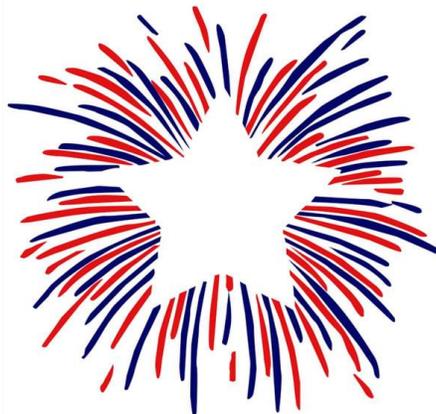


THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

July 2023



### Cultural Programming Staff

**Crystal Johnston – Life Enrichment Manager**

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**Elizabeth David – Cultural Programming Assistant**

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

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



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

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

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

**Saturday, July 1<sup>st</sup>:**

- 10:15am – **Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – **Weekend Movie Matinee:** The movie title will be announced in advance on the Digital Sign and Daily Email. Music Room

**Sunday, July 2<sup>nd</sup>:**

- 8:30am & 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.**
- 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 Daily Email. Music Room

**Monday, July 3<sup>rd</sup>:**

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club
- 10:15am – **Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 11:00am – **Program Planning Meeting.** All are welcome to discuss, evaluate, and suggest outings and lectures. Music Room
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Crosswords** with Larry Shearer. Laurelwood Gallery
- 2:00pm – **University of Rochester 3-part Lecture Series: *Aging and Engaging: The Benefits of Social Connection.* July’s Topic: *Well-Being*** with Associate Professor Kim Van Orden, Ph.D. Please see page 18 for additional information. Community Center



Residents at Perinton 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.



### Tuesday, July 4<sup>th</sup>: Independence Day

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

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

No Perk up Coffee Hour today.

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

No Bible Study with Chaplain Steve Petrovich today.

7:30pm – Lights, Camera, Action - Movie Night! Join us this month as we feature your favorite *MURDER MYSTERY*. The movie title will be announced in advance on the Digital Sign and Daily Email.

Please note new start time. Music Room

### Wednesday, July 5<sup>th</sup>:

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

10:00am – 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

\*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 Bistro Patio so feel free to walk outside! Laurelwood Activities Room

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

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

6:15pm – Depart for Regal Eastview for the showing of *Indiana Jones*. Please note ticket and transportation arrangements were made in advance. Contact Elizabeth David at 641-6344 with questions. Return approx. 10:00pm\*



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

Thursday, July 6<sup>th</sup>:

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

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

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

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

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

\*11:00am – **Depart for lunch at The Pasta Villa located on East Ridge Road in Irondequoit, NY.** “Enjoy some of the best Italian food on this side of Italy”. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:45pm\*



**No Pet Therapy with Ann Julian and Lulu today.**

Friday, July 7<sup>th</sup>:

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

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

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

\*11:30am-1:00pm – **Hot Dog Luncheon.** No fee to attend. Outdoor seating only. **Please register on the Registration Calendar located on the Portal.** For questions and registration assistance, contact Elizabeth David at 641-6344. Bistro Patio

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

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

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

2:30pm – **Afternoon Jazz Entertainment** with the *Laura Dubin Duo* featuring vocals and piano. 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, July 8<sup>th</sup>:**

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

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

**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, July 9<sup>th</sup>:**

**8:30am & 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.**

**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 Daily Email. Music Room

**Monday, July 10<sup>th</sup>:**

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

**2:00pm – Presentation: *Housing is a Human Right*** with Beth Bojarski, Manager of Development & Community Engagement at Family Promise of Greater Rochester (formerly RAIHN), which partners with and assists families facing homelessness. Please see page 20 for additional information. **In- Person Only.** Community Center



**Tuesday, July 11<sup>th</sup>:**

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

**9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher 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 7/11 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

**2:00pm – Virtual Presentation: *Trojan Asteroids and the Lucy Mission*** with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 20 for additional information. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Community Center.

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

**Wednesday, July 12<sup>th</sup>:**

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

**10:00am – 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** with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2<sup>nd</sup> 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

**\*3:45pm – Depart for dinner at Hedges Restaurant on Lake Ontario.** Enjoy some extra time taking in the



peaceful scenery before our 5:00pm dinner reservation. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth

David at 641- 6344. Return approx. 7:30pm\*

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

Residents taking a bird walk with Liz from the Bird House.



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, July 13<sup>th</sup>:

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

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

\*9:30am – Depart for lunch and shopping at Sauders Market: A taste of Mennonite Culture located in Seneca Falls, NY. No fee to attend. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:45pm \*\*



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

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

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

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

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

6:30pm – Summer Gazebo Concert Series with *Still One Left*, featuring great American music like Greensky Bluegrass, Avett Brother and others. The Highlands’ Gazebo

Friday, July 14<sup>th</sup>:

\*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. \*\*



(Programs for 7/14 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.

**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, & Songs** with Chaplain Steve Petrovich. Laurelwood Gallery

**2:00pm – Join us for a strawberry social following afternoon entertainment from Joe Naples on the piano at 2:30pm!** Highland Pub/Community Center

#### Saturday, July 15<sup>th</sup>:

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

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

#### Sunday, July 16<sup>th</sup>:

**8:30am & 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.**

**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 Daily Email. Music Room

Residents Mary Lou Brewer, Dawn Murley Paul Francis, Joan Garnar, Bob Peck and David Strong, are taking part in our monthly Summer “Beach Walk & Breakfast”.



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, July 17<sup>th</sup>:

- \*8:45am – Annual Men’s Breakfast with guest speaker Ken Greene**, Founder, CEO of Greene RE Solutions and Director of Commercial Development for Winn Companies, presenting *Reimagining Sibley’s Flagship Store*. A suggested donation of \$5.00 will be collected at the breakfast. Proceeds this year will benefit The Advent House. Community Center
- 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 – 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
- \*7:00pm – Depart for Flower City Jazz Society Concert featuring *Smugtown 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, July 18<sup>th</sup>:

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Fitness Room
- 10:00am – Perk up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

**(Programs for 7/18 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.

\*10:00am – Depart for a scenic ride to Belhurt Castle with lunch at Stonecutter’s Tavern located in



Geneva, NY. Enjoy shopping at the gift shop as well as their beautiful grounds. Lunch will be paid for on your own. **Please register on the Registration Calendar located on the Portal.** For questions and registration assistance, contact Elizabeth David at 641-6344. Return approx.

2:30pm \*\*

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

No Bible Study with Chaplain Steve Petrovich.

**7:30pm** – **Lights, Camera, Action - Movie Night!** Join us this month as we feature your favorite **MURDER MYSTERY**. The movie title will be announced in advance on the Digital Sign and Daily Email.

Please note new start time. Music Room

### Wednesday, July 19<sup>th</sup>:

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

10:00am – **Tech Time** with the HAP Technology Team. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Media Center

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

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

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

2:00pm – **4-Part Lecture Series: *Challenging the Boundaries and Borders of a Colonizer Worldview*** with Sarah Hodgson, Social Studies teacher at Arcadia High School. **Today’s topic: *Washington and The Haudenosaunee: The Boundaries of Democracy and the Borders of Colonial and Early America.*** Please see page 20 for more information and weekly topics. 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 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, July 20<sup>th</sup>:

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

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

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

10:30am~12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

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

2:00pm – **University of Rochester Presentation: *Printing Rosemary with Microbes*** with undergraduate students partaking in the iGEM (International Genetically Engineered Machines) program. Please see page 18 for additional information. **In-person only**. Community Center

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

Friday, July 21<sup>st</sup>:

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

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

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

1:30pm – **Monthly Documentary: *Forks over Knives***. See page 21 for additional information. Run time is approx. 1hour 52min. Music Room

**No Religious Program with Chaplain Steve Petrovich today.**

5:45pm – **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.

10:30pm. \*

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, July 22<sup>nd</sup>:

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

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

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, July 23<sup>rd</sup>:

8:30am & 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.**

\*9:30am – **Depart for Sonnenberg Gardens for the 2023 Arts at the Gardens Festival.** Shop for fine art and craft items hand-made by skilled artisans. Enjoy music & access to the gardens and mansion. Food & drinks are available for purchase. Tickets are \$10.00 and will be purchased onsite. **Please register on the Registration Calendar located on the Portal.** For questions and registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:30pm **\*\*\*\***



**Please note this outing is weather permitting.**

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 Daily Email. Music Room

Monday, July 24<sup>th</sup>:

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

\*9:30am – **Depart for the Downtown Rundel Library to visit the Lollypop Farm 150th Anniversary Timeline Exhibit.** Read about and see artifacts from throughout Lollypop Farm's 150 years of helping people and pets. Please see page 21 for additional information. **Please register on the Registration Calendar located on the Portal.** Please note there is limited seating at the exhibit. For questions and registration assistance, contact Elizabeth David at 641-6344. Return approx. 12:00pm **\*\*\***



**(Programs for 7/24 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.

10:00am – **Book Discussion Group, Book Title: Horse** by Geraldine Brooks. **Please register in advance by contacting resident Nancy Hare at 586-4769 or email at nwhare3@gmail.com.** 2<sup>nd</sup> 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

1:30pm – **Presentation: *Music of Les Paul & Mary Ford*** with Larry Shearer. Laurelwood Activities Room

**No Resident Meeting today. The next Resident Meeting will be held on Monday, August 28<sup>th</sup>.**

**Tuesday, July 25<sup>th</sup>:**

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

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

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

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

11:15am – **Depart for boat cruise on the Colonial Belle in Fairport, NY. Stay tuned for upcoming memo**



**with details.** For questions contact Elizabeth David 641-6344. \*

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

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

Residents Marie Ginther, Shirley Eberly, and Gayle Ader viewing the *Over the Rainbow and Around the World: Real and Imagined Journeys* exhibit at the U of R's Rare Books and Special Collections.



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, July 26<sup>th</sup>:**

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club
- 10:00am – 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. 2<sup>nd</sup> Floor Activities Room
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 2:00pm – Eastman School of Music: University of Rochester 3-part lecture series: *Movie Musicals Part Three: 1980-2023*** with Mark Watters, Director, Beal Institute for Film Music and Sweeney Todd, Dreamgirls, Chicago, Les Miserables, Into the Woods, La La Land, West Side Story 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
- 3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

**Thursday, July 27<sup>th</sup>:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- 9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk at 586-7600 to secure transportation.
- 10:00am – Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- 11:00am – Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Fitness Room

**(Programs for 7/27 Continue on Next Page)**

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

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

2:00pm – 4-Part Lecture Series: *Challenging the Boundaries and Borders of a Colonizer Worldview* with Sarah Hodgson, Social Studies teacher at Arcadia High School. Today's topic: *The Enclosure Movement: The boundaries and Borders that Displaced Community and Changed our Relationship with the Land and each other*. Please see page 20 for more information and weekly topics. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

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

6:30pm – Summer Gazebo Concert Series with *8 Days a Week* featuring Upstate's premier Beatles Tribute Band recreating the sounds and excitement of the Beatles. The Highlands' Gazebo

#### Friday, July 28<sup>th</sup>:

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

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

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

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

1:00pm – Depart for the Memorial Art Gallery to view the *68th Rochester-Finger Lakes Exhibit*.



Admission fee is \$18.00 and will be paid for at the gallery. **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 \*\*

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

#### Saturday July 29<sup>th</sup>:

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

1:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the Digital Sign and Daily Email. Music Room

3:00pm – Afternoon Entertainment with the Finger Lakes Opera. Community Center

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**Sunday July 30<sup>th</sup>:**

**8:30am & 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.**

**10:30am** – **Communion Service** with volunteers from St. Louis Church. Community Center

**11:00am** – **Asbury First United Methodist Church live stream service.** Laurelwood Gallery

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

**Monday July 31<sup>st</sup>:**

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

**2:00pm** – **Presentation: *Introduction to Food Justice*** with Antonius Chess, Natural Resources Educator and Climate Stewards Coordinator from Cornell Cooperative Extension. See page 20 for more information. Community Center

## *The Highlands Review*

Accepting submission now

**Deadline: September 6, 2023**

\*Articles \* Memoir \* Poetry

\* Fiction \* Photography

Editing support always available

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

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, July 3<sup>rd</sup> at 2:00pm

**Aging and Engaging: The Benefits of Social Connection**

April 17<sup>th</sup> Topic - Brain Health

June, 27<sup>th</sup> Topic - Mental Health

July 3<sup>rd</sup> Topic - Well-Being

**Bio:**

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

Thursday, July 20<sup>th</sup> at 2:00pm

**Printing Rosemary with Microbes**

A team of undergraduates at the University of Rochester are developing new technologies to synthesize useful chemicals from plants as climate change alters our Earth's atmosphere. They will share the applications of using yeast and bacteria working together to produce complex medicines, the efficiency of 3D printing chemicals, and the applications of synthetic biology in bio-manufacturing. Join as they take science into their own hands!



Residents John and Joanne Fisher playing a fun game of BINGO!

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Monday, July 26<sup>th</sup> at 2:00pm

**Movie Musicals Part Three: 1980-2023**

**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.

## Lectures

### Monday, July 10<sup>th</sup> at 2:00pm **Housing is a Human Right**

Learn about affordable, decent, equitable housing in Rochester and its availability, the assumptions and truth about family homelessness, and the response to these challenges and inequities at Family Promise (formerly RAIHN), including how you can make a difference. Ask questions and engage in discussion!

### Tuesday, July 11<sup>th</sup> at 2:00pm **Trojan Asteroids and the Lucy mission**

The Trojan asteroids are a collection of small rocks that follow a planet in its orbit around the sun. Jupiter has thousands of them, but there has yet to be a dedicated mission to explore these objects... until now. Lucy will be NASA's first space mission to fly out and explore the Trojan asteroids of Jupiter up close. The spacecraft launched in 2021 and is scheduled to arrive in 2027, with lots of potential to help us better understand the formation and evolution of our solar system. Join Valerie as she explores Trojan asteroids in general and talks about the future plans for the Lucy mission.

### July 19<sup>th</sup> and 27<sup>th</sup> & 2:00pm **Challenging the Boundaries and Borders of a Colonizer Worldview**

#### Wednesday, July 19<sup>th</sup>

Washington and the Haudenosaunee: The boundaries of democracy and the borders of colonial and early America.

#### Thursday, July 27<sup>th</sup>

The Enclosure Movement: The boundaries and borders that displaced community and changed our relationship with the land and each other

#### Wednesday, August 2<sup>nd</sup>

The Mexican Revolution: Moving borders and the blurred boundaries of US history

#### Thursday, August 10<sup>th</sup>

The Border between Maslow and the Blackfoot: The boundaries of the colonizer worldview in conceptualizing the potential of indigenous community

### Monday, July 31<sup>st</sup> at 2:00pm **Introduction to Food Justice**

Food justice is a holistic lens within our food system that addresses community access to grow, sell, and eat food that is nutrient dense, affordable, and culturally appropriate. Additionally, the lens examines the well-being and ownership of land, worker's rights, agricultural practices, and distribution of technology. This presentation gives a broad overview of food systems, from historical context to the current movement towards sustainability.

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## Outings

**Monday, July 24<sup>th</sup> at 9:30am**

### **Lollypop Farm 150th Anniversary Timeline Exhibit**

The exhibit features artifacts from Lollypop Farm’s history in the Rochester Community from 1873 to 2023. Notable items include a historical timeline, a humane law enforcement display, an 1895 playbook from the first fundraising event “Pet Care Through the Ages,” featuring pet care and veterinary items (in collaboration with Genesee Country Village & Museum and Cornell University) from the last 150 years, and the origin of the name Lollypop Farm.

## Documentary

**Monday, July 21<sup>st</sup> at 1:30pm**

### **Forks over Knives**

Focusing on research by two food scientists, this documentary reveals that despite broad advances in medical technology, the popularity of animal-based and modern processed foods have led to epidemic rates of obesity, diabetes and other diseases.



Residents enjoying a day on the lake at the Sodus Light House.

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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.

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

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.