



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational
Program Calendar

August 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!



Tuesday, August 1st:

- 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
- *10:30am – **Depart for a picnic lunch at Kershaw Park in Canandaigua, 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. 2:15pm
- 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
- 7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite **COMEDIES.** The movie title will be announced in advance on the Digital Sign and Daily Email. Music Room

Wednesday, August 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
- 10:00am – **Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. 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

(Programs for 8/2 continue on next page)

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

- *1:15pm – **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 so feel free to walk outside! Laurelwood Activities Room
- 1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Please contact Elizabeth David at 641-6344 with questions. New members always welcome! 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, *The Mexican Revolution: Moving Borders and the Blurred Boundaries of US History***. Please see page 21 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, appetizers and great conversation with your neighbors. Community Center

Thursday, August 3rd:

- *8:15am – Depart for Lockport, NY for the *Flight of Five Locks Tenders* guided tour following lunch at **Lock 34 Bar & Grill**. Admission fee is \$8.00 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 this outing is not handicap accessible and the use of walkers are not permitted. Must be able to stand and walk independently for long periods of time.** Please see page 21 for additional outing information. Return approx. 3:30pm ***
- 9:00am – **Water Fitness** with Robin Gallagher. Pool
- 9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk at 586-7600 to secure transportation.
- 10:00am – **Perk Up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

(Programs for 8/3 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

Friday, August 4th:

No fitness classes with Robin Gallagher today, pool is open you just need a buddy.

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

***1:00pm – Depart for an informational tour of St. Josaphat’s Ukrainian Church in Rochester, NY.** Learn about the history and religion while exploring their beautiful sanctuary. No fee to attend.



Please register on the Registration Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David at 641-6344. Return approx. 4:00pm

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

Saturday, August 5th:

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, August 6th:

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

Residents Diane Lonergan, Pat Rettew, Jean Marritt, and Mary Lou Brewer on the Colonial Belle Boat Cruise.



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, August 7th:

Reminder pool is closed for routine maintenance.

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

*10:30am – **Depart for a guided tour of Wild Wings at Mendon Ponds Park.** Wild Wings, Inc. is a non-profit educational organization which includes a bird of prey facility and the Mendon Ponds Park Nature Center. They care for permanently injured and non-releasable animals unable to survive on their own in the wild. **Admission fee is \$5.00 per person**, and will be collected on the bus. **Please note there is walking on uneven grounds and narrow walkways which may be challenging for walkers. 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***

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

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

Tuesday, August 8th:

Reminder pool is closed for routine maintenance.

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 8/8 continue on next page)

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

No religious program today with Chaplain Steve Petrovich.

2:00pm – Virtual Presentation: *From Micronova to Supernova: Stellar Explosions in Outer Space* 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.

6:00pm-7:30pm – **Antique Car Show**. Enjoy culinary delights, entertainment, and of course the classic automobiles! This event will be held at The Highlands' Main Entrance and in the Music Room.

Due to on campus activities this evening the Tuesday Evening Movie has been canceled.

Wednesday, August 9th:

Reminder pool is closed for routine maintenance.

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. Please bring general inquiries or concerns regarding technology. 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

12:45pm – **Depart for Bristol Valley Theater Playhouse for the performance of *Driving Miss Daisy*. Please**



note transportation and ticket arrangement 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. Return approx. 5:00pm *

1:00pm – **Caregivers Support Group** with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. For questions and additional information please contact resident David Strong calling 586-6370 or emailing strongd755@gmail.com. 2nd Floor Activities Room

1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Please contact Elizabeth David at 641-6344 with questions. New members always welcome! 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

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, August 10th:

Reminder pool is closed for routine maintenance.

- 9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk at 586-7600 to secure transportation.
- 10:00am – **Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area
- 10:30am~12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room
- 11:00am – **Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Fitness Room
- 1:00pm – **Depart for shopping at Tops Friendly Markets.** Please call the Hospitality Desk at 586-7600 to secure transportation.
- 2:00pm – **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 Border between Maslow and the Blackfoot: The Boundaries of the Colonizer Worldview in Conceptualizing the Potential of Indigenous Community.*** Please see page 21 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 *A Taste of Jazz*** featuring top-class smooth sounds. Highlands' Gazebo

Friday, August 11th:

Reminder pool is closed for routine maintenance.

- 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



(Programs for 8/11 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.

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

*11:15am – **Depart for our “Beach Walk and Lunch”.** Enjoy a leisure walk near Beach Ave along Lake



Ontario taking in the beautiful scenery and luxury homes followed by lunch at Hose 22.

Lunch 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. 2:15pm **

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

Saturday, August 12th:

Reminder pool is closed for routine maintenance.

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, August 13th:

Reminder pool is closed for routine maintenance.

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 enjoying an evening at Red Wings Stadium.



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, August 14th:

- 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
- *11:30am – **Depart for Finger Lakes Gaming and Race Track.** Enjoy lunch at the Platinum Grill, along with Slot Machines, and Horse Racing (betting is optional). Lunch will be paid for on your own. No fee to attend. **Please note the distant walking along with possible steps throughout the building. An elevator is available to go upstairs. MUST HAVE ID TO ENTER THE FACILITY. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:00pm ***

Tuesday, August 15th:

- 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
- 2:00pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – **Presentation: *Summertime on Broadway!*** with Bob Sagan AKA “Broadway Bob”. Enjoy Broadway show tunes that are all about summer living and so much more. **In-person only.** Community Center
- 7:30pm – **Lights, Camera, Action - Movie Night!** Join us this month as we feature your favorite **COMEDIES.** The movie title will be announced in advance on the Digital Sign and Daily Email. Music Room

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

Wednesday, August 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
- 10:00am – Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. 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. Please contact Elizabeth David at 641-6344 with questions. New members always welcome! 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 note due to high level of interest, those waitlisted from last month have already been added. If registration is full, still add your name to the waitlist as another trip will also be planed for September. Please register on the Registration Calendar located on the Portal.** For questions, contact Elizabeth David at 641- 6344. Return approx. 7:30pm *
-  **4:00pm-6:00pm – Happy Hour.** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Thursday, August 17th:

- 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 8/17 continue on next page)

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



12:00pm-2:00pm – **Resident and Employee Summer Picnic.** Enjoy a chicken BBQ, ice cream truck, yard games and music by Tom Cometa. No fee to attend. Location: Keypad 2

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

Friday, August 18th:

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

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

1:30pm – **Monthly Documentary: *Audrey*.** An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else. Run time is approx. 1hour 40 min. Music Room

Saturday, August 19th:

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, August 20th:

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



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, August 21st:

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

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

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

The Go Green Group is taking an August break and will reconvene on Monday, September 18th. Stay tuned for fall meetings. Have a great summer!

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

2:00pm – University of Rochester Presentation. *Robotics and Artificial Intelligence* with Associate Professor of Electrical and Computer Engineering, Thomas Howard, Ph.D. Please see page 20 for additional information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

No Flower City Jazz Society Concert this evening. You are welcome to still attend on your own but will need to provide your own transportation.

Tuesday, August 22nd:

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

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

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

2:00pm – Presentation: *Bye Bye Black Bird* with bird expert Richard Ashworth. Please see page 21 for program description. **In-person only.** Community Center

(Programs for 8/22 continue on next page)

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

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

Wednesday, August 23rd:

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. Please bring general inquiries or concerns regarding technology. 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. For questions and additional information please contact resident David Strong at 586-6370. 2nd Floor Activities Room

1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. Please contact Elizabeth David at 641-6344 with questions. New members always welcome! Music Room

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

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 the Pelican’s Nest Waterfront Restaurant.** Enjoy some extra time taking in 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 – Meet, Mix, and Mingle Happy Hour for Newcomers: Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Residents enjoying a fitness class!



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, August 24th:

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 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 note this outing had been rescheduled from June due to poor air quality. There will also be walking on uneven ground. Please register on the Registration Calendar located on the Portal** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 12:00pm **

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 the Old Hippies** featuring acoustic renditions of many great tunes. Enjoy covers from the 50s, 60s, & 70s! The Highlands' Gazebo

Friday, August 25th:

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

(Programs for 8/25 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.

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

*11:30am-1:00pm – **Hot Dog and Corn Cake Luncheon.** No fee to attend. Outdoor seating only. **Please note this is not a dining event and no points will be used.** Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641-6344. Bistro Patio

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

1:15pm – **Name That Tune** with Chaplain Steve Petrovich. Laurelwood Gallery

Saturday, August 26th:

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

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

Sunday, August 27th:

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, August 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 641-6316. Hahnemann Club

10:00am – **Book Discussion Group,** Book Title: *The Great Gatsby* by F. Scott Fitzgerald. **Please register in advance by contacting resident Nancy Hare at 586-4769 or email at nwhare3@gmail.com.**
2nd Floor Activities room

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

(Programs for 8/28 continue on next page)

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

1:00pm~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, August 29th:

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!

*1:00pm – **Depart for a scenic ride to Colby’s Ice Cream and Bake Shop in Rush, NY.** Enjoy a wide variety of desserts and ice cream. **Please register on the Registration Calendar located on the Portal.**
 For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:15pm*

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 **COMEDIES**. The movie title will be announced in advance on the Digital Sign and Daily Email. Music Room

Wednesday, August 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

10:00am – **Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

(Programs for 8/30 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.



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

12:15pm – **Depart for a Rochester Red Wings Baseball Game.** Please note tickets and transportation



arrangements were made in advance. You may also recall this information on the HAP Portal under News/Social: Memo. For questions, contact Elizabeth David at 641-6344. Please see previously distributed memo for additional information. Return Approx. 4:00pm. **

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

1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. Please contact Elizabeth David at 641-6344 with questions. New members always welcome! 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, August 31st:

*8:45am – **Depart for shopping at Aldi Grocery Store.** Find some unique foods at a great price. **Please register on the Registration Calendar located on the Portal.** Please note there is another departure at 10:15am. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 10:15am

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

*10:15am – **Depart for shopping at Aldi Grocery Store.** Find some unique foods at a great price. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 11:45am

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 8/31 continue on next page)

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

2:00pm – Presentation: *Harriet Tubman: Lady Moses* with Dan Cody, Rochester Historian and Adjunct Instructor of American History at Finger Lakes Community College. S A biography of a black woman who risked her own life to free others. A truly American hero in the quest for freedom and social justice. 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

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



Residents enjoying an afternoon at the Sodus Light 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.

University of Rochester Lectures

Monday, August 21st at 2:00pm **Robotics and Artificial Intelligence**

Artificial intelligence is a scientific field that has quickly evolved over the past 70+ years and has begun to have a transformative impact on our society. This seminar will introduce the origins, foundations, and applications of artificial intelligence and the application of these concepts to robotics, a form of embodied artificial intelligence that enables these systems to observe and interact with the physical world.

Bio:

Thomas Howard is an associate professor in the Department of Electrical and Computer Engineering at the University of Rochester. He also holds secondary appointments in the Department of Biomedical Engineering and Department of Computer Science, is an affiliate of the Goergen Institute of Data Science and directs the University of Rochester's Robotics and Artificial Intelligence Laboratory. Previously he held appointments as a research scientist and a postdoctoral associate at MIT's Computer Science and Artificial Intelligence Laboratory in the Robust Robotics Group, a research technologist at the NASA Jet Propulsion Laboratory in the Robotic Software Systems Group, and a lecturer in mechanical engineering at Caltech.

Howard earned a PhD in robotics from the Robotics Institute at Carnegie Mellon University in 2009 in addition to BS degrees in electrical and computer engineering and mechanical engineering from the University of Rochester in 2004. His research interests span artificial intelligence, robotics, and human-robot interaction with a research focus on improving the optimality, efficiency, and fidelity of models for decision making in complex and unstructured environments with applications to robot motion planning, natural language understanding, and human-robot teaming. Howard was a member of the flight software team for the Mars Science Laboratory, the motion planning lead for the JPL/Caltech DARPA Autonomous Robotic Manipulation team, and a member of Tartan Racing, winner of the 2007 DARPA Urban Challenge. Howard is a recipient of both the NASA Early Career Faculty Award (2019) and the National Science Foundation CAREER Award (2022), has earned Best Paper Awards at RSS (2016) and IEEE SMC (2017), two NASA Group Achievement Awards (2012, 2014), was a finalist for both the ICRA Best Manipulation Paper Award (2012) and the Kate Gleason Young Engineer of the Year Award from the Rochester Engineering Society (2022). Howard's research at the University of Rochester has been supported by National Science Foundation, Army Research Office, Army Research Laboratory, Department of Defense Congressionally Directed Medical Research Program, National Aeronautics and Space Administration, Defense Advanced Research Projects Agency, and the New York State Center of Excellence in Data Science.

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

August 2nd and 10th & 2:00pm

4-part Lecture Series: Challenging the Boundaries and Borders of a Colonizer Worldview

Weekly Topics Below:

Wednesday, July 19th

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

Thursday, July 27th

The Enclosure Movement: The Boundaries and Borders that Displaced Community and Changed our Relationship with the Land and each other

Wednesday, August 2nd

The Mexican Revolution: Moving Borders and the Blurred Boundaries of US History

Thursday, August 10th

The Border between Maslow and the Blackfoot: The Boundaries of the Colonizer Worldview in Conceptualizing the Potential of Indigenous Community

Tuesday, August 8th at 2:00pm

From Micronova to Supernova: Stellar Explosions in Outer Space

Throughout history, astronomers have observed a variety of different types of Nova in space. Some explosions occur when a massive star ends its life, while others are caused by two nearby stars interacting with each other. In this lesson, I'll introduce you to the different types of nova, and explore some detailed pictures of the explosions and their aftermath. I'll also briefly discuss how some types of nova can be useful in measuring distances in space and calculating the ages of other galaxies.

Tuesday, August 21st at 2:00pm

Bye Bye Black Bird

A pictorial introduction to local bird activity in the fall, as they wrap up their summer duties, some move south and others prepare for the winter ahead. Learn some interesting facts about the lives of the birds around your home.

Outings

August 3rd at 8:15am

Flight of Five Locks Tenders guided tour

Enjoy a 45-minute tour that will begin at the Erie Canal Discovery Center followed by a walking tour of the locks. Learn about the Erie Canal, the Flight of Five locks from the 1800's, the Locktenders who locked boats through the Flight of Five and the restoration project that allows them to actually lock a boat through the restored locks.

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

Resident Committees and Discussion Groups

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

Book Discussion Group	Resident, Nancy Hare Apt. 113 Phone: (585) 586-4769 Email: nwhare3@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.