

March Calendar 2024



Independent Living

Cultural and Educational Program Calendar

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

ENJOY
LIFE.



Life Enrichment Staff

Crystal Johnston – Director of Life Enrichment

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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.



Friday, March 1

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 HAP staff member
1:00pm	Music Room	First Friday Catholic Mass with volunteers from St. Louis Church
1:15pm	Laurelwood Gallery	Pause for Peace with Chaplain Steve Petrovich
2:00pm	Community Center	<i>Best of Broadway</i> music and presentation with John Williams. See page 24 for additional information.
4:00pm - 5:30pm	Community Center	Friday Happy Hour! Join your neighbors for conversation and light snacks.

Saturday, March 2

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, March 3




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

Monday, March 4

<p>9:00am</p>	<p>Hahnemann Club</p>	<p>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.</p>
<p>10:15am</p>	<p>Wellness Center</p>	<p>Fitness Class with Robin Gallagher</p>
<p>11:00am</p>	<p>Music Room</p>	<p>Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.</p>
<p>1:00pm - 2:00pm</p>	<p>HAP Pool 2nd Floor</p>	<p>Open Swim with Robin Gallagher</p>
<p>1:30pm</p>	<p>Laurelwood Gallery</p>	<p>Crosswords with Larry Shearer</p>
<p>2:15pm</p>	<p>Music Room</p>	<p>It Doesn't Get Easier You Get Stronger with Elizabeth David. Learn many of the changes that Elizabeth has made that has led her to a healthier lifestyle! Round table discussion format.</p>

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Tuesday, March 5

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	Highlands Pub	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
11:30am 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	Music Room	Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	Kiting 101 with Dave Watson. Learn about the different types of kites; history; equipment, and books. See page 24 for additional information.
6:00pm - 7:30pm	Activities Room 2 nd Floor	Paint and Sip Painting Class with Stacy Maid. Registration and payments were done in advance. For questions, please 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 Meryl Streep in your favorite movies. Check the Daily Email for film title and description.





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Wednesday, March 6

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
11:00am	Music Room	Q&A with Dr. Van Orden on Social Connection Come learn more about the Social Connection Coaching Project! See page 25 for additional information.
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!
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.

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Thursday, March 7

8:30am	Penfield, NY  	*George's Restaurant Enjoy a fresh cooked breakfast! Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344.
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	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
10:00am	Highlands Pub	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.
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	Community Center	Evening Entertainment with the group <i>Sanctuary</i> . Enjoy Renaissance music along with sacred polyphony from the 14th and 15th centuries.

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6:30pm
Return approx.
10:00pm

Kodak Hall
Rochester Philharmonic
Orchestra (RPO)



Wagner Without Words and the Life of George Eastman

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 585-641-6344 with questions or to secure transportation.

Friday, March 8

International Women's Day

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

**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

Poems, Quotes, and Songs

with Chaplain Steve Petrovich

2:00pm

Community Center

Butterflies

with Anna-Becker Simpson. Manager of Live Collections at the Strong National Museum of Play. See page 25 for additional information.

4:00pm - 5:30pm

Community Center

Friday Happy Hour!

Join your neighbors for conversation and light snacks.



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Saturday, March 9

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, March 10

Day Light Saving Time

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	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, March 11

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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1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
2:00pm	Community Center	History of St. Patrick's Day with Jack Kowiak. See page 26 for additional information.

Tuesday, March 12

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
10:00am	Henrietta, NY 	Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Exercise Room 2 nd floor	Circuit Training with Robin Gallagher
11:15am Return approx. 3:15pm	Pittsford, NY	*Apple Cinemas for the showing of <i>Cabrini</i> . Please note ticket and transportation arrangements were made in advance. For questions please 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
6:30pm	Community Center	Evening Music with 20 th Century Vox featuring a cappella arrangements of jazz standards, show tunes, and other popular songs from the 20s, 30s, 40s, 50s.

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7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Meryl Streep in your favorite movies. Check the Daily Email for film title and description.
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Wednesday, March 13

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
11:15am Return approx. 1:45pm	Macedon, NY 	*Flaherty's Three Flags Inn Enjoy Irish cuisine in honor of St. Patrick's Day. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344.
1:00pm	Activities Room 2 nd Floor	Caregivers Support Group facilitated by Connie Craig, MSW and a certified Aging Life Specialist (Care Manager). This group meets once a month. All are welcome.
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.

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4:00pm - 6:00pm **Community Center** **St. Patrick's Day Happy Hour**
 Enjoy fancy drink specials, appetizers, and great conversation with your neighbors.

Thursday, March 14

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	Highlands Pub	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.
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.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu
7:00pm	Community Center	*St. Patrick's Day BINGO! Come enjoy a fun evening game after dinner 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.

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Friday, March 15

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
1:15pm	Laurelwood Gallery	Worship Service with Chaplain Steve Petrovich
2:30pm	HAP Pub	St. Patrick's Day Afternoon Social Come enjoy a mint chocolate chip ice cream sundae and trivia!
4:00pm - 5:30pm	Community Center	Friday Happy Hour! Join your neighbors for conversation and light snacks.
7:00pm Return approx. 10:00pm	Kodak Hall POPS  	<i>When the Saints Go Marching In</i> 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 585-641-6344 with questions or to secure transportation.



Saturday, March 16

10:00am - 12:00pm	Community Center	Staff and Resident Easter Eggstavanza See previously distributed flyer for additional details.
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.

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7:30pm	Music Room	Weekend Evening Movie Check the Daily email for film title and description. Please note time change.
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Sunday, March 17
St. Patrick's Day

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	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.
3:15pm	Community Center	Afternoon Entertainment Enjoy a performance by the <i>Young School of Irish Dance</i> . Stop by and see these talented dancers perform traditional reels and jigs!
7:30pm	Music Room	Weekend Evening Movie Check the Daily email for film title and description. Please note time change.

Monday, March 18

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

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Monday, March 18

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.
1:30pm	Laurelwood Activities Room	Music and Life of Doris Day with Larry Shearer
2:30pm	Community Center	Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email.
4:00pm Return approx. 7:00pm	East Rochester, NY	*Dinner at Perlo's Restaurant Enjoy this neighborhood restaurant offering Italian and American cuisine in a comfortable yet upscale setting. Please register on the Registration Calendar located on the Portal. For questions and registration assistance please contact Elizabeth David at 585- 641 6344.

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

Tuesday, March 19

First day of Spring

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
10:00am	Highlands Pub	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
11:30am Return approx. 1:30pm	Rochester Public Library  	*Fall 'Books Sandwiched In' Book Review: <i>The Rediscovery of America: Native Peoples and the Unmaking of U.S. History.</i> See page 25 for additional information. 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.

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Tuesday, March 19

First day of Spring

12:00pm - 1:00pm	Wellness Center	Gentle Mat Yoga with Eva Kane. See page 26 for additional information.
1:00pm	HAP Pool 2 nd Floor	Water Volleyball with Robin Gallagher. Join your friends for some competitive fun in the pool.
1:30pm	HAP Parlor	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.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	A story of Bravery and Gratitude by a Lost Boy of Sudan with Co-founder Sebastian Maroundit and Chair Judy Schwartz. Sebastian will share some UPDATED information including educating over 2,000 students and 20 of them have gone off to college.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Meryl Streep in your favorite movies. Check the Daily Email for film title and description.


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Wednesday, March 20

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. 1:30pm	Hochstein Performance Hall  	*Live from Hochstein Concert featuring cello and bass. 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 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.
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.
6:30pm	Community Center	Evening Entertainment Enjoy a variety of favorite tunes performed by cast members from the acclaimed musical The Hitmakers featuring vocals, piano, ukulele, and more.

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Thursday, March 21

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	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
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	Laurelwood Activities Room	*Changing the World with Laughing Gull Chocolate. Join Allison Zukoski, Certified Sensory Analyst and Chocolate Sommelier as she leads you on a journey to explore the story of chocolate. Please note space is limited and REGISTRATION IS REQUIRED. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 585-641-6344.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu
6:30pm Return approx. 10:00pm	Kodak Hall Rochester Philharmonic Orchestra (RPO)  	Christopher Seaman Returns 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 585-641-6344 with questions or to secure transportation.

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Friday, March 22

No Fitness Class today with Robin Gallagher. The pool is open you just need a buddy.

11:00am	Music Room	Purim Celebration with Rabbi Stein from Temple B'rith Kodesh. All are welcome.
2:00pm	Music Room	Monthly Documentary: <i>Mercury 13</i> . After rigorous testing in 1961, a small group of skilled female pilots are asked to step aside when only men are selected for the spaceflight.
1:15pm	Laurelwood Gallery	"Name that Tune" with Chaplain Steve Petrovich
4:00pm - 5:30pm	Community Center	Friday Happy Hour! Join your neighbors for conversation and light snacks.
6:45pm	Community Center	Evening Entertainment with Cantante quartet featuring students from the Eastman School of Music.

Saturday, March 23

Purim (at sundown)

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.
1:30pm	Music Room	Weekend Movie Matinee Check the Daily Email for film title and description.
3:30pm	Laurelwood Activities Room	Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.
6:30pm Return approx. 10:00pm	Hochstein School of Music: The Rochester Gay Men's Chorus	<i>Live and in Color.</i> Please note transportation and ticket arrangements were made in advance. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

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Sunday, March 24

Palm Sunday

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.

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.

1:00pm

Return approx.
4:30pm

Nazareth College Performing Arts Center



Rochester Philharmonic Orchestra Sunday Matinee *Mozart & Dvorak*.

Please note transportation and ticket arrangements were made in advance, but there still may be some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 641-6344 with questions or to secure transportation.

1:30pm

Music Room

Weekend Movie Matinee

Check the Daily email for film title and description.

Monday, March 25

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: *Island of the Sea Women* by Lisa See

10:15am

Wellness Center

Fitness Class

with Robin Gallagher

1:00pm - 2:00pm

HAP Pool 2nd Floor

Open Swim

with Robin Gallagher

Monday, March 25

Resident Meeting already occurred on March 18th.
Next meeting will be on Monday, April, 29th .

6:30pm **Community Center** **Evening Entertainment**
with total sounds, featuring piano and vocals.

Tuesday, March 26

9:00am **HAP Pool** **Water Fitness**
2nd Floor with Robin Gallagher

10:00am **Henrietta, NY** **Shopping and Tops**
 Please call the Hospitality Desk at 585-586-7600 to
Secure trans secure transportation.

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

10:30am - **Wellness Center** **Circuit Training**
12:00pm with Robin Gallagher

12:50pm **Activities Room** **Small Group Fellowship and Prayer**
2nd Floor 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: *Solar Flares and Space***
Weather with Valerie Rapson, Ph.D., Assistant
Professor at SUNY Oneonta. See page 26 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.

7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us for a full-length film as we feature Meryl Streep in your favorite movies. Check the Daily Email for film title and description.
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Wednesday, March 27

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
1:15pm Return approx. 4:30pm	Geva Theatre  	<i>Lady Day at Emerson's Bar & Grill</i> 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.
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.

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

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, March 28

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	Highlands Pub	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.
1:00pm	Memorial Art Gallery Guided Tour  	*Under the Microscope: Rembrandt's Portrait of a Young Man in an Armchair. Admission fee is \$16.00 and will be paid for upon arrival. 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.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu

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

Friday, March 29

Good Friday

No Fitness Class today with Robin Gallagher. The pool is open you just need a buddy.

12:00pm	Live Stream at Home	Asbury First United Methodist Church Live Streamed Good Friday Service. Use the link that will be provided to you in the Daily Email to watch in the comfort of your home. Enjoy a service of artwork, scripture, and music.
1:00pm	Music Room	Good Friday Service with volunteers from St. Louis Church. Communion will also be given. All are welcome.
1:15pm	Laurelwood Gallery	Good Friday Service with Chaplain Steve Petrovich
2:00pm	Community Center	<i>Because It's There: George Leigh Mallory and the Assault on Everest, 1921-1924</i> with Stewart Weaver Professor of History at the University of Rochester. See page 26 for additional information.
4:00pm-5:30pm	Community Center	Friday Happy Hour! Join your neighbors for conversation and light snacks.

Saturday, March 30

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.
1:30pm	Music Room	Weekend Movie Matinee Check the Daily Email for film title and description.

Sunday, March 31

Easter Sunday

Departures:

9:30am

10:30am

10:30am

11:00am

7:30pm

Religious Services



Music Room

Laurelwood Activities Room

Music Room

Depart for local churches

Contact the Hospitality Desk at 585-586-7600 to be included on the transport list.

Communion Service

with volunteers from St. Louis Church

Asbury First Methodist Church

Sunday service is live streamed on the large screen TV.

Weekend Evening Movie

Check the Daily email for film title and description.

Additional Information

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

Lectures/Entertainment/Fitness

Best of Broadway Music and Presentation

Friday, March 1st – 2:00pm

Community Center

Everyone loves Broadway tunes. Songs from Broadway shows are among the most popular American tunes. Pianist and popular music enthusiast John Williams has created a narrated program with piano selections entitled “Best of Broadway”. You’ll hear about the history of Broadway and John will perform Broadway favorites by composers including George Gershwin, Cole Porter, Richard Rodgers, Andrew Lloyd Webber, and Stephen Sondheim. Come hear John give his regards to Broadway and be reminded why Broadway songs are a great American contribution to the world of music.

Bio:

John Williams is a retired lawyer and non-profit fundraiser. A pianist since age five, he has had a lifelong interest in popular American music. He performs regularly at private clubs and senior living communities.

Kiting 101

Tuesday, March 5th – 2:00pm

Community Center

Bio:

David Watson has been building and flying kites for over 40 years. He has taught kite building workshops for schools and Scouts along with kite presentations to youth organizations and Senior Communities.

Q&A with Dr. Van Orden on Social Connection **Wednesday, March 6th – 11:00am** **Music Room**

Come learn more about the Social Connection Coaching Project! See page ___ for additional information. This great opportunity will help answer your questions and give more information to see if the project might be a good fit for you. Dr. Kim Van Orden, Director of HOPE Lab, will join the discussion to talk about how social connection affects so many of us in different ways.

Butterfly Presentation **Friday, March 8th -2:00pm** **Community Center**

Let's learn about butterflies. Diving into basic butterfly biology (their basic body plan, how they are classified, why they are so colorful, what we know about their evolution, etc), Learn about butterflies' senses (touch, taste, hearing, etc), the butterfly life cycle and a bit about each life stage, and a behind the scenes look at how we receive, care for and maintain butterflies at the Strong

Anna Becker-Simpson, is the Manager of Live Collections at the Strong National Museum of Play. She has her Bachelor's degree in Biology. Previous to working at the Strong she was a lead zookeeper for about 4 years at a small reptile zoo in Pennsylvania, where she worked with animals like Komodo dragons, alligators, king cobras, and anacondas. Anna has always been passionate about animals and education, and enjoys telling people about animals and nature (especially when it comes to the less popular animals like insects and reptiles).

St. Patrick's Day History **Monday, March 11th – 2:00pm** **Community Center**

How much do you know about the real St. Patrick? Why do we eat soda bread and corned beef and cabbage on St. Patrick's Day? We will answer these and many more questions as we explore the origins and traditions of this fun March holiday.

Gentle Mat Yoga **Wednesday, March 19th – 12:00pm** **Wellness Center**

This slow-paced yoga class will incorporate a variety of poses and movements seated on the mat, supine (on our backs), and standing - perfect for those looking to improve strength, flexibility, balance, and well-being in a gentle and meaningful way.

'Book Sandwiched In' Book Review: **Tuesday, March 19th – 11:30am** **Rochester Public Library**

Blackhawk's book begins with the question, 'How can a nation founded on the homelands of dispossessed Indigenous peoples be the world's most exemplary democracy?' He then analyzes five centuries of Native and non-Native histories to provide a more accurate narrative of the United States.

Solar Flares and Space Weather **Tuesday, March 26th – 2:00pm** **Community Center**

Our sun is a very dynamic star. It goes through cycles of activity that trigger sunspots, solar flares and coronal mass ejections that send hot solar plasma hurtling through space. When this material collides with Earth, it can create strong aurora displays and even affect satellite communications. In this lesson we'll talk about these "space weather" events, and how we expect the sun's activity to increase as we head towards solar maximum over the next two years. We'll also take this opportunity to mention the upcoming solar eclipse on April 8th, and remind everyone of safe viewing techniques!

Because It's There: George Leigh Mallory and the Assault on Everest, 1921-1924.

Friday, March 29th – 2:00pm

Community Center

In this lecture, drawn from his definitive history of Himalayan mountaineering, Stewart Weaver, Professor of British History at the University of Rochester, will discuss the legendary figure of George Mallory, who famously disappeared on Everest in 1924, and place the subsequent climbing history of Everest in the larger context of British imperialism.

Bio:

Stewart Weaver is a Professor of History at the University of Rochester with a long-standing interest in travel, exploration, and the history of extreme environments. He is co-author of the awarding-winning *Fallen Giants: A History of Himalayan Mountaineering from the Age of Empire to the Age of Extremes* (2008) and *Exploration: A Very Short Introduction* (2016). He is currently completing a book on early-nineteenth century polar exploration and collaborating with Professor Tanya Bakhmetyeva on a cultural history of glaciers and glaciological science. The winner of several teaching awards, he offers courses on environmental history, British colonial history, and the history of global exploration.

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.

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

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