

February Calendar 2024



Independent Living

Cultural and Educational Program Calendar

THE HIGHLANDS
AT PITTSFORD
ROCHESTER'S ONLY UNIVERSITY-BASED
RETIREMENT COMMUNITY



Life Enrichment Staff

Crystal Johnston – Director of Life Enrichment

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Elizabeth David – Cultural Programming Coordinator

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Robin Gallagher – Wellness Coach

Phone: 585-641-6316

Email: robin_gallagher@urmc.rochester.edu

Office: Located 2nd floor Hahnemann Square, Wellness Center Office

Accessibility Guide

Please use the guide below to help determine which outings are for you.

Asterisks indicate the level of walking an outing requires.



Easy Going



On Your Feet



Keep the Pace





Let's Go!



The wheelchair symbol indicates handicap accessible.

(*) Indicates advanced sign-up required on the Resident Portal.
Please contact Elizabeth David 585-641-6344.

Thursday, February 1


| | | |
|--|---|---|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | *Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am-12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 11:30am Return approx. 1:30pm | First Universalist Church  | *Eastman at Washington Square Concert: Cello and Bass Duo No fee to attend. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585- 641-6344. |
| 1:00pm-1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching. |
| 2:00pm | Laurelwood Activities Room | *Color Me Mine Workshop Registration, payment, and piece selection was done in advance. For questions, please contact Elizabeth David at 585-641-6344. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |

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Please contact Elizabeth David 585-641-6344.

Friday, February 2

Groundhog Day

No Fitness Classes today with Robin Gallagher.

| | | |
|-------------------------------------|---|---|
| 10:30am Return approx. 2:15pm | Fairport, NY  | *Depart for shopping and lunch in Fairport, NY. Shops include Amazing Grains Bread Co., Diane Prince Furniture & Gifts, and The Red Bird Market. Lunch will be at Bocaccini Italian Bistro and paid for on your own. Walking is required. See page 27 for additional outing information. Please register on the Registration Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David at 585-641-6344. |
| 1:00pm – 2:00pm | HAP Pool 2 nd Floor | Open Swim with HAP staff member |
| 1:00pm | Community Center | First Friday Catholic Mass with volunteers from St. Louis Church |
| 1:15pm | Laurelwood Gallery | Pause for Peace with Chaplain Steve Petrovich |
| 4:00pm – 5:30pm | Community Center | Friday Happy Hour! Join your neighbors for conversation and light snacks. |

Saturday, February 3

| | | |
|---------|----------------------------|---|
| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily Email for film title and description. |

Sunday, February 4

| | | |
|--------------------|---|---|
| Departures: | Religious Services | Depart for local churches |
| 9:30am |   | Contact the Hospitality Desk at 585-586-7600 to be included on the transport list. |
| 10:30am | | |
| 10:30am | Music Room | Communion Service with volunteers from St. Louis Church |
| 11:00am | Laurelwood Activities Room | Asbury First Methodist Church Sunday service is live streamed on the large screen TV. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily Email for film title and description. |

Monday, February 5

| | | |
|--|---------------------------|--|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 11:00am | Music Room | Program Planning Meeting All residents are welcome. Please join us to discuss, evaluate, and suggest outings and lectures. |
| The Pool is closed for today and will reopen on Monday, February 12th . | | |
| 1:30pm | Laurelwood Gallery | Crosswords with Larry Shearer |

Monday, February 5

Departure Time:

4:15pm

Return approx. 6:30pm

Penfield, NY



*Dinner at Charlie Browns

Back by popular demand!! Dinner is paid for on your own. Space is limited as the previous waitlist has been accommodated. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 585-641-6344.

Tuesday, February 6

The Pool is closed for today and will reopen on Monday, February 12th.

Departures:

9:00am

10:00am

11:00am

Country Club Plaza



Shopping and Banking

Please call the Hospitality Desk at 585-586-7600 to secure transportation.

9:00am

Wellness Center

Stretch, Strength, and Balance

with Sarah Enriquez. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link is sent to participants via email the morning of the class.**

10:00am

Coffee Bar Bistro Hallway

Perk-up Coffee Hour

Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.

10:30am-12:00pm

Wellness Center

Circuit Training

with Robin Gallagher

12:50pm

Activities Room 2nd Floor

Small Group Fellowship and Prayer

with the First Presbyterian Church. All are welcome.

1:00pm

Music Room

Knitting & Crochet Group

with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.



Tuesday, February 6

| | | |
|--------|--------------------|---|
| 1:15pm | Laurelwood Gallery | Bible Study with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Hat Horizon: <i>Hat's Around the World</i> Tea Party led by Stacy Miller. Enjoy light refreshments and tea! See page 28 for additional outing information. |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Humphrey Bogart in your favorite movies. Check the Daily Email for film title and description. |

Wednesday, February 7

| | | |
|---------|-----------------|---|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Music Room | Tech Time with the HAP Technology Team. Please bring general technology inquiries or concerns. For questions contact Patrick Langton at 585-641-6308 or Jeremy Snelgrove at 585-641-6309. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |

The Pool is closed for today and will reopen on Monday February 12th.

| | | |
|--|--|---|
| Departure Time: 1:15pm Return approx. 4:30pm | Geva Theatre   | *Dial M for Murder: Ticket and transportation arrangements were made in advance, but some tickets may still be available. Contact the Geva Theatre Box office at 585-232-4382 for tickets. For questions or to secure transportation contact Elizabeth David at 585-641-6344. |
|--|--|---|




(*) Indicates advanced sign-up required on the Resident Portal.
Please contact Elizabeth David 585-641-6344.

Wednesday, February 7

| | | |
|---------------|-------------------------------|---|
| 1:30pm | Music Room | Pittsford Highlands Chorus Practice New members are always welcome! |
| 1:30pm | Laurelwood Activities Room | *Flower Arranging Bring a vase and create your own arrangement. Flowers are provided. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344. |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook. Space is limited. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm–6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers, and great conversation with your neighbors. |



Thursday, February 8

The Pool is closed for today and will reopen on Monday February 12th.

| | | |
|--|--|---|
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 9:30am Return approx. 12:15pm | George Eastman Museum   | *Guided Tour The \$18.00 admission fee is collected on the bus. Walking is required. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344. See page 27 for additional outing information. |

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Please contact Elizabeth David 585-641-6344.

Thursday, February 8

| | | |
|-------------------------------------|---|---|
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am – 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am – 12:00pm | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 1:00pm – 1:30pm | Wellness Center | Chair Fitness Workout with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |
| 6:30pm Return approx. 10:00pm | Rochester Philharmonic Orchestra Eastman Theater   | *<i>Fantastic Symphony</i> Ticket and transportation arrangements were made in advance, but some tickets may still be available. Contact the RPO Patron Services Center at 585-454-2100 for tickets. For questions or to secure transportation, contact Elizabeth David at 585-641-6344. |

Friday, February 9

| | | |
|--------|-----------------------|---|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
|--------|-----------------------|---|

(*) Indicates advanced sign-up required on the Resident Portal.
Please contact Elizabeth David 585-641-6344.

Friday, February 9

| | | |
|--------|-----------------|---|
| 9:00am | Wellness Center | Stretch, Strength, and Balance with Sarah Enriquez. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
|--------|-----------------|---|

The Pool is closed for today and will reopen on Monday February 12th.





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|-----------------|--------------------|--|
| 1:15pm | Laurelwood Gallery | Poems, Quotes, and Songs with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Writing Rochester's Eclipse Story with Deb Ross, Chair of Rochester's Eclipse Task Force, and Co-Chair of the American Astronomical Society's National Solar Eclipse Task Force. See page 28 for additional information. |
| 4:00pm – 5:30pm | Community Center | Friday Happy Hour! Join your neighbors for conversation and light snacks. |

Saturday, February 10

Lunar New Year

| | | |
|---------|----------------------------|---|
| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
| 1:30pm | Community Center | Weekend Movie Matinee Check the Daily email for film title and description. |
| 3:30pm | Laurelwood Gallery | Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations. |

Sunday, February 11

| | | |
|---------------------------------|--|---|
| 9:30am– 10:00am | Religious Services   | Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be included on the transport list. |
| 10:30am | Community Center | Communion Service with volunteers from St. Louis Church |
| 11:00am | Laurelwood Activities Room | Asbury First Methodist Church Sunday service is live streamed on the large screen TV. |
| 1:15pm Return approx. 4:15pm | Jewish Community Center (JCC) Rochester, N   | <i>Hitmakers Rock vs. Disco</i> Ticket and transportation arrangements were made in advance, but some tickets may still be available. Contact the Center Stage Theatre Box Office at 585-461-2000 for tickets. For questions or to secure transportation, contact Elizabeth David at 585-64-6344. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily email for film title and description. |
| 6:00pm | Community Center | Super Bowl LVIII Happy Hour Come watch the Kansas City Chiefs vs. the San Francisco 49ers. Enjoy after dinner refreshments and the game with your neighbors. Happy Hour pricing for beer and wine available from 6:00pm-7:00pm. |



Monday, February 12

Lincoln's Birthday

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|---------|-----------------|--|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |



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Monday, February 12

| | | |
|---|---|--|
| 1:00pm – 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 2:00pm | Community Center | From Broadway with Love! Join Bob Sagan, aka “Broadway Bob,” and relive those magical romantic moments from your favorite Broadway musicals. |
| 6:45pm Return approx. 10:00pm | Penfield Symphony Orchestra (PSO) Penfield High School   | Star Crossed Lovers Tickets and Transportation were arranged in advance but there still may be some room on the bus. For questions contact Elizabeth David at 585-641-6344. Admission is \$15.00 at the door if you did not pre-purchase tickets. |

Tuesday, February 13

Fat Tuesday — Mardi Gras

| | | |
|---|--|--|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza   | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 9:00am | Wellness Center | Stretch, Strength, and Balance with Sarah Enriquez. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Celebrate Mardi Gras with a sample of Kings Cake! |

Tuesday, February 13

Fat Tuesday — Mardi Gras

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|---|---|---|
| 10:30am – 12:00pm | Exercise Room 2 nd floor | Circuit Training with Robin Gallagher |
| 11:30am Return approx. 1:30pm | Christ Church   | *Tuesday Pipes Concert Please Register on the Registration Calendar located on the portal. No fee to attend. For questions or registration assistance, contact Elizabeth David at 585-641-6344. |
| 12:50pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm | Wellness Center | Corn Hole Game! Join Robin Gallagher and your neighbors for some friendly competition. All are welcome. |
| 1:15pm | Laurelwood Gallery | Hymn Study with Chaplain Steve Petrovich |
| 1:30pm | Community Center | *Mardi Gras BINGO! Come enjoy a fun game of BINGO with your friends. Great prizes will be given to winners! Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344. |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Humphrey Bogart in your favorite movies. Check the Daily Email for film title and description. |

Wednesday, February 14

Valentine's Day & Ash Wednesday

| | | |
|----------------|---|--|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Music Room | Tech Time with the HAP Technology Team. Please bring general technology inquiries or concerns. For questions contact Patrick Langton at 585-641-6308 or Jeremy Snelgrove at 585-641-6309. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm– 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm | Community Center | St. Louis Ash Wednesday Service A volunteer from the parish will be here to give ashes and Communion. All are welcome. |
| 1:00pm | Activities Room 2 nd Floor | Caregivers Support Group facilitated by Connie Craig, MSW and a certified Aging Life Specialist (Care Manager). All are welcome. This group meets once a month. |
| 1:30pm | Music Room | Pittsford Highlands Chorus Practice New members are always welcome! |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook. Space is limited. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |


Wednesday, February 14

Valentine's Day & Ash Wednesday

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|---------------|------------------|--|
| 3:30pm–5:00pm | Community Center | Valentine's Day Happy Hour Enjoy fancy drink specials, appetizers, and great conversation with your neighbors. Beautiful harp music will be played during this time. |
| 6:30pm | Community Center | Valentine's Day Dance & Mingle with <i>A Taste of Jazz Trio</i> |

Thursday, February 15

Susan B. Anthony Day

| | | |
|--|--|---|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am – 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am – 12:00pm | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 1:00pm – 1:30pm | Wellness Center | Chair Fitness Workout with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome. |

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 Please contact Elizabeth David 585-641-6344.

Thursday, February 15

Susan B. Anthony Day

Departure Time:

1:30am

Return approx. 4:00pm

Susan B. Anthony House

Rochester, NY



*Guided Tour

Walk the rooms where Susan B. Anthony inspired generations of women and hear her tales of hardship tenacity. **Admission fee is \$10.00.**

Please register on the Registration Calendar located on the Portal. Space is limited and there are exterior stairs entering into the house. For questions or registration assistance, contact Elizabeth David at 585-641-6344.

3:30pm

Laurelwood Gallery

Pet Therapy

with Ann Julien and Lulu

Friday, February 16

9:00am

Hahnemann Club

Fitness Class

with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link is sent to participants via email the morning of the class.**

No Stretch, Strength, and Balance with Sarah Enriquez today.

10:15am

Wellness Center

Fitness Class

with Robin Gallagher

10:30am – 12:00pm

Pittsford Plaza



*Pathway to Pittsford Errand Bus

Catch a ride to Pittsford Plaza and the Pittsford Community Library. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 585-641-6344.

1:00pm – 2:00pm

HAP Pool 2nd Floor

Open Swim

with Robin Gallagher

1:15pm

Laurelwood Gallery

Worship Service

with Chaplain Steve Petrovich

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Please contact Elizabeth David 585-641-6344.


Friday, February 16

| | | |
|-----------------|--------------------|---|
| 2:30pm | Laurelwood Gallery | Afternoon Entertainment with the Brad Batz Duo |
| 4:00pm – 5:30pm | Community Center | Friday Happy Hour! Join your neighbors for conversation and light snacks. |

Saturday, February 17

| | | |
|---------|----------------------------|---|
| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily email for film title and description. |

Sunday, February 18

| | | |
|----------------|--|--|
| 9:30 – 10:00am | Religious Services   | Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be included on the transport list. |
| 10:30am | Music Room | Live Stream Communion Service with St. Louis Church Sunday service is shown on the large screen TV, and a volunteer from the parish will be giving communion. All are welcome. |
| 11:00am | Laurelwood Activities Room | Asbury First Methodist Church Sunday service is live streamed on the large screen TV. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily email for film title and description. |

Sunday, February 18

| | | |
|--------|------------------|--|
| 1:30pm | Community Center | Afternoon Classical Entertainment with the Maple Quartet, featuring students from the Eastman School of Music. See page 29 for additional information. |
|--------|------------------|--|

Monday, February 19

President's Day & Washington's Birthday

| | | |
|-----------------|-----------------------------------|---|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Music Room | Book Discussion Group Book Title: <i>Howards End</i> by E.M. Forrester |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm – 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm | Music Room | 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. |
| 2:30pm | Music Room | Monthly Documentary: <i>Buried: The 1982 Alpine Meadows Avalanche.</i> This documentary tells the story of the 1982 Alpine Meadows avalanche and the rescue effort that followed. Ski patrollers go out in insane conditions with explosives that they toss to trigger the snow packed slopes and produce slides. |

Monday, February 19

7:00pm

Return approx. 10:00pm

Rochester, NY



***Flower City Jazz Society Concert**

Enjoy the *Smugtown Stompers*. Tickets are NOW \$12.00, pay upon arrival. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 585-641-6344.

Tuesday, February 20

9:00am

HAP Pool

2nd Floor

Water Fitness

with Robin Gallagher

10:00am

Country Club Plaza



Shopping at Tops

Please call the Hospitality Desk at 585-586-7600 to secure transportation.

9:00am

Wellness Center

Stretch, Strength, and Balance

with Sarah Enriquez. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link is sent to participants via email the morning of the class.**

10:00am

Coffee Bar

Bistro Hallway

Perk-up Coffee Hour

Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.

10:30am-12:00pm

Wellness Center

Circuit Training

with Robin Gallagher

12:50pm

Activities Room

2nd Floor

Small Group Fellowship and Prayer

with the First Presbyterian Church. All are welcome.

1:00pm

HAP Pool

2nd Floor

Water Volleyball

with Robin Gallagher. Join your friends for some competitive fun in the pool.

1:15pm

Laurelwood Gallery

Bible Study

with Chaplain Steve Petrovich



Tuesday, February 20

| | | |
|--------|------------------|--|
| 2:00pm | Community Center | Presentation: <i>Basics of the Erie Canal</i> with Derrik Prat, Director of Education & Public Programming at the Erie Canal Museum in Syracuse, NY. See page 29 for additional information. |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Humphrey Bogart in your favorite movies. Check the Daily Email for film title and description. |





Wednesday, February 21

| | | |
|-----------------|-----------------------------------|--|
| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Music Room | Tech Time with the HAP Technology Team. Please bring general technology inquiries or concerns. For questions contact Patrick Langton at 585-641-6308 or Jeremy Snelgrove at 585-641-6309. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm – 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:30pm | Music Room | Pittsford Highlands Chorus Practice New members are always welcome! |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook. Space is limited. |

Wednesday, February 21

| | | |
|---------------------------------|---|---|
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm-6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors. |
| 4:45pm Return approx. 7:15pm | Fairport, NY   | Dinner at <i>Compagnie Trattoria</i> Enjoy modern Italian American food featuring wood fired pizzas and homemade pasta. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David at 585-641- 6344. |

Thursday, February 22

| | | |
|---|--|---|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza   | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 9:30am Return approx. 12:15pm | Antique Wireless Museum Bloomfield, NY   | *Guided Tour Experience Two Centuries of Communication Technology. Exhibits include the voice of the first transistor radio, titanic radio room, the first cell phone and much more. Admission fee is \$9.00 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 585-641- 6344. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |

Thursday, February 22

| | | |
|---------------|--------------------|---|
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 1:00pm-1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching. |
| 2:00pm | Music Room | Asbury First Lenten Communion Service Enjoy music, scripture passages and communion followed by a social time. All are welcome. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |
| 6:30pm | Community Center | Evening Entertainment with LumenEssence. This vocal Jazz Trio sings music from around the World War II era and a bit after. |

Friday, February 23

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |

Friday, February 23

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| 1:00pm-2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
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No Religious Program with Chaplain Steve Petrovich today.

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| 2:00pm | Community Center | University of Rochester Presentation. <i>New Archology Findings</i> with Michael Jarvis, Director of the Digital Elmina Project; and Director of Smiths Island Archaeology Project. |
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| 4:00pm-5:30pm | Community Center | Friday Happy Hour! Join your neighbors for conversation and light snacks. |
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Saturday, February 24

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| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
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| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily Email for film title and description. |
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| 3:30pm | Laurelwood Activities Room | Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations. |
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Sunday, February 25

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| Departures: 9:30am 10:30am | Religious Services  | Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be included on the transport list. |
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| 10:30am | Music Room | Communion Service with volunteers from St. Louis Church |
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Sunday, February 25

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| 11:00am | Laurelwood Activities Room | Asbury First Methodist Church Sunday service is live streamed on the large screen TV. |
| 1:30pm | Music Room | Weekend Movie Matinee Check the Daily email for film title and description. |

Monday, February 26

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm – 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 2:30pm | Community Center | Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email. |
| 6:30pm | Community Center | Evening Entertainment Enjoy the Finger Lakes Opera with piano accompaniment. |

Tuesday, February 27

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to Secure trans secure transportation. |
| 9:00am | Wellness Center | Stretch, Strength, and Balance with Sarah Enriquez. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am-12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 12:50pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm | Wellness Center | Laughter Exercise Class with Robin Gallagher. Did you know your body benefits from laughing? Laughter class uses laughter, silly activities and breathing. You might be surprised on how many muscles you use to laugh. All are welcome. |
| 1:15pm | Laurelwood Gallery | Hymn Study with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Virtual Presentation: <i>Satellites and Other "Space Junk"</i> with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 30 for additional information. The Zoom link will be sent to all residents via the Daily Email the morning of the presentation. This virtual presentation is also available to view in the Community Center. |

Tuesday, February 27

7:30pm

Music Room

Lights, Camera, Action—Movie Night!

Join us for a full-length film as we feature Humphrey Bogart in your favorite movies. Check the Daily Email for film title and description.

Wednesday, February 28

9:00am

Hahnemann
Club

Fitness Class

with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link is sent to participants via email the morning of the class.**

10:00am

Music Room

Tech Time

with the HAP Technology Team. Please bring general technology inquiries or concerns. For questions contact Patrick Langton at 585-641-6308 or Jeremy Snelgrove at 585-641-6309.

10:15am

Wellness Center

Fitness Class

with Robin Gallagher

11:30am

Return approx. 1:15pm

Schoen Place



Depart for lunch at Aladdin's Natural Eatery

Enjoy a variety of fresh homemade pastas, pita sandwiches, salads, and Mediterranean dishes. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 585-641-6344.

1:00pm – 2:00pm

HAP Pool
2nd Floor

Open Swim

with Robin Gallagher

1:30pm

Music Room

Pittsford Highlands Chorus Practice

New members are always welcome!

2:30pm

HAP Library

Muriel's Novel Idea

Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook. Space is limited.

Wednesday, February 28

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| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm-6:00pm | Community Center | Meet, Mix, and Mingle Happy Hour for Newcomers Enjoy drink specials, appetizers and great conversation with your new neighbors. |

Thursday, February 29

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to secure transportation. |
| 10:00am | Coffee Bar Bistro Hallway | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am-12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link is sent to participants via email the morning of the class. |
| 11:30am Return approx. 1:30pm | First Universalist Church  | *Eastman at Washington Square Concert Enjoy <i>Piano Fireworks II</i> . No fee to attend. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344. |
| 1:30pm Return approx. 2:45pm | Pittsford, NY | *Yotality Frozen Yogurt Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641- 6344. |

(*) Indicates advanced sign-up required on the Resident Portal.
Please contact Elizabeth David 585-641-6344.

Thursday, February 29

1:00pm-1:30pm

Wellness center

Chair Fitness Workout

with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching.

3:30pm

Laurelwood
Gallery

Pet Therapy

with Ann Julien and Lulu

6:30pm

Return approx. 10:00pm

Kodak Hall
Rochester
Philharmonic
Orchestra (RPO)



Rhapsody in Blue @100! Plus, Rachmaninoff's Second Concerto.

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. Contact Elizabeth David at 641-6344 with questions or to secure transportation.

Additional Information

Please read below for additional information on Outings, Lectures, and Entertainment.

Outings

Shopping and Lunch

Friday, Feb. 2nd – 10:30am

Fairport, NY

Depart for shopping and lunch in Fairport, NY. Shops include Amazing Grains Bread Co. Enjoy sweet breads, pastries, cookies, and their famous salt bread. Shop at Diane Prince Furniture & Gifts and The Red Bird Market, a fun and friendly independent grocery store located in the heart of the Village of Fairport. The market features locally made food, along with fresh produce, and specialty food items.

George Eastman Museum

Thursday, Feb. 8th – 9:30am

Rochester, NY

George Eastman House

The George Eastman Legacy Collection comprises artifacts and records relating to the life and career of George Eastman. The collection consists of Eastman's restored historic home, furnishings, decorative arts, and related artifacts, as well as substantial holdings of his personal and business correspondence, private library, photographs, negatives, films, and related personal items. The more than 200,000 objects in the collection fall into the following areas:

The 35,000-square-foot Colonial Revival mansion built for George Eastman is furnished with original, reproduction, and period furnishings and decorative arts. These artifacts include textiles such as oriental carpets, draperies, and portieres; light fixtures; desks, chairs, tables, bookshelves, and other furniture; oil paintings and photographic reproductions of paintings and watercolors; and bronze sculptures and decorative arts such as vases, cigarette boxes, jardinières, frames, and globes.

Lectures and Entertainment

Hats and Headdresses

Tuesday, Feb. 6th – 2:00pm

Community Center

The expression "keep it under your hat" refers to withholding information or keeping a secret. However, a hat is less likely to conceal something than to reveal important information about the wearer. Perched atop the most prominent part of the body, a hat can serve as a badge of social rank or a symbol of faith and values. It may proclaim who we are, where we live and how we fit into the communities to which we belong.

The variety of shapes, designs and materials used in creating a headdress reflects our geographic and cultural differences. But knowing something about the hat and understanding its function can deepen our knowledge of other cultures and instill an awareness and appreciation of the values and attitudes we as humans share.

Stacey Miller is a mitrologist, a collector and an authority on the cultural significance of hats and headdresses. Stacey got her start in the 1980s while driving from Spain to India. She purchased her first hat, a topi, from a vendor of skullcaps in Istanbul. Since then her collection has continued to grow and includes over 1300 hats from 150 countries and many more cultures, tribes and ethnic groups. With a passion for travel and a fascination with other lifestyles, Stacey has researched the cultural significance of the headdresses to understand the stories they tell about the people who wear them.

Writing Rochester's Eclipse Story Friday, Feb. 9th – 2:00pm Community Center

Learn how Rochester's Eclipse Task Force has carefully crafted Rochester's eclipse narrative for the past 7 years so that it will be a uniquely memorable (and exquisitely positive) chapter in Rochester's 21st-century story. The talk will help you think about how to craft your own eclipse story for April 8th, how to write it deliberately and powerfully for you and your family to make the most of this moment in your own personal history.

Bio:

Debra Ross is the founder and publisher of the community websites KidsOutAndAbout.com (for parents who want to know what's happening locally for families) and BeyondTheNest.com (for older adults who want to learn about local arts, culture, and recreation events). This network started in Rochester 23 years ago and now serves 52 regions in the U.S. and Canada, with 15 million visitors per year and 800,000 subscribers to a weekly e-newsletter.

After witnessing 2017's Great American Eclipse in Missouri and understanding its implications for the Rochester area for 2024, Debra started the Rochester Eclipse Task Force. The task force now has over 750 members across many sectors, and the Rochester area has become known as the most engaged U.S. region preparing for totality. After the American Astronomical Society's Solar Eclipse Task Force held its meeting in the Rochester area in 2022, they asked Deb to co-chair the National task force to help other communities learn from how Rochester has been preparing.

The Maple Quartet Sunday, February 18th - 1:30pm Community Center

The Maple Quartet, formed in 2022, is based out of Rochester, New York at the Eastman School of Music. With members Isabel Chen and Magali Pelletay, violins; John Crowley, viola; and Gabriel Hennebury, cello; the quartet is currently pursuing their Bachelor of Music degrees. The four strive to present striking and enjoyable performances of adventurous repertoire, from Mozart to Bartok and much more! Recently, they were awarded the inaugural Celentano String Quartet Award at Eastman, an award for an undergraduate quartet with outstanding ability. In recent semesters, they have auditioned for and performed in multiple departmental honors recitals with works by Beethoven and Bartok. The quartet is mentored by the Ying Quartet, and their primary coaches include professors Janet Ying, Robin Scott, and Mimi Hwang.

Why was the Erie Canal built? How was it built? What happened with it once it was built? Where is it now? All these questions and more will be answered in this crash course on “Clinton’s Ditch.”

Bio:

Derrick Pratt is the Director of Education & Public Programming at the Erie Canal Museum in Syracuse, NY. A native of Chittenango, NY, Derrick received a B.A in Social Studies Education from SUNY Cortland and a M.A. in Museum Studies from Syracuse University. Prior to his job at the Erie Canal Museum, Derrick served as Director of Programs at Chittenango Landing Canal Boat Museum for 3 years.

From communication satellites to space telescopes, humans are putting a staggering number of objects into orbit around the Earth. While much of this technology is very beneficial, astronomers are concerned about the affects these objects have on our view of the night sky, and the dangers space debris can pose to future astronauts headed to the Space Station and beyond. In this lesson, we’ll talk about the buildup of Starlink and other satellites in orbit, who keeps track of all of them, and the potential threats they pose to our view of the night sky.

Resident Committees & 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.

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| 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, Director of Life Enrichment Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu |
| Pittsford Highlands Chorus Caregivers Support Group | Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu |