

Wednesday May 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
- 10:00am – **Tech Time Technology Class. Discussion:** *Bring questions about issues you have been experiencing with your technology. A How-to Opportunity* 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 – **Depart for the Town of Pittsford Step on Bus Barn Tour** with Town Historian Audrey Johnson. Learn about the town and historical landmarks. To accommodate everyone interested, a second tour will be offered on Wednesday, May 17th. **Due to popularity, we ask that you sign up for only one tour. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:00pm
- 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
- No Happy Hour today. A special happy hour will be held on Friday, May 5th to celebrate Cinco de Mayo.**
- 4:00pm – **Eastman School of Music Lecture & Performance given by *The Ying Quartet*.** Please register on the **Registration Calendar located on the Portal.** Please note a second performance will also be given tomorrow on Thursday, May 4th. Please see page 21 for additional. 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.

Thursday May 4th:

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

***10:30am – Depart for a scenic ride with lunch at Elderberry Pond located in Auburn, NY. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. **Please note that as they work on their new sales system, they kindly ask that you bring cash.** 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

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

4:00pm – Eastman School of Music Lecture & Performance given by *The Ying Quartet*. Please register on the Registration Calendar located on the Portal. Please note this performance was also given yesterday on Wednesday, May 4th. Please see page 21 for additional. Community Center

6:45pm – Depart for the Rochester Philharmonic Orchestra Concert *Bruch & Dvorak*. 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. Please note departure time. Return approx. 10:00pm **



Residents David Bradway and Dr. Dick Zogby playing cards.

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 May 5th: Cinco de Mayo

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 – Depart for a Trip to Wayside Garden Center where the Wayside name has been used in the family for over 60 years. Come look for perennials, plants, shrubs and so much of your gardening needs. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx.



12:30pm **

1:00pm – First Friday Catholic Mass with volunteers from St. Louis Church. Music Room
Pool is open you just need a buddy.

1:15pm – Pause for Peace with Chaplain Steve Petrovich. Laurelwood Gallery

4:00pm-6:00pm – Cinco de Mayo themed Happy Hour: Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center

Saturday May 6th:

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

Sunday May 7th:

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 – Sunday Communion Service with volunteers from St. Louis Church. Music Room

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

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



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

Monday May 8th:

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

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 Presentation: *Why do Women Outlive Men? A Men's Health Conundrum*. This presentation will focus on the prevalence of men's health, contributing factors, and an overview of causes (cardiac disease, strokes, loneliness/isolation, and cancer) and next steps with Dr. Celia McIntosh, president of the Rochester Black Nurses Association. Please see page 22 for speaker information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Tuesday May 9th:

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


11:00am – Writing your Personal Memoir 4 Part Series: A Singular Life: Today's Topic: *Sharing Your First Draft* with Master Story Teller Jay Stetzer. **Please register on the Registration Calendar located on the Portal.** Please see page 23 for additional information. All are welcome. Music Room

(Programs for 5/9 Continue on Next Page)

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

- *11:30am – Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review of *Demon Copperhead* by Barbara Kingsolver. Kingsolver takes a literary classic and makes it her own, setting her story in Virginia’s Appalachian Mountains (in place of Dickensian England). Reviewed by Miriam Elizabeth Burstein, Ph.D., Professor and Chair in the Department of English at the College at Brockport. **Please register on the Registration Calendar located on the Portal.** No Fee to attend. 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: *Life in the Universe: The Search for Habitable Exoplanets* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 23 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

Wednesday May 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
- 10:00am – Resident Portal Technology Class. *Discussion: What do you love about the Portal and what would you change?* 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 *Antara Winds*. Music with Latin-American Flair. 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
- 1:00pm – Caregivers Support Group with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2nd Floor Activities Room

(Programs for 5/10 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.

1:30pm – **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

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

*4:30pm – **Depart for dinner at Joe Gatt's in Penfield, NY** for fabulous Italian cuisine. **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 May 11th:

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

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 – **Afternoon Entertainment** by the Pittsford Highlands Chorus. Come support your neighbors. Community Center

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

6:30pm – **Evening Music with 20th Century Vox cappella** arrangements of jazz standards, show tunes, and other popular songs from the 1920s, 30s, 40s, 50s, and beyond. Community Center




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

Friday May 12th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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
- 1:15pm – Poems, Quotes, and Songs** with Chaplain Steve Petrovich. Laurelwood Galley
- 2:00pm – Preparing for the End of Life 4 Part Lecture Series: Today's Topic, *Getting Your Affairs in Order*** with resident Glenn Koch. **We encourage you to invite your family to this presentation.**
In-person only. Community Center

Saturday May 13th:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 12:30pm – Depart for Regal Eastview for the showing of *The Book Club: The Next Chapter*.** Please note  ticket and transportation arrangements were made in advance. You may also recall this information located on the HAP Portal under News/Social: Memo. Please contact Elizabeth David at 641-6344 with questions. Return approx. 3:30pm^{*}
- 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

Residents helping us clean our campus
in honor of Earth 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.

Sunday May 14th: Mother's Day

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 May 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


10:15am – **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: *Gardening for Life: Keystone Plants – What are they and Why do we Need Them?*** with Mary Moore from Color Pittsford Green (CPG). All are welcome. Please see page 24 for additional information. **In- Person only.** Music Room

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

6:30pm – **Evening Music** with Catalina Wooldridge from the Eastman School of Music featuring a cello solo. Community Center

6:45pm – **Depart for the Penfield Symphony Orchestra Concert: *Springtime Celebration*.** Please note  tickets and transportation arrangements were made in advance. If there are any available seats left on the bus you are welcome to purchase a ticket at the door. For questions, contact Elizabeth David at 641-6344. Return approx. 10:00pm^{*}

The Highlands at Pittsford will NOT be providing transportation to the Flower City Jazz Society Concert this evening, but you are still welcome to attend on your own. Tickets are \$15.00 and are purchased at the door. For questions contact Elizabeth David at 641-6344.



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 May 16th:**

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

9:00am – **Depart for Oak Hill Country Club to enjoy the practice rounds of the PGA. Please stay tuned for upcoming flyer with additional details. ******

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 – **Writing your Personal Memoir 4 Part Series: A Singular Life: Today's Topic: *Publishing*** with Master Story Teller Jay Stetzer. **Please register on the Registration Calendar located on the Portal.** Please see page 23 for additional information. All are welcome. Music Room

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Music Room
No Bible Study with Chaplain Steve Petrovich today. It has been rescheduled for tomorrow 5/17.

2:30pm – **Afternoon Entertainment** with Mary Lobb featuring guitar and ukulele. 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 May 17th:

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

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

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

*1:00pm – **Depart for the Town of Pittsford Step on Bus Barn Tour** with Town Historian Audrey Johnson. Learn about the town and historical landmarks. To accommodate everyone interested, another tour was offered on Wednesday, May 3rd. **Due to popularity, we ask that you sign up for only one tour. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:00pm

(Programs for 5/17 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 – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery
- 1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- *2:00pm – Personal Computers Technology Class. Topic: *Working with Productivity Apps such as Microsoft Office and Apple iWork*. 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 May 18th:

- 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
- 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
- 12:00pm – Chorus members depart for the East Rochester Senior Center for your Pittsford Highlands chorus performance. Chorus members please contact the Hospitality Desk at 586-7600 if you would like transportation.
- *1:00pm – Depart for the Rare Books, Special Collections and Preservation at the River Campus Library at the University of Rochester. There you will view the exhibit *Over the Rainbow and Around the World: Real and Imagined Journeys in Rare Books and Special Collections*. 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. 4:00pm ***
- 3:30pm – Pet Therapy with Ann Julian and Lulu. Laurelwood Gallery

(Programs for 5/18 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.

6:45pm – Depart for the Rochester Philharmonic Orchestra Concert *Opera in Concert: Rigoletto*. 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 May 19th:

- 9:00am** – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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
- 1:15pm** – **Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm** – **Preparing for the End of Life 4 Part Lecture Series: Today's Topic, *Estate Planning*** with resident Bill Thomas. **In-person only.** Community Center
- 2:30pm** – **Afternoon Music** with the Brad Batz Duo. Laurelwood Gallery

Saturday May 20th: Armed Forces 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
- 2:15pm** – Depart for The Chorus of the Genesee's Spring show *Harmony in the House* at The Harmony House in Webster, NY. Please note tickets and transportation arrangements were made in advance. Please refer to the previously distributed flyer for additional information. You may also recall this information located on the HAP Portal under News/Social: Memo. For questions or registration assistance contact Elizabeth David at 641-6344. Return approximately 5:00pm *



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.

Sunday May 21st:

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

1:15pm – Depart for the JCC (Jewish Community Center) to see the production of *Ragtime*. Please note



tickets and transportation arrangements were made in advance. Please refer to previously distributed flyer for additional information. You may also recall this information located on the HAP Portal under News/Social: Memo. For questions or registration assistance contact

Elizabeth David at 641-6344. Return approx. 4:30pm*

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

Monday, May 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

9:30am – Book Discussion Group, Book Title: *Olive Kitteridge* by Elizabeth Strout. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2nd Floor Activities Room

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

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

2:30pm – Resident Meeting. In-person and virtual. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center

6:30pm – Evening Music performed by the vocal ensemble *Musica Spei* (Music of Hope). Enjoy choral masterworks of the medieval and renaissance periods as well as emphasis on the sacred music of the middle ages and renaissance, with forays into related territory. Community Center



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Tuesday May 23rd:

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

11:00am – **Writing your Personal Memoir 4 Part Series: A Singular Life: Today's Topic: *Summarizing*** with Master Story Teller Jay Stetzer. **Please register on the Registration Calendar located on the Portal.** Please see page 23 for additional information. All are welcome. Music 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

*1:30pm – **Depart for a scenic ride through Highland Park to view this year's beautiful flowers. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, please contact Elizabeth David at 641-6344. Return approximately 3:00pm

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



Wednesday May 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

10:00am – **Resident Portal Technology Class. Discussion: *How To~ guide on Using the Portal for New and Existing Residents*** 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

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



(Programs for 5/24 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.

2:30pm – **Presentation: *Cinco de Mayo and Mexico's Deep Heritage*** with travel expert Beth Brancato.

Please see page 24 for additional information. In-person only. Community Center

3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room

4:00pm-6:00pm – **Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

*6:15pm – **Depart for the Eastman-Rochester New Horizons Band Spring Concert at Kodak Hall at**



Eastman Theatre. Join for an evening of musical pleasure, with a variety of selections played by the concert and Symphonic Bands. No admission fee. **Please register on the Registration calendar located on the Portal.** For questions or registration assistance, please contact

Elizabeth David at 641-6344. Return approx. 10:00pm *

Thursday May 25th:

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

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

10:00am – **Perk up Coffee Hour.** Enjoy 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. **

*1:00pm – **Depart for Ice Cream and Shopping in the 12 corners of Brighton.** Enjoy a sweet treat at the newly opened Scoops N Twist, and then window shop around the plaza. Ice cream will be paid for on your own. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx.



3:30pm **

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 May 26th:**

***8:30am – Depart for breakfast at Parkside Diner and a self-guided walk.** Enjoy a leisure walk near Beach Ave along Lake Ontario taking in the beautiful scenery and luxury homes. Breakfast will be paid for on your own. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 12:00pm. **



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 641-6316. Fitness Room

Pool is open you just need a buddy.

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

2:00pm – Preparing for the End of Life 4 Part Lecture Series: Today's Topic, *Preparing for My Care and Experience at the End of Life* with resident Greg Eastwood. **In-person only.** Community Center

Saturday May 27th:

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 May 28th:

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

(Programs for 5/28 Continue on Next Page)

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

1:30pm – Depart for the last 2022-2023 Rochester Philharmonic Orchestra Sunday Matinee Concert.



Enjoy this evenings performance of *Mozart, Hershwin & Ravel* at Nazareth College. 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. 4:30pm **



Monday, May 29th: Memorial Day

No Fitness Classes today with Robin Gallagher. Pool is open you just need a buddy

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

Reminder due to the holiday the Resident Meeting was held on Monday May 22nd.

Tuesday May 30th:

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

1:30pm-2:15pm – **Hearing Aid Battery Check & Cleaning** with Dr. Andrea Segmond from Ontario Hearing Centers. Please note this service is only for those individuals who currently wear hearing aids. Please call Elizabeth David at 641-6344 to make an appointment. HAP Parlor

2:00pm – **4- Part Virtual Lecture Series: *The Founder of Modern Turkey, Mustafa Kemal Atatürk*** with Dr. Sevinç Türkkan, Assistant Teaching Professor at Syracuse University. Please see page 24 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 May 31st:

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/Android Technology Class. Discussion: *How-To Guide on Using your cell phone.*

Bring questions even if unrelated to cell phones to 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

1:15pm – Depart for Geva Theatre for the last 2022-2023 performance of *Cinderella*. 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

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

Resident June Mihalov at our HAP Easter Egg Hunt.



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, May 2nd at 2:00pm

Over the Rainbow and Around the World: Real and Imagined Journeys in Rare Books and Special

You will hear a spirited overview, in depth insights, and interesting anecdotes of the current exhibit in Rare Books and Special Collections at the University of Rochester, which looks broadly at how we can think about travel, both through the ages, and through what we read. The talk is in advance of a visit to the exhibition scheduled for May 18th

Bio:

Jessica Lacher-Feldman is the Exhibitions and Special Projects Manager at a curator in the Department of Rare Books, Special Collections, and Preservation at the University of Rochester. She has over two decades of experience in developing exhibits and teaching about exhibits in archives and special collections libraries.

Wednesday, May 3rd & Thursday, May 4th at 4:00pm

Lecture & Performance given by The Ying Quartet

In its fourth decade, the renowned group remains tremendously passionate about exploring the possibilities of their genre. Their zeal has led them to a diverse array of musical projects with a particular interest in music that “reflects contemporary American life.”

David Ying, cellist and faculty member of the Eastman School of Music, has said, “the most important thing for us in quartet is that there’s this constant feeling of growth and exploration.” Come hear more from this laudable, spirited group and enjoy an intimate, live performance!



Residents enjoying themselves at the Strasenburgh Planetarium.

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 Cont'd

Monday, May 8th at 2:00pm

Why do Women Outlive Men? A Men's Health Conundrum

Bio:

Dr. Celia McIntosh has earned her Master's degree in Nursing, and her Doctorate of Nursing Practice degrees. Dr. McIntosh has worked as a nurse for a number of organizations, and currently is a family Nurse Practitioner in the Department of Neuroscience and the Medical Observational Unit in the Rochester Regional Health System. Dr. McIntosh joined RRCAHT in 2014 after learning about the horrific crime of human trafficking for the first time at an RRCAHT Awareness Event at Rochester General Hospital. Celia was instrumental in helping the Coalition move forward as a legitimate Coalition within the Greater Rochester community. Under her leadership the Coalition implemented a "Yes, Here" campaign. Dr. McIntosh is a respected resource and speaker within the community, speaking about human trafficking on the radio, at Conferences, and to community and church groups.

Professionally, Dr. McIntosh combines her medical training with her commitment to raising awareness about trafficking victims through the development of educational programs for Health Care Professionals. She has provided human trafficking education to thousands of medical professionals. Celia is passionate about ending human trafficking and becoming a voice for policy and social change in the fight against human trafficking. She is the President of the Rochester Black Nurses Association, Immediate Past President of Rochester Regional Coalition Against Human Trafficking and past Vice-Chair of the Rochester's Police Accountability Board, and a Board member of the Rochester Food Policy Council. She is also a Career Coach & Mentor, Podcast Host, Self-Regulation Workshop Facilitator, and was honored and highlighted by WROC TV as a Remarkable Woman!

Dr. McIntosh is an inspiring leader in the Rochester community both in her professional work, her tireless advocacy for the Black and Brown community, and her commitment to educating the public about the ubiquity of human trafficking.

Lectures

Tuesday's, May 2nd, 9th, 16th, and 23rd at 11:00am

A Singular Life: Writing your Personal Memoir 4 Part Series.

Each of us has lived a unique life with a singular view of the world and our experience of it. Our personal view has given us a “singular” story... one that is “one of a kind.” Think of it as your own history! Now is the time to craft that story into print... a journal of our journey through time and space. Our voice and vision can reveal the story of a life that is a vital link for our children to their past. It's a story that can enlighten them to their own place on this planet. Writing our memoir offers us an opportunity to reminisce, clarify, and frame our personal voyage through the years.

This workshop will assist you in developing mechanisms that help you find your own voice and assist you in describing events of importance to you and to your descendants.

May 2nd - Introducing: finding your own voice, “mining” your memory, establishing the important points in your past that have made you who you are today. I will be sharing some memoirs of others to help you start writing your own.

May 9th - Sharing: your first “drafts” with the group. All writers spend some time reading aloud their material in a writing group for feedback. This helps motivate them to refine their own writing voice.

May 16th - Publishing: I will be offering a number of online sources to assist you in putting your personal story in print for distribution to family and friends.

May 23rd - Summarizing- finalizing your project. This workshop assists you in answering the question “Where do I go from here?” we will discuss any stumbling blocks you have encountered in your personal writing process to help you see your journey to completion.

I consider this process a vital task... one that you, your children, grandchildren, and future generations will surely appreciate. It's a rare encounter they can have with history as witnessed through your singular life!

Tuesday, May 9th at 2:00pm

Life in the Universe: The Search for Habitable Exoplanets

Astronomers from around the world are actively searching for planets orbiting stars outside of our solar system. To date, over 5000 exoplanets have been discovered, with 40 or more having the possibility of supporting life! In this lesson, we'll explore how astronomers use telescopes to discover new Earth-like exoplanets, and talk about how Hubble and the new James Webb Space Telescope will allow us to probe their atmospheres for signs of alien life. How close are we to finding E.T.'s home planet? Join us to find out!

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Monday, May 15th at 1:00pm**Go Green Group Sponsored Presentation: Gardening for Life: Keystone Plants – What are they and Why do we Need Them?**

Keystone plants are the host plants necessary for pollinators to thrive in our gardens. Pollinators have selective palates just as we do, and they are attracted to keystone plants. These native plants are critical to welcome bees, butterflies, birds, the insects they eat, and increase biodiversity in our gardens. Learn about native plant research, types of keystone plants, plus view a Doug Tallamy video for inspiration and education. Our speaker will also have printed material - plant lists and Ecoregion 8 lists.

Color Pittsford Green's goal is to establish a corridor through Pittsford for pollinators by "connecting" the habitats the town has planted. The Highlands pollinator garden is registered as a connection site. What more can we do in our local environment to encourage pollinators? Come find out and bring your ideas and questions!

Wednesday, May 24th at 2:30pm**Cinco de Mayo and Mexico's Deep Heritage**

More than being an excuse to treat oneself to nachos, tacos, and margaritas, Cinco de Mayo has a history that runs deep and continues to serve as a vehicle conveying Mexican culture, pride and values. First populated more than 13,000 years ago, central and southern Mexico (termed Meso America) saw the rise and fall of complex indigenous civilizations. Mexico would later develop into a unique multicultural society. These civilizations developed glyphic writing systems, recording the political history of conquests and rulers. Once taken over the Spanish the economics of the country began to shift...for better or for worse.

Tuesday's, May 30th, June 6th, 13th & 20th at 2:00pm**Founder of Modern Turkey, Mustafa Kemal Atatürk**

The founder of modern Turkey, Mustafa Kemal Atatürk was one of the most enigmatic, visionary, and influential statements of the 20th century. Trained as an army officer, Atatürk was unknown until 1919 when he took the lead in thwarting the Allies' plan to partition the Ottoman Empire. He defeated the Allies, deposited the Sultanate and the Caliphate, and secured the territory of the Turkish nation state, becoming the first president of the new Republic in 1923. In this lecture series, we will cover Ataturk's legacy, his responsibility in creating some of his country's ills while also transforming the Republic from a battle-scattered ruin into a regional power.

Bio:

Dr. Sevinç Türkkan is an Assistant Teaching Professor at Syracuse University. She specialized in modern Turkish literature, history, and culture. She is the co-editor of the MLA volume *Approaches to Teaching the Works of Orhan Pamuk*. Her research has appeared or is forthcoming in publications such as *Public Seminar*, *Reading in Translation*, *Comparative Literature Studies*, *Translation and Literature*, and *Teaching Translation*, among others. Türkkan's translation of *The Stone Building and Other Places* (City Lights Books) by the journalist and human rights activist from Turkey, Aslı Erdoğan was a finalist for the PEN America Translation Award and brought international attention to Erdoğan's incarceration in Turkey. In 2021, Türkkan was named Judge for the PEN Translation Prize.

Resident Committees and Discussion Groups

Residents are invited to play an active role in The Highlands community through involvement in various committees and discussion groups. If you find a committee or group that may be of interest to you (see below), we encourage you to reach out to the designated contact person to learn more about the group's purpose and how to join.

Book Discussion Group	Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: jes14850@gmail.com
Community Outreach Committee	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
Dining Committee	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: andy_trepanier@urmc.rochester.edu
Friendship Committee	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
Go Green Group	Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: rcarter56@gmail.com Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: mvicker1@rochester.rr.com
Landscape Committee	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu
Library Committee	Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu
Program Planning Meeting	Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu

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