



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational Program Calendar

June 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.



Thursday, June 1st:

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

*11:30am – **Depart for lunch at the Fruit and Salad Co.** with a stop at Abbott's for ice cream located in Bushnell Basin. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, please contact Elizabeth David at 641- 6344. Return approx. 1:15pm*



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

6:45pm – **Depart for the last of the 2022-2023 season Rochester Philharmonic Orchestra for the concert Mahler's "Titan".** 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**



Friday, June 2nd:

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

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

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

1:00pm – **First Friday Catholic Mass** with volunteers from St. Louis Church. Community Center

1:00pm – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk at 586-7600 to secure transportation.

No Religious Program with Chaplain Steve Petrovich today.

1:30pm – **Monthly Documentary: *Spinning Plates***. See page 22 for additional information. Run time is approx. 1hour 30min. 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.

Saturday, June 3rd:

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 in the Daily Email.
Music Room

Sunday, June 4th:

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 in the Daily Email.
Music Room

Monday, June 5th:

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

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

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

11:00am – **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

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

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

2:00pm – **Presentation: *A Curator's Day at The Strong*** with Christopher Bensch, Vice President for Collections and Chief Curator at the Strong Museum of Play. Please see page 201 for more information. Community Center

7:00pm – **Evening Entertainment with music from *Rochester Rhapsody*** featuring a cappella harmony singing. 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.



Tuesday, June 6th:

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

First Presbyterian Church Small Group Fellowship and Prayer has decided to take a summer break.

They will resume sometime in September. Stay tuned for official date. Have a great summer!

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

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

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 21 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.

7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite **MOVIE MUSICALS**. The movie title will be announced in advance in the Daily Email. **Please note new start time.** Music Room

Wednesday, June 7th:

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

9:30am – Depart for Lazy Acre Alpaca Farm in Bloomfield, NY.** Enjoy a tour of the farm and the farm gift shop. The walking tour is approx. 60 minutes. Admission fee is \$12.50 per person and will be collected on the bus. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. **Please note there will be walking on uneven ground.** Return approx. 12:00pm ***

(Programs for 6/7 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.

10:00am – Tech Time 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

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, June 8th:

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. **

***1:30pm – Join us for BINGO!** Come for a glass of wine and fun prizes. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. 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, June 9th:

*8:30am – Depart for our “Beach Walk and Breakfast”. Breakfast will be at Parkside Diner followed by 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. 11:30am. **

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 Gallery

2:00pm – **Preparing for the End of Life 4 Part Lecture Series: Today’s Topic, *Medical Assistance in Dying*** with residents Gregg Eastwood and Marylynn Vickers. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center



Saturday, June 10th:

10:15am – **Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room

*1:00pm – **Bus Decorating for the Pittsford Pride Event.** Join your neighbors in decorating the HAP Bus for the parade. If you are interested in helping, **please register on the Registration Calendar located on the Portal.** Meet at the front of the Highlands Main Building.

1:30pm – **Weekend Movie Matinee:** The movie title will be announced in advance in the Daily Email. Community Center

*1:50pm – **Depart for the Pittsford Pride Event located in the Village of Pittsford.** Partake in the parade



with a stop at the Port of Pittsford located behind the Pittsford Library. Enjoy the outdoor gathering from 2:30pm-4:00pm celebrating the LGBTQIA Community. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 4:30pm **

(Programs for 6/10 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.

3:30pm – Enjoy a Pet Therapy visit from RocDog, a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

Sunday, June 11th:

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 in the Daily Email. Music Room

Monday, June 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 – Depart for a guided tour of the Sodus Bay Lighthouse & Museum followed by lunch at Bill Gray's.** Admission fee is \$8.00 per person and will be collected on the bus. **Please register on the Registration Calendar located on the Portal. Please note there is an upstairs that is not handicap accessible.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:45pm **

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

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

2:00pm – Eastman school of Music: University of Rochester 3-part lecture series: *Movie Musicals Part Two: 1950-1979* with Mark Watters, Director, Beal Institute for Film Music and Contemporary Media featuring some favorites from, Oklahoma, Guys and Dolls, Seven Brides for Seven Brothers, South Pacific, Singin' in the Rain, Mary Poppins, and much more. The zoom link will be sent out via email the morning of the presentation. Please see page 19 for speaker information. 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.

Tuesday, June 13th:

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

First Presbyterian Church Small Group Fellowship and Prayer has decided to take a summer break.

They will resume sometime in September. Stay tuned for official date. Have a great summer!

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

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 21 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.

7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite **MOVIE MUSICALS**. The movie title will be announced in advance in the Daily Email. **Please note new start time.** Music Room



Wednesday, June 14th: Flag 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 – **Tech Time** 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

11:00am – **Flag Day Ceremony:** Led by staff and residents with accompanied music by Top Brass. Wear your red, white, and blue! Hotdog lunch to follow. All are welcome. Highlands Front Entrance

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


(Programs for 6/14 Continue on Next Page)



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

- 1:00pm – Caregivers Support Group** with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2nd Floor Activities Room
- 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 – University of Rochester Presentation: *Autism and Rett Syndrome* – Developing New Understandings and Approaches** with John Foxe Ph.D., professor in the Department of Neuroscience. Please see page 20 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- 3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Happy Hour:** Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center

Thursday, June 15th:

- 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
- 12:15pm – Depart for a Rochester Red Wings Baseball Game. Please note tickets and transportation arrangements were made in advance. For questions or registration assistance, contact Elizabeth David at 641-6344. Please see previously distributed memo for additional information. You may also recall this information on the HAP Portal under News/Social: Memo. Return Approx. 4:00pm. ****
-  **3:30pm – Pet Therapy** with Ann Julian and Lulu. Laurelwood Gallery
- 6:30pm – Evening Piano Recital** with students taught by Rachel Michaels. 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, June 16th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Fitness Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 11:00am – JCC (Jewish Community Center) 2023-2024 Informational Session with representative Ralph Meranto from the JCC.** Receive information about the upcoming season and ticket prices. Season subscriptions may be purchased, and single tickets may be purchased at a later date, more information to come. The Highlands will be providing transportation for all Sunday matinee shows, space is limited. Stay tuned for upcoming memo with transportation details. Community Center
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – Virtual Presentation: *Life in the Universe: The Search for Intelligent Life*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 21 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.

Saturday, June 17th:

- 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 in the Daily Email. Music Room

Residents David Strong, Barbara Osborne, Annette and Aaron Satloff, and Rick Skelton enjoying a gorgeous day at Oak Hill Country Club for the 2023 PGA.



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Sunday, June 18th: Father's Day

8:45am & 10:00am – Depart to local area churches. Please call the Hospitality Desk at 586-7600 to be added to the transportation list. **Please note summer hours have started.**

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 in the Daily Email. Music Room



Monday, June 19th: Juneteenth

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

1:00pm – **Go Green Group.** This group researches and discusses practices that may lead to more environmentally-friendly and ecologically-responsible lifestyles at HAP. All are welcome. Music Room

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

***7:00pm** – **Depart for Flower City Jazz Society Concert featuring *Jon Seiger and Friends*.** Tickets are \$15.00, pay upon arrival. **Please register on the Registration Calendar located on the Portal.**



For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 10:00pm *

Tuesday, June 20th:

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

(Programs for 6/20 Continue on Next Page)

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

First Presbyterian Church Small Group Fellowship and Prayer has decided to take a summer break.

They will resume sometime in September. Stay tuned for official date. Have a great summer!

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


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 21 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.

7:30pm – Lights, Camera, Action - Movie Night! Join us this month as we feature your favorite *MOVIE MUSICALS*. The movie title will be announced in advance in the Daily Email. Please note new start time. Music Room

Wednesday, June 21st: First day of summer

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

*11:30am – Depart for Harladay Hots Hotdog Cart, owned by previous HAP employee Bernadette and her husband Charlie, in the village of Pittsford. Menu includes hotdogs, sausage, and burgers.  CASH ONLY. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:00pm *

12:30pm-2:00pm – 9 Cone Cone Ice Cream Truck. Enjoy a complimentary ice cream! Residents and staff only, no guests please. The Ice Cream Truck will be at the Highlands Front Entrance.

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 – Tech Time with the HAP Technology Team. For questions 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 and appetizers and great conversation with your neighbors. 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, June 22nd:

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.

9:15am – Depart for a guided tour at the Seneca Park Zoo. Please note transportation and registration arrangements were made in advance. Please see previously distributed memo for additional information. You may also recall this information on the HAP Portal under News/Social:



Memo. Please contact Elizabeth David at 641-6344 with questions. Return approx. 12:00pm*

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. **

*1:30pm – 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. Side door will be open by the courtyard so feel free to walk outside! Laurelwood Activities Room

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

Friday, June 23rd:

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

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

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

2:00pm – Afternoon Entertainment with the *New Horizons Big Band*. Come support some of your neighbors who you may recognize! Community Center

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



Saturday, June 24th:

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 in the Daily Email.

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, June 25th:

8:45am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk at 586-7600 to be added to the transportation list. **Please note summer hours have started.**

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 in the Daily Email.

Music Room



Monday, June 26th:

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

9:30am – **Book Discussion Group, Book Title: *The Code Breaker*** by Walter Isaacson. **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

*11:00am – **Depart for a picnic lunch at Perinton Park on the Erie Canal.** 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. Please note we will return in time for the Resident Meeting at 2:30pm. ****



(Programs for 6/26 Continue on Next Page)

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

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

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, June 27th:

6:00am-9:00pm: **Primary Election Voting**. If you would like transportation, please call the Hospitality Desk 586-7600 to be added to the transportation list. If you have any questions about voting, please contact Ellie Forgach 641-6379. Hahnemann Club

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

First Presbyterian Church Small Group Fellowship and Prayer has decided to take a summer break.

They will resume sometime in September. Stay tuned for official date. Have a great summer!

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

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

7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite ***MOVIE MUSICALS***. The movie title will be announced in advance in the Daily Email. **Please note new start time.** Music Room

Residents Henry Simon, David Strong, and Brad Paxton enjoying a dinner out at Joe Gatt's in Penfield.



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, June 28th:

- 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** 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
- 3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center
- *4:45pm – Depart for dinner at *Compane Trattoria*** located in Fairport, NY for modern Italian American food featuring wood fired pizza. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, please contact Elizabeth David at 641-6344. Return approx. 7:15pm *

**Thursday, June 29th:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- 9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk at 586-7600 to secure transportation.
- 10:00am – Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- *10:00am – Depart for the City of Rochester Public Market. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344 Return approx. 12:15pm ***
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room



(Programs for 6/29 Continue on Next Page)

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

11:00am – Gentle Chair Yoga with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Fitness Room

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

6:30pm – Summer Gazebo Concert Series with *The Saloff String Quartet* from Society for Chamber Music Rochester. The Highlands' Gazebo

Friday, June 30th:

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

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

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

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

1:15pm – Name that Tune with Chaplain Steve Petrovich. 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 22 for additional information. **In- Person only.** Community Center



Residents taking a walk-through Highland Park.



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, June 12th at 2:00pm

Movie Musicals Part Two: 1950-1979

Bio:

Emmy Award-winning composer and conductor Mark Watters' vast resume includes music for motion pictures, television, DVD, video games, and special events such as the Olympics. In addition to serving as director of the Beal Institute, Watters oversees Eastman's newly established Master of Music degree in Contemporary Media/Film Composition and teaches graduate courses.

Mark holds the distinction of serving as music director for two Olympics—the 1996 Centennial Games in Atlanta and the 2002 Winter Games in Salt Lake City—which garnered him two of his six Emmys. He also received Emmys for Outstanding Music Direction for *Movies Rock*; Outstanding Music for *True Life Adventure Alaska: Dances of the Caribou*, and two Outstanding Music Direction and Composition Daytime Awards for *Aladdin* and *Tiny Toon Adventures*.

As a film composer, Mark wrote the scores for MGM's *The Pebble and the Penguin* and *All Dogs Go to Heaven 2*, and for Disney's *Doug's First Movie* and *Get a Horse*, a new animated short featuring characters from 1920s Mickey Mouse cartoons that accompanied the theatrical release of *Frozen*. In addition, his music can be heard on almost two dozen direct-to-video/DVD releases, including *Aladdin and the King of Thieves* and several Winnie-the-Pooh features for Disney, My Little Pony and Candyland movies for Hasbro, and a Tom and Jerry feature for Warner Brothers.

Television viewers have heard his music across several networks and channels including CBS, Hallmark, and Disney on such series as *Paradise* and *The Little Mermaid*, made-for-TV movies including *The Longshot*, and documentaries such as *Medal of Honor* and the nature series *True Life Adventures*. Watters has also created original scores for theater productions of *The Raft of the Medusa*, *Snitch*, and *Hamlet*. Watters's video games music oeuvre includes *Coraline*, two *Ben 10* installments, *Toy Story 3*, *Cars Mania*, *Disney Princesses 1 and 2*, and *Disney Fairies: Tinkerbell*.

As a guest conductor, Mark has led the Los Angeles Philharmonic, the London Symphony, the Detroit Symphony, the New York Pops, and many other orchestras. In 2002, John Williams asked him to co-conduct the Academy Awards. In 2015, he led the Los Angeles Chamber Orchestra in a concert saluting 90 years of Disney animation, for which he also wrote new scores for two late-1920's "Oswald the Lucky Rabbit" shorts. He conducted three "Star Wars in Concert" tours, including one in Japan with the Tokyo Philharmonic.

In addition, Mark has worked as a conductor for individual artists Trisha Yearwood, Carrie Underwood, Beyoncé, Mary Jo Blige, John Legend, Sting, Barry Manilow, Jessye Norman, the Mormon Tabernacle Choir, and others.

Mark has taught film scoring at UCLA and for Columbia College of Chicago. He served several terms on the Television Academy's Board of Governors and as Co-Chair of the Academy's Creative Arts Emmy Awards Committee. Recent projects include serving as music director for the highly acclaimed animated series "Have A Laugh," a three-year project to restore and re-record 60 classic Disney shorts from the '30s and '40s.

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

Wednesday, June 14th at 2:00pm Autism and Rett Syndrome

Bio:

John Foxe is the Kilian J. and Caroline F. Schmitt Chair in Neuroscience, Director of The Del Monte Institute for Neuroscience, and serves as Chair of the Department of Neuroscience at The University of Rochester. His research investigates the neurobiological bases of neurodevelopmental and neuropsychiatric conditions such as Autism and Schizophrenia. He uses electrophysiological and neuroimaging techniques to understand how inputs from the various sensory systems are combined in the brain, and what happens when these multisensory integration abilities are impacted by disease.

John has authored more than 340 research and clinical papers, book chapters, commentaries, and proceedings and serves as editor-in-chief of *The European Journal of Neuroscience*. Before joining the University in 2015, he was director of research for the Children's Evaluation and Rehabilitation Center at the Albert Einstein College of Medicine.

Originally from Dublin Ireland, John read English and History at University College Dublin (1987) before completing his BS degree at Iona College, New Rochelle (1989). He obtained his MS and Ph.D. in Neuroscience from the Albert Einstein College of Medicine in New York City (1999).

Monday, April 17th, June 27th & July 3rd at 2:00pm Aging and Engaging: The Benefits of Social Connection

April 17th Topic ~ Brain Health
June, 27th Topic ~ Mental Health
July 3rd Topic ~ Well-Being

Bio:

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

Lectures

Monday, June 5th at 2:00pm

A Curator's Day at The Strong (Presentation with Objects)

Get a surprising glimpse at what goes on behind the scenes at the museum with The Strong's chief curator. Using an assortment of props and hands-on materials, this interactive talk takes listeners through a fast-paced and humorous tour of the tasks and challenges that go into making a museum function. You'll never look at an exhibit the same way again.

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. This lecture series will cover Atatürk'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.

Friday, June 16th at 2:00pm

Life in the Universe: The Search for Intelligent Life

Science fiction books and films suggest that there are many advanced civilizations out there actively visiting Earth and exploring our galaxy. But how realistic is this idea? And do we have any real evidence that these creatures exist? In this lesson, Valerie Rapson introduce you to the SETI Institute which is a group of professional scientists actively searching for advanced life in the universe. She will also explore some of the recent UFO sightings on Earth, examine strange signals received by radio telescopes, and discuss the search for Dyson Spheres and other advanced alien technology.

Friday, June 30th 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.

Documentary

Friday, June 2nd at 1:30pm

Spinning Plates

This gastronomic documentary profiles three restaurants based in very different locales: Chicago; Tucson, Arizona; and Balltown, Iowa. Whether humble or elegant, all three establishments retain a laser-sharp focus on keeping the customers happy.



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Resident Committees and Discussion Groups

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

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

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.