

# September 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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Office: Located 2nd floor of Laurelwood

## Elizabeth David – Cultural Programming Coordinator

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Office: Located 2nd floor of Laurelwood

## Robin Gallagher – Wellness Coach

Phone: 585-641-6316

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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.

## Sunday, September 1<sup>st</sup>

### Departure times:

8:30am

9:30am

10:00am

### Religious Services



### Depart for local churches

Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list. **Please note summer hours.**

10:30am

### Music Room

### Communion Service

with volunteers from St. Louis Church

11:00am

### Laurelwood Activities Room

### Asbury First United 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, September 2

Labor Day

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

**Due to the holiday, the Cultural Programming Meeting**  
**has been moved to next Monday, September 9<sup>th</sup>.**

7:30pm

### Music Room

### Holiday Evening Movie: *Annie* (the musical)

A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage. This film features Carole Burnett, Albert Finney and Aileen Quinn.

## Tuesday, September 3<sup>rd</sup>

9:00am

### HAP Pool 2<sup>nd</sup> 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

**See next page for additional programs**

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

<b>Departure:</b> <b>10:00pm</b>	<b>Penfield, NY</b>   	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
<b>12:50pm</b>	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:00pm</b>	<b>Club Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich
<b>2:30pm</b>	<b>Music Room</b>	<b>Afternoon Entertainment:</b> Bagpipes with Jake – An Afternoon of Music, History, and Celtic Culture. See page 24 for additional information.
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature <i>The Jane Austin Collection</i> Check the Daily Email for the film title and description.


## Wednesday, September 4<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>Departure:</b> <b>12:30pm</b> Return approx. 4:30pm	<b>Naples, NY</b>   	<b>*Joseph's Market/Lynnie Lou's Homemade Ice Cream shop</b> Enjoy a scenic ride to Naples, NY. No Fee to attend. <b>Ice Cream is paid for on your own. Walking is required. Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher

**See next page for additional programs**

1:30pm	Music Room	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
2:30pm	HAP Library	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
4:00pm - 6:00pm	Music Room	<b>Happy Hour</b> Enjoy drink specials, appetizers, and great conversation with your neighbors.


## Thursday, September 5<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> 9:00am 10:00am 11:00am	<b>Country Club Plaza</b> 	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
11:00am	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
1:00pm - 1:30pm	<b>Wellness Center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.
2:00pm	<b>Music Room</b>	<b>Cornell AgriTech - A Century of Innovation</b> with Steve Reiners, Professor, and former Chair of the Horticulture Section of Cornell University's School of Integrative Plant Science. See page 24 for additional information.

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





# Friday, September 6<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
<b>Departure:</b> <b>10:15am</b> Return approx. 2:15pm	<b>Seneca Falls, NY</b> 	<b>* Lunch and Shopping at Sauders Market</b> A taste of Mennonite Culture all in a unique country grocery store. <b>Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
1:00pm - 2:00pm	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:00pm	<b>Music Room</b>	<b>First Friday Catholic Mass</b> with volunteers from St. Louis Church
1:15pm	<b>Laurelwood Gallery</b>	<b>Pause for Peace</b> with Chaplain Steve Petrovich
2:30pm	<b>Music Room</b>	<b>Afternoon Music</b> with the <i>Top Brass Duo</i> featuring music and vocals from the American Song Book.
4:00pm - 5:30pm	<b>Community Center</b>	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.

## Saturday, September 7<sup>th</sup>

<b>Departure:</b> <b>9:45am</b> Return approx. 12:45pm	<b>Memorial Art Gallery</b>	<b>Annual Clothesline Festival</b> Please note ticket and transportation arrangements were made in advance. Please see previously distributed memo for additional information. For questions, please contact Elizabeth David at 585-641-6344.
<b>10:15am</b>	<b>Laurelwood Activities Room</b>	<b>Tai Chi</b> with Carmen Ramos. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie Matinee</b> Check the Daily Email for film title and description.


## Sunday, September 8<sup>th</sup>

<b>Departure times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b>  	<b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list. <b>Please note summer hours have ended.</b>
<b>9:30am</b>	<b>The Highlands Living Center</b>	<b>Fundraiser Walk and Craft Show</b> See previously distributed flyer for all details. For questions about the event or to register, please contact Jennifer Johnson at 585-641-6281.
<b>10:30am</b>	<b>Music Room</b>	<b>Communion Service</b> with volunteers from St. Louis
<b>11:00am</b>	<b>Laurelwood Activities Room</b>	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
<b>1:00pm</b>	<b>On Your Own</b>	<b>THE BILLS MAKE ME WANNA SHOUT:</b> Join us for yet another season of watching football! Enjoy the Bills as they take on Arizona Cardinals this week!
<b>2:00pm</b>	<b>Music Room</b>	<b>Afternoon Music</b> with Prevailing Winds a woodwind quartet featuring saxophones and clarinets in various combinations. Enjoy songs from the 50's, 60's and 70's, as well as classic American folk music.
<b>7:30pm</b>	<b>Music Room</b>	<b>Weekend Evening Movie</b> Check the Daily Email for film title and description.

## Monday, September 9<sup>th</sup>



9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
11:00am	Music Room	<b>Program Planning Meeting</b> Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:30pm	Laurelwood Activities Room	<b>Music &amp; Life of Patti Page</b> with presenter Larry Shearer
2:00pm	Music Room	<b>The Deep Roots of Democracy - <i>The Influence of the Iroquois, (the Haudenosaunee), Confederacy and its Great Law on our Constitution, Democracy, and Government.</i></b> with John Ninfo, trail guide and docent at Ganondagan. See page 24 for additional information.

## Tuesday, September 10<sup>th</sup>

9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza   	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	Highlands Pub	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	<b>Circuit Training</b> with Robin Gallagher

See next page for additional programs



<b>Departure:</b> <b>11:30am</b> Return approx. 1:30pm	<b>Christ Church</b>  	<b>*Tuesday Pipes Concert</b> A 25-minute organ concert performed by Eastman students, faculty, and guests. No fee to attend. <b>Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
<b>1:00pm-2:00pm</b>	<b>Wellness Center</b>	<b>Corn Hole with Robin Gallagher</b> Join your friends for some competitive fun!
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Music Room</b>	<b>Virtual Presentation: <i>Stellar Star Clusters</i></b> with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 25 for additional information. <b>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 Music Room.</b>
<b>6:45pm</b>	<b>Music Room</b>	<b>Evening Entertainment</b> with Dr. Beata Golec on the piano. Enjoy some jazz music along with some of her personal compositions.

Due to evening music, the evening movie has been canceled.


## Wednesday, September 11<sup>th</sup>

Patriot Day

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am</b>	<b>Music Room</b>	<b>Great Decisions Discussion Group</b> Join one of America's largest discussion programs on world affairs. <b>The topic for September is NATO'S FUTURE.</b> See page 26 for additional information. All are welcome.

See next page for additional programs


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

1:00pm - 2:00pm	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Caregivers Support Group</b> facilitated by Connie Craig, MSW and a certified Aging Life Specialist. All are welcome.
1:30pm	<b>Music Room</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
2:00pm	<b>Hahnemann Club</b>	<b>Presentation: Music as a Tool for Improving Voice Function with Parkinson Disease</b> with Laurie Keough, M.S. Ed, LCAT, MT-BC, Music Therapist and licensed Creative Arts Therapist along with Jessie Preston, M.A., CCC-SLP, Speech-Language Pathologist from Nazareth University. A brief overview of music therapy will be provided, followed by a focus on using singing to strengthen and maintain speech and voice function. <b>Please register on the Registration Calendar located on the Portal. Space is limited.</b> For registration assistance, contact Elizabeth David at 585-641-6344.
2:30pm	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>Departure:</b> <b>3:30pm</b> Return approx. 7:30pm	<b>Webster, NY</b> 	<b>*Dinner at Hedges Restaurant on Lake Ontario</b> Enjoy some extra time taking in the peaceful scenery before our 5:00pm dinner reservation. <b>Please register on the Registration Calendar located on the Portal. Space is limited.</b> For questions or registration assistance, contact Elizabeth David at 585-641- 6344.
4:00pm-6:00pm	<b>Community Center</b>	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.

# Thursday, September 12<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> 9:00am 10:00am 11:00am	<b>Country Club Plaza</b>   	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
11:00am	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
1:00pm - 1:30pm	<b>Wellness Center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.
<b>Departure:</b> 1:30pm Return approx. 4:00pm	<b>Williamson, NY</b>   	<b>*Lagoner Farms with a stop at Yia Yia's Ice Cream Shoppe</b> Enjoy shopping local for fruits, vegetables, flowers and more followed by a sweet treat. <b>Please register on the Registration Calendar located on the Portal. Space is limited.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
8:15pm	<b>Music Room</b>	<b>THE BILLS MAKE ME WANNA SHOUT:</b> Join us for yet another season of watching football! Enjoy light snacks and love for the Bills as they take on the Miami Dolphins this week!

## Friday, September 13<sup>th</sup>

<b>Departure:</b> <b>8:30am</b> Return approx. 3:30pm	<b>Buffalo, NY</b> 	<b>Buffalo River History Boat Tour</b> <b>Please note ticket and transportation registration was done in advance.</b> See previously distributed flyer for additional information. Contact Elizabeth David at 585-641-6344 with questions.
<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher

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

<b>1:00pm</b>	<b>Music Room</b>	<b>Travelogue: <i>Scotland...The Beauty and Majesty</i></b> A land full of spectacular scenery and monumental history.
<b>4:00pm - 5:30pm</b>	<b>Music Room</b>	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.

## Saturday, September 14<sup>th</sup>

<b>10:15am</b>	<b>Laurelwood Activities Room</b>	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.
<b>7:30pm</b>	<b>Music Room</b>	<b>Weekend Evening Movie</b> Check the Daily Email for the film title and description. <b>Please note time change.</b>

## Sunday, September 15<sup>th</sup>

### Departure times: Religious Services

9:30am

10:00am



### Depart for local churches

Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list. **Please note summer hours have ended.**

10:30am

Music Room

### St. Louis Live Stream Communion Service

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 United Methodist Church

Sunday service is live streamed on the large screen TV.

### Departure:

1:15pm

Return approx.  
4:30pm

Nazareth College  
Performing Arts  
Center



### RPO Presents *Bach & Beethoven*

**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 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

1:30pm

Music Room

### Weekend Movie Matinee

Check the Daily Email for film title and description.

## Monday, September 16<sup>th</sup>

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 will be 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<sup>nd</sup> Floor




### Open Swim

with Robin Gallagher

**See next page for additional programs**

1:00pm	<u>Laurelwood Activities Room</u>	<b>Go Green Group: Keeping Western New York Green- The story of Growth</b> with Marisa Raggi, Executive Director, Western New York Land Conservancy. See page 25 for additional information.
2:00pm	Music Room	<b>NYS Travel Getaways</b> with Mike O'Brian, "The Getaway Guy". See page 25 for additional information.
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel  	<b>*Flower City Jazz Society Concert</b> featuring the <i>Backroom Jazz Band</i> . Tickets are \$12.00 and paid for upon arrival. <b>Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.

## Tuesday, September 17<sup>th</sup>

8:00am - 2:00pm	TBD	<b>Flu Shot Clinic</b> Please see upcoming flyer for additional details.
9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
10:00am	Highlands Pub	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
Departure: 10:00am	Henrietta, NY   	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:30am - 12:00pm	Wellness Center	<b>Circuit Training</b> with Robin Gallagher
12:50pm	Activities Room 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00pm-1:30pm	Wellness Center	<b>Balance and Mobility Class</b> with Robin Gallagher. See page 26 for additional information.
1:15pm	Laurelwood Gallery	<b>Hymn Study</b> with Chaplain Steve Petrovich

See next page for additional programs



4:00pm	Hahnemann Club	<b>*Celebration of Life Service</b> Chaplain Steve Petrovich will be celebrating the lives of those special residents who have gone before us. Transportation will be provided from The Highlands main entrance at 3:30pm. <b>Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
7:30pm	Music Room	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature The Jane Austin Collection. Check the Daily Email for the film title and description.








## Wednesday, September 18<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:30pm	Music Room	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
2:00pm	Hahnemann Club	<b>Presentation with Norm Silverstein, former President of WXXI Public Media</b> Join us for a celebration and an exclusive documentary showing of Norm Silverstein's accomplishments in news media and service to Rochester community. <b>Transportation will be provided from The Highlands main entrance at 1:30pm. For transportation, please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.

See next page for additional programs

2:30pm	HAP Library	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
4:00pm - 6:00pm	Music Room	<b>Happy Hour</b> Enjoy drink specials, appetizers, and great conversation with your neighbors.

## Thursday, September 19<sup>th</sup>

<b>Departure:</b> <b>8:30am</b> Return approx. 11:45am	<b>Charlotte Beach</b>    	<b>*Beach Walk and Breakfast</b> Breakfast will be at Parkside Diner followed by a leisure walk near Beach Ave along Lake Ontario. Take in the beautiful scenery and luxury homes. <b>Please register on the Registration Calendar located on the portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
<b>9:00am</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> <b>9:00am</b> <b>10:00am</b> <b>11:00am</b>	<b>Country Club Plaza</b>   	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am - 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am</b>	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>

See next page for additional programs

<b>1:00pm - 1:30pm</b>	<b>Wellness center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching.
<b>2:00pm</b>	<b>Music Room</b>	<b>Afternoon Entertainment with The Pearlz Band</b> 3-piece acoustic trio known for their vocal harmonies. Enjoy a wide variety of instruments featuring guitars, 5-string banjo, mandolin, harmonica & ukulele.
<b>2:30pm</b>	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Great Decisions Discussion Group</b> Join one of America's largest discussion programs on world affairs. <b>The topic for September</b> is <i>NATO'S FUTURE</i> . See page 26 for additional information. All are welcome.
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu

## Friday, September 20<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>2:00pm</b>	<b>Music Room</b>	<b>Prehistoric Survivors in a Modern World</b> with Anna Regan, Strong Museums Live Collections Manager. Learn what reptiles are and what traits gave them unique evolutionary advantages for life on land as well as the 5 modern living reptile groups that distinguish them from other reptiles. See page 25 for additional information.

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

<b>4:00pm - 5:30pm</b>	<b>Music Room</b>	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.
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**See next page for additional programs**

**Departure:**  
**5:00pm**  
Return approx.  
10:30pm

**Innovative Field**



**Rochester Red Wings Baseball Game**  
**Please note ticket and transportation arrangements were made in advance.** For questions or registration assistance, contact Elizabeth David at 585-641-6344. Please see previously distributed memo for event details.

## Saturday, September 21<sup>st</sup>

**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 the film title and description.

## Sunday, September 22<sup>nd</sup>

First Day of Autumn

**Departure times:**

**9:30am**

**10:00am**

**Religious Services**



**Depart for local churches**

Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list. **Please note summer hours have ended.**

**10:30am**

**Music Room**

**St. Louis Live Stream Communion Service**

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 United Methodist Church**

Sunday service is live streamed on the large screen TV.

**1:15pm**

**Kodak Hall**  
Rochester Philharmonic Orchestra



**RPO Presents: *Tchaikovsky's Fifth***

**Transportation and ticket arrangements were made in advance, but there still may be some tickets available.** Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

**1:30pm**

**Music Room**

**Weekend Movie Matinee**

Check the Daily email for the film title and description.

## Monday, September 23<sup>rd</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:00am	Music Room	<b>Book Discussion Group</b> Book Title: <i>Bruno, Chief of Police</i> by Martin Walker
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
2:30pm	TBD	<b>Resident Meeting</b> In-person and virtual. <b>The Zoom link will be sent to all residents via the Daily Email.</b>
7:30pm	Music Room	<b>THE BILLS MAKE ME WANNA SHOUT:</b> Join us for yet another season of watching football! Enjoy light snacks and love for the Bills as they take on the Jacksonville Jaguars this week!

## Tuesday, September 24<sup>th</sup>

9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
10:00am	Highlands Pub	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	<b>Circuit Training</b> with Robin Gallagher
Departure: 11:15am Return approx. 2:30pm	Fairport, NY	<b>Colonial Belle Boat Cruise with lunch</b> Enjoy a 2-hour narrated cruise down the Erie Canal. <b>Ticket and transportation arrangements were made in advance. Please see previously distributed memo for additional details.</b> For questions, contact Elizabeth David at 585-641-6344.

See next page for additional programs

<b>12:50pm</b>	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:00pm</b>	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.
<b>No Religious Program with Chaplain Steve Petrovich.</b>		
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature <i>The Jane Austin Collection</i> Check the Daily Email for the film title and description.
<b>Wednesday, September 25<sup>th</sup></b>		
<b>Departure:</b> <b>7:00am</b> Return approx. 9:30pm	<b>Ontario, Canada</b>	<b>Scenic Excursion Day Trip: Niagara on the Lake: My Fair Lady at the Shaw Festival</b> Please note transportation and ticket arrangements were made in advance. Contact Elizabeth David at 585-641-6344 with questions.
<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Music Room</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.

**See next page for additional programs**




2:45pm	Music Room	<b>Lighthearted Movie: <i>Migration</i></b> A family of ducks try to convince their overprotective father to go on the vacation of a lifetime.
3:00pm	Wellness Center	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Music Room	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.


## Thursday, September 26<sup>th</sup>

9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza 	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	Highlands Pub	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	<b>Circuit Training</b> with Robin Gallagher
11:30am-1:00pm	Oneida Dining Room	<b>Chili Cook Off Tasting supporting the Alzheimer's Association.</b> For a \$5.00 (minimum) donation, you will get to sample the different chili recipes each prepared by our HAP chefs! Please see upcoming flyer for additional information.
11:00am	Wellness Center	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
1:00pm - 1:30pm	Wellness center	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.

See next page for additional programs

<b>Departure:</b> <b>1:30pm</b> Return approx. 3:00pm	<b>Pittsford Plaza</b> 	<b>*Pathway to Pittsford Errand Bus</b> Catch a ride to Pittsford Plaza and the Pittsford Community Library. <b>Please register on the Highlands Portal.</b> For questions or registration assistance, contact Elizabeth David at 585-641-6344.
<b>2:00pm</b>	<b>Music Room</b>	<b>Presentation: Alzheimer's Overview</b> with Brian Potvin, Program Manager of the Alzheimer's Association, Rochester & Finger Lakes Region
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu



## Friday, September 27<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Name that Tune</b> with Chaplain Steve Petrovich
<b>Departure:</b> <b>1:30pm</b> Return approx. 3:00pm	<b>Brighton, NY</b> 	<b>*Scoops &amp; Twists Ice cream</b> Ice Cream will be paid for on your own. <b>Please register on the Registration Calendar located on the Portal.</b> For questions or registration assistance, contact Elizabeth David at 641-6344.
<b>4:00pm-5:30pm</b>	<b>Music Room</b>	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.


## Saturday, September 28<sup>th</sup>

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

## Sunday, September 29<sup>th</sup>

Departure times: 9:30am 10:00am	Religious Services  	<b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list. <b>Please note summer hours have ended.</b>
10:30am	Music Room	<b>Communion Service</b> with volunteers from St. Louis Church
11:00am	Laurelwood Activities Room	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
1:30pm	Music Room	<b>Weekend Afternoon Movie Matinee</b> Check the Daily email for the film title and description.
8:20pm	Music Room	<b>THE BILLS MAKE ME WANNA SHOUT:</b> Join us for yet another season of watching football! Enjoy light snacks and love for the Bills as they play take on Miami Dolphins this week!

# Monday, September 30<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>Departure:</b> <b>10:30am</b> Return approx. 2:15pm	<b>Fairport, NY</b> 	<b>*Shopping and Lunch</b> Shops include Amazing Grains Bread Co, The Red Bird Market, The Corner Book Store, and Mescolata with lunch at P.F. Chang's. Lunch will be paid for on your own. Walking is required. See page 26 for additional information. Please register on the Registration Calendar located on the Portal. For questions and registration assistance, please contact Elizabeth David at 585-641-6344.
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher

## Lectures/Music

Please read below for additional information

### Bagpipes with Jake

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

Music Room

Join professional bagpiper Jake Kwiatkowski for a showcase of this powerful and unique instrument. Jake will be playing different styles of bagpipe music, telling the history of the instrument - spoiler, the bagpipes aren't originally from Scotland... - and offering personal stories from his decades as a bagpiper. There will be great highland bagpipes - the loud ones - and Scottish "Fireside pipes" - much quieter ones - played at this event.

### Cornell AgriTech - A Century of Innovation

Thursday, September 5<sup>th</sup> at 2:00pm

Music Room

This presentation will highlight the many discoveries at the NYS Agricultural Experiment Station in Geneva, NY, including new varieties of apples, grapes, vegetables and berries along with innovations like the 'gene gun' that have ushered in a new era of research that benefits growers in New York as well as those around the world.

#### Bio:

**Steve Reiners** is a Professor and former Chair of the Horticulture Section of Cornell University's School of Integrative Plant Science. Steve is originally from New Jersey and received his BS and MS from Rutgers University and went on to pursue his PhD at the Ohio State University in Horticulture and Weed Science. He worked for five years as the Statewide Vegetable Specialist at Rutgers and came to Cornell in 1994. His research and extension efforts are designed to maintain and enhance the profitability and sustainability of New York vegetable farmers, both for the short and long term.

### The Deep Roots of Democracy - The Influence of the Iroquois, Confederacy and its Great Law on our Constitution, Democracy, and Government.

Monday, September 9<sup>th</sup> at 2:00pm

Music Room

**John C. Ninfo, II** served as a United States Bankruptcy Judge for the Western District of New York for 20 years, from 1992 through 2011. For 18 years prior to taking the bench, John was with the law firm of Underberg & Kessler in Rochester, New York where his concentration was in the areas of bankruptcy, banking and commercial law. John served in the United States Marine Corps from 1968-1970 and was Chief Legal Clerk to the Judge Advocate General of the 4th Marine Air Wing.

John, a 2014 Jefferson Award winner, which honors community volunteers, continues to serve the public in his retirement, including, from advancing financial literacy as a weekly personal finance columnist in the Daily Messenger and Democrat & Chronicle Newspapers, and as a CARE Program presenter, doing over 250 presentations a year in over 60 different schools, to acting as a Trial Guide and Docent at Ganondagan, a New York State and National Native American Historic site, and to serving as the House Manager for the Rochester Oratorio Society, OFC Creations, The Century Club Productions, The New York State Ballet, The ROC CITY SINGERS, and other performing arts organizations. John, who also serves as an outreach educator for Wild Wings, a Birds of Prey Sanctuary, began an Initiative, which he underwrites, to bring the Birds of Prey into the Rochester City Elementary Schools. During the 2015-2016 School Year all 36 elementary schools participated in the Program.

<b>Stellar Star Clusters</b>	<b>Tuesday, September 10<sup>th</sup> at 2:00pm</b>	<b>Music Room</b>
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Star clusters are a favorite target of amateur astronomers. Through a pair of binoculars or a small telescope you can see thousands of colorful stars packed into a small and glistening group in the sky. Stars clusters have also helped astronomers answer basic questions, like how old is our Milky Way galaxy? And where exactly in the Milky Way do we live? In this lesson, we'll learn about the history of star cluster observations, and explore what star clusters can tell us about our existence in the Universe.

**Bio:**

**Dr. Valerie Rapson** is an Astronomer and public outreach enthusiast who enjoys teaching people of all ages about science. A native of Rochester, NY, Dr. Rapson earned her Ph.D. in Astrophysical Sciences and Technology at RIT and is now an Assistant Professor of Physics and Astronomy at SUNY Oneonta. She conducts research in the fields of star and planet formation and exoplanet detection with undergraduate students and participates in WAMC's Vox Pop radio show with Astronomer Bob Berman. Dr. Rapson also helps run the campus planetarium and enjoys giving live and virtual public lectures on new astronomical discoveries.

<b>"Keeping Western New York Green - The Story of Growth".</b>	<b>Monday, September 16 at 1:00pm</b>	<b>Laurelwood Activities Room</b>
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Find out how a regional, non-profit land trust has protected more than 7,500 acres of land with significant conservation value in Western New York for the benefit of future generations. Beautiful visuals and updates on current projects plus highlighting future plans.

<b>NYS Travel Getaways</b>	<b>Monday, September 16<sup>th</sup> at 2:00pm</b>	<b>Music Room</b>
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Come meet *The Getaway Guy*, seen on Spectrum & R News, as he shares his favorite *New York State Fall Getaways*, near and far! Plus... see a few exciting *Getaway Guy TV episodes* including one that's perfect for the upcoming *Halloween holiday*! It's a fun and informative hour of travel adventures.

**Bio:**

**Mike O'Brian's** hometown is Corning, New York where his love for travel began as a youngster on summer vacations and family road-trips every year throughout New York State. After college in 1971, hurricane Agnes devastated his hometown and brought Mike to Rochester where he soon got into the radio business at stations WSAY, WBBF and WVOR. In 1995, after many years '*behind the microphone*', Time Warner Cable offered Mike a job '*in front of the TV camera*' as a Travel Reporter on their new 24-hour News channel, R News. That's when The Getaway Guy was born and for the next 23 years, Mike brought cable TV viewers a new and exciting travel Getaway every week.

<b>Prehistoric Survivors in a Modern World</b>	<b>Friday, September 20<sup>th</sup> at 2:00pm</b>	<b>Music Room</b>
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Learn what reptiles are and what traits gave them unique evolutionary advantages for life on land, as well as what we mean by "cold-blooded" as well as touching on each of the 5 modern living reptile groups that distinguish them from other reptiles. Listen for what reptiles we might see in our area.

**Bio:**

**Anna Simpson** has worked at the Strong Museum of Play as the Live Collections Manager for about 8 years, but prior to that she worked at a small reptile and amphibian zoo in Pennsylvania handling everything from 18-foot pythons to king cobras and Komodo dragons.



## Fitness

Please read below for additional information

### **Balance and Mobility Class**

**Tuesday, September 17<sup>th</sup> from  
1:00pm-1:30pm**

**Wellness Center**

This is a balance and mobility class that will work on strength and balance. The instructor will guide you through some exercises to help increase your stamina and help with your balance on the move. You will then work on exercises to help build your muscle and bone strength. All the exercises can be done seated or standing.

## Outings

Please read below for additional information

### **Shopping in Fairport, NY**

**Monday, September 30<sup>th</sup> departing at  
9:30am**

**Return Approx.  
2:30pm**

#### **Amazing Grains Bread Co.**

Enjoy sweet breads, pastries, cookies, and their famous salt bread.

#### **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.

#### **The Corner Book Store**

A venture of the Friends of the Fairport Library. The store's inventory of gently used books donated by the local community are moderately priced (\$2 – \$10).

#### **Mescalata**

Browse boutique clothing, unique and fun jewelry, home décor, along with giftables and accessories.

## Resident Committees & Groups

Please read below for additional information

### **Great Decisions Discussion Group**

**Wednesday, September 11<sup>th</sup> - 11:00am  
and Thursday, September 19<sup>th</sup> – 2:30pm**

**11<sup>th</sup> - Music Room  
19<sup>th</sup> – Laurelwood  
Activities Room**

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the video series and meeting in a Discussion Group to discuss the most critical global issues facing America today.

**This group has 2 sessions and meets on the 2nd Wednesday and the 3rd Thursday. The subject matter is the same.**

## Resident Committee & Group Information

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

<b>Book Discussion Group</b>	Resident, Lorraine Withers Phone: (585) 381-1933 Email: <a href="mailto:withersal2016@gmail.com">withersal2016@gmail.com</a>
<b>Community Outreach Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: <a href="mailto:Maria_Sommerville@urmc.rochester.edu">Maria_Sommerville@urmc.rochester.edu</a>
<b>Dining Committee</b>	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: <a href="mailto:andy_trepanier@urmc.rochester.edu">andy_trepanier@urmc.rochester.edu</a>
<b>Friendship Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: <a href="mailto:Maria_Sommerville@urmc.rochester.edu">Maria_Sommerville@urmc.rochester.edu</a>
<b>Go Green Group</b>	Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: <a href="mailto:rcarter56@gmail.com">rcarter56@gmail.com</a>
	Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: <a href="mailto:mvicker1@rochester.rr.com">mvicker1@rochester.rr.com</a>
<b>Great Decisions Discussion Group</b>	Resident, Kathryn Thomas, Apt. 143 Phone: (585) 755-1341 Email: <a href="mailto:kathrynthomas2@me.com">kathrynthomas2@me.com</a>
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: <a href="mailto:russell_perrone@urmc.rochester.edu">russell_perrone@urmc.rochester.edu</a>
<b>Library Committee</b>	Crystal Johnston, Director of Life Enrichment Phone: (585) 641-6345 Email: <a href="mailto:crystal_johnston@urmc.rochester.edu">crystal_johnston@urmc.rochester.edu</a>
<b>Pittsford Highlands Chorus Caregivers Support Group</b>	Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: <a href="mailto:elizabeth_david@urmc.rochester.edu">elizabeth_david@urmc.rochester.edu</a>