

# March Calendar 2025



## 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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## 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

## Saturday, March 1<sup>st</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.
11:00am	Music Room	<b>Paper Folding</b> with resident Hans Ruhland. Learn how to make different animals with step-by-step instruction. All are welcome.
2:00pm	Community Center	<b>Afternoon Entertainment</b> with Harmonies for Healing featuring a variety of music such as piano and cello.
7:30pm	Music Room	<b>Weekend Movie</b> Check the Daily Email for film title and description.

## Sunday, March 2<sup>nd</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 added to the transportation list.
10:30am	Music Room	<b>Communion Service</b> with volunteers from St. Louis Church. All are welcome.
11:00am	Laurelwood Activities Room	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
Departure: 1:15pm Return approx. 4:30pm	Kodak Hall Rochester Philharmonic Orchestra  	<b>Performance: <i>Emanuel Ax Plays Beethoven</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available.</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Call Elizabeth David at 585-641-6344 with questions or to secure transportation.
2:30pm	Music Room	<b>Weekend Movie</b> Check the Daily Email for film title and description.

## Monday, March 3<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>
10:15am	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	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
7:00pm	Community Center	<b>Evening Entertainment</b> with John Dady playing some Irish themed music featuring guitar/ukulele and vocals.

# Tuesday, March 4<sup>th</sup>

## Mardi Gras

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
Departures: 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 be added to the transportation list.
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
Departure: 11:30am 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 Portal!</b>
12:50pm-2:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Basic knitting and crochet skills needed.
1:15pm	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
1:30pm	<b>Laurelwood Activities Room</b>	<b>*On Your Own Fower Arranging</b> Stop by and make a small floral arrangement. Please bring your own vase, the flowers will be provided. <b>Please register on the Portal!</b>
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature movies with <i>popular actors/actresses</i> . Check the Daily Email for the film title and description.

# Wednesday, March 5<sup>th</sup>

## Ash Wednesday






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	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:00pm	Community Center	<b>Community Health Discussion</b> Please join Jeanette Stephens, Director of Laurelwood and Community Health and her team, along with Dr. Sarah Howd, to learn more about the health services offered at the Highlands.

**No Pittsford Highlands Chorus Practice today.**

2:30pm	Music Room	<b>St. Louis Ash Wednesday Service</b> All are 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	Community Center	<b>Happy Hour</b> Enjoy drink specials, appetizers, and great conversation with your neighbors.



# Thursday, March 6<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 be added to the transportation list.
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>
<b>Departure:</b> 11:30am Return approx. 1:30pm	<b>First Universalist Church</b>  	<b>*Eastman at Washington Square Concert:</b> <b><i>The Sound of Low Brass</i></b> Come enjoy music from the heart as love songs are played from different parts of the world. <b>No fee to attend. Please register on the Portal!</b>
1:00pm - 1:30pm	<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.
2:00pm	<b>Community Center</b>	<b>Virtual Presentation: <i>A Message from... Aliens? Detections of Strange Radio Signals from Space</i></b> with Valerie Rapson, Ph.D., See page 27 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 Community Center.</b>
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu

# Friday, March 7<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	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:00pm	Music Room	<b>First Friday Catholic Mass</b> with volunteers from St. Louis Church
1:15pm	Laurelwood Gallery	<b>Poems, Quotes &amp; Songs</b> with Chaplain Steve Petrovich
2:30pm	Community Center	<b>University of Rochester 3-part Lecture Series</b> with Jacques Robert, PhD, who is the Albert & Phyllis Ritterson Professor and Chair of Microbiology & Immunology and Professor of Environmental Medicine. <b>Today's Topic: <i>Harnessing the Immune System to Fight Cancer</i></b> See page 27 for additional information.
4:00pm - 5:30pm	Community Center	<b>Friday Social Hour!</b> Join your neighbors for conversation and light snacks.
<b>Departure:</b> <b>7:15pm</b> Return approx. 10:00pm	<b>Eastman Theatre</b> (Kodak Hall)  	<b><i>Pops Concert: Broadway Tonight!</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available.</b> 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.



## Saturday, March 8<sup>th</sup>

10:00am-11:30am	2 <sup>nd</sup> Floor Activities Room	<b>*Mindful Arts/Painting Workshop</b> with Amy Gendrou, Art Educator. No fee to attend. All are welcome. <b>Please register on the Portal!</b>
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	Community Center	<b>Weekend Movie</b> Check the Daily Email for 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, March 9<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 added to the transportation list.
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.
Departure: 1:15pm Return approx. 4:15pm	Jewish Community Center	<b>Performance: <i>The Berlin Diaries</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available.</b> 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	<b>Weekend Movie</b> Check the Daily Email for film title and description.

# Monday, March 10<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	Laurelwood Activities Room	<b>Presentation: <i>Music &amp; Life of Andy Williams</i></b> with presenter Larry Shearer
2:00pm	Community Center	<b>Presentation:</b> <b><i>Jimmie Doolittle's 1942 Raid on Tokyo</i></b> with Jack Kowiak. This presentation tells the story of what historians have called one of the most dramatic, inventive, and heroic war exploits of all time.


## Tuesday, March 11<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
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.
Departure: 10:00pm	<b>Henrietta, NY</b> 	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
12:50pm-2:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	<b>Wellness center</b>	<b>Corn Hole</b> with Robin Gallagher
<b>No religious program with Chaplain Steve Petrovich today.</b>		
2:00pm	<b>Community Center</b>	<b>Bringing Us Together: <i>Bridging Generations to Strengthen Our Democracy</i></b> with Chris Hastings, President & CEO of WXXI. See page 28 for additional information.
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature movies with <i>popular actors/actresses</i> . Check the Daily Email for the film title and description.

## Wednesday, March 12<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	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:30pm	Community Center	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
1:30pm	Music Room	<b>*Celebrate St. Patrick's Day with BINGO!</b> Come enjoy a game of BINGO with your friends. <b>Please register on the Portal!</b>
1:30pm	<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.
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	Community Center	<b>Happy Hour</b> Enjoy drink specials, appetizers, and great conversation with your neighbors.
<b>Departure:</b> <b>5:45pm</b> Return approx. 8:15pm	<b>Asbury First United Methodist Church</b>	<b>Moorehouse Glee Club Performance</b> <b>Transportation and ticket arrangement are made in advance at the Hospitality Desk.</b> Please see previously distributed flyer for additional information and registration deadline. For questions contact Elizabeth David at 585-641-6344.

# Thursday, March 13<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 be added to the transportation list.
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>
<b>Departure:</b> 11:30am Return approx. 1:30pm	<b>First Universalist Church</b> 	<b>*Eastman at Washington Square Concert:</b> <b><i>Women in Music</i></b> Cellist Jennifer Carpenter and pianist Gina Lee perform music by French female composers Lili and Nadia Boulanger. <b>No fee to attend. Please register on the Portal.</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>Community Center</b>	<b>Documentary: <i>The McDonald's Brothers</i></b> Enjoy the story from its humble beginnings as a bbq stand, to a drive in, to a small burger bar, to a booming billion-dollar business.
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
7:00pm	<b>Community Center</b>	<b>Evening Entertainment</b> with Beata Golec featuring light classical music on the piano.



## Friday, March 14<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	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
2:30pm	Community Center	<b>University of Rochester 3-part Lecture Series</b> with Jacques Robert, PhD, who is the Albert & Phyllis Ritterson Professor and Chair of Microbiology & Immunology and Professor of Environmental Medicine. <b>Today's Topic: <i>Harnessing the Immune System to Fight Pathogens</i>.</b> See page 27 for additional information

No Religious program with Chaplain Steve Petrovich today.





4:00pm - 5:30pm	Community Center	<b>Friday Social Hour!</b> Join your neighbors for conversation and light snacks.
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## Saturday, March 15<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.
<b>Departure:</b> <b>12:30pm</b> Return approx. 4:15pm	<b>Regal Eastview Movie Theatre</b>  	<b>*Metropolitan Opera: <i>Fidelio</i> Live</b> Tickets may be purchased the day of the performance at the movie theater box office, or by going directly to the Regal Movie Theater website. See page 29 for additional ticket purchasing instructions. <b>Please register on the Portal for transportation!</b>
1:30pm	Music Room	<b>Weekend Movie</b> Check the Daily Email for film title and description.






# Sunday, March 16<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 added to the transportation list.
<b>10:30am</b>	<b>Music Room</b>	<b>St. Louis Live Stream Communion Service</b> Sunday service is shown on the large screen TV, and a volunteer from the parish will be giving communion. All are welcome.
<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>12:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> Enjoy a performance by the <i>Young School of Irish Dance</i> . Stop by and see these talented dancers perform traditional reels and jigs!
<b>Departure:</b> <b>1:30pm</b> Return approx. 4:30pm	<b>Nazareth College Performing Arts Center</b>  	<b>RPO Presents <i>Bach &amp; Mendelssohn</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available.</b> 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.
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

# Monday, March 17<sup>th</sup>

## St. Patrick's Day

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
11:15am Return approx. 1:45pm	Macedon, NY  	<b>*Lunch at Flaherty's Three Flags Inn</b> Enjoy Irish cuisine in honor of St. Patrick's Day. <b>Please register on the Portal!</b>
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
2:00pm	HAP Pub	<b>St. Patrick's Day Afternoon Social</b> Come enjoy a mint chocolate chip ice cream sundae!
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel  	<b>*Flower City Jazz Society Concert</b> Featuring the <i>Jambalaya Jazz Band</i> . Tickets are \$12.00 and paid for upon arrival. <b>Please register on the Portal!</b>

## Tuesday, March 18<sup>th</sup>

9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness Class</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 be added to the transportation list.
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: 10:15am Return approx. 2:15pm	Seneca Falls, NY   	<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 Portal!</b>
10:30am- 12:00pm	Wellness Center	<b>Circuit Training</b> with Robin Gallagher
12:50pm-2:00pm	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

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

2:00pm	Music Room	<b>Afternoon Entertainment:</b> Bagpipes with Jake – An Afternoon of Music, History, and Celtic Culture. See page 28 for additional information.
7:30pm	Music Room	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature movies with <i>popular actors/actresses</i> . Check the Daily Email for the film title and description.

## Wednesday, March 19<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
<b>Departure:</b> <b>1:15pm</b> Return approx. 4:30pm	<b>Geva Theatre</b> 	<b>Performance: <i>Little Women</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available.</b> Contact the Geva Theatre Box office at 585-232-4382 if you are interested in obtaining a ticket. For questions or to secure transportation, contact Elizabeth David at 585-641-6344.
<b>No Pittsford Highlands Chorus Practice today.</b>		
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	Community Center	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.

## Thursday, March 20<sup>th</sup>

9:00am-9:45am	HAP Pool 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 be added to the transportation list.
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
11:00am	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>
<b>Departure:</b> 11:30am Return approx. 12:45pm	<b>Perinton, NY</b> 	<b>*Lunch at McDonalds!</b> Enjoy a blast from the past burger and fries along with their famous Shamrock Shake(if still available)! <b>Please register on the Portal!</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.
2:00pm	Community Center	<b>Marketing Research Results!</b> Join Andy, Maria, and K2 Advertising to learn about the results from the marketing research conducted earlier this year and how it will impact our future marketing and branding.

**Great Decisions Discuss group has been moved to tomorrow Friday, March 21<sup>st</sup> at 11:00am**

2:00pm	Laurelwood Gallery	<b>Afternoon Entertainment</b> with the Mike Kornrich duo featuring banjo, guitar, harmonica, vocals and ukulele.
3:30pm	Laurelwood Gallery	<b>Pet Therapy</b> with Ann Julien and Lulu

**Programs continue next page**

**Departure:**  
**6:30pm**  
Return approx.  
10:00pm

**Kodak Hall**  
Rochester Philharmonic  
Orchestra



**RPO Presents: *Mozart& Brahms***  
**Transportation and ticket arrangements are made in advance by contacting the box office directly, 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.

## Friday, March 21<sup>st</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>11:00am-12:30pm</b> (Please note date/ time change)	<b>Music Room</b>	<b>Great Decisions Discussion Group</b> Join one of America's largest discussion programs on world affairs. The topic for March is <b><i>U.S.,- China Relations</i></b> . See page 28 for additional group information. All are welcome.
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>2:30pm</b>	<b>Community Center</b>	<b>University of Rochester 3-part Lecture Series</b> with Jacques Robert, PhD, who is the Albert & Phyllis Ritterson Professor and Chair of Microbiology & Immunology and Professor of Environmental Medicine. <b>Today's Topic: <i>Impacts of Plastics on Immunity</i></b> . See page 27 for additional information.

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


<b>4:00pm - 5:30pm</b>	<b>Community Center</b>	<b>Friday Social Hour!</b> Join your neighbors for conversation and light snacks.
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## Saturday, March 22<sup>nd</sup>

10:00am-11:30am	2 <sup>nd</sup> Floor Activities Room	<b>*Landscape Abstraction</b> with Amy Gendrou, Art Educator. No fee to attend. All are welcome. <b>Please register on the Portal!</b>
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</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.
6:30pm Return approx. 9:30pm	Hochstein School of Music	<b>The Rochester Gay Men's Chorus: <i>Divas of Empowerment</i></b> <b>Please note transportation and ticket arrangements are made in advance at the Hospitality Desk.</b> See previously distributed flyer for additional information. Contact Elizabeth David at 585-641-6344 with questions.

## Sunday, March 23<sup>rd</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 added to the transportation list.
10:30am	Music Room	<b>Communion Service</b> with volunteers from St. Louis Church. All are welcome.
11:00am	Laurelwood Activities Room	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
2:00pm	Community Center	<b>Afternoon Entertainment</b> with Eastman Student Meihui An featuring classical music on the piano.
7:30pm	Music Room	<b>Weekend Movie</b> Check the Daily Email for film title and description.

# Monday, March 24<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>
10:00am	Music Room	<b>Book Discussion Group</b> Book Title: <i>The OxBow Incident</i> by Walter Van Tilburg Clark
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
2:00pm	Community Center	<b>Presentation: Advance Care Planning</b> with Jean Oswald, Hospice RN. Come join this engaging, interactive presentation to start planning your own path of medical care when nearing the end of your life. Learn what you need to complete.

## Tuesday, March 25<sup>th</sup>










9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departure:</b> 10:00am	<b>Penfield, NY</b> 	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
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
12:50pm-2:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Basic knitting and crochet skills needed.
1:15pm	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich
2:00pm	<b>Community Center</b>	<b>Presentation: South Sudan update!!</b> with Co-founder Sebastian Maroundit and Chair Judy Schwartz. Sebastian will share some UPDATED information on his latest visit!
7:30pm	<b>Community Center</b>	<b>Evening Entertainment</b> with 20 <sup>th</sup> Century Vox featuring a cappella arrangements of jazz standards, show tunes, and other popular songs from the 20s, 30s, 40s, 50s.

**No evening movie tonight**


## Wednesday, March 26<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: 11:30am</b> Return approx. 1:30pm	<b>Hochstein Performance Hall</b>  	<b>*Live from Hochstein performance: Annie Jacobs-Perkins</b> No fee to attend. See page 29 for additional performance information. <b>Please register on the Portal!</b>
<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>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>2:00pm</b>	<b>Music Room</b>	<b>Presentation: <i>NYS Travel Getaways</i></b> with travel expert Mike O'Brien "The Getaway Guy".
<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.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>4:00pm-6:00pm</b>	<b>Community Center</b>	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.

# Thursday, March 27<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 be added to the transportation list.
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>
<b>Departure:</b> 11:30am Return approx. 1:30pm	<b>First Universalist Church</b>  	<b>*Eastman at Washington Square Concert: Piano Extravaganza with Alexander Kobrin</b> Professor Kobrin will join his students performing fabulous works for solo piano. No fee to attend. <b>Please register on the Portal!</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> 1:00pm Return approx. 3:15pm	<b>Memorial Art Gallery</b>    	<b>*Exhibit: <i>Nam June Paik</i></b> Referred to as the “Father of Video Art,” Nam June Paik (1932–2006) transformed video into a mode of artistic expression. <b>Admission fee is \$12.00 per person unless you are a member. Fee will be paid for upon arrival. Please register on the Portal!</b>
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
6:30pm	<b>Community Center</b>	<b>Evening Entertainment</b> Piano recital with students taught by Rachel Nichols.

## Friday, March 28<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>
Departure: 10:00am	Pittsford Plaza 	<b>*Pathway to Pittsford Errand Bus</b> Catch a ride to Pittsford Plaza and the Pittsford Community Library. <b>Please register on the Portal!</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
1:15pm	Laurelwood Gallery	<b>Sing- a-long</b> with Chaplain Steve Petrovich
4:00pm-5:30pm	Community Center	<b>Friday Social Hour!</b> Join your neighbors for conversation and light snacks.

## Saturday, March 29<sup>th</sup>

Ramadan ends at sundown

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</b> Check the Daily Email for the film title and description.



## Sunday, March 30<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.

10:30am

Music Room

### Communion Service

with volunteers from St. Louis Church. All are welcome.

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

Check the Daily Email for film title and description.

## Monday, March 31<sup>st</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

2:30pm

Community Center

### Resident Meeting

In-person and virtual. **The Zoom link will be sent to all residents via the Daily Email.**

## Lectures

Please read below for additional information

**A message from... Aliens?  
Detections of strange radio  
signals from space**

**Thursday, March 6<sup>th</sup> – 2:00pm**

**Community Center**

Throughout history, astronomers have dreamt about receiving a signal from an alien civilization. In fact, there are many great Hollywood films that explore this idea, and how human civilization might handle such a detection. Today, there are many radio telescopes pointed at the sky examining the universe and “listening” for a signal that might be alien in origin. But what have we actually found so far? In this lesson, we’ll discuss some historic alien message, like the WOW! signal and the “message” from Proxima Centauri and learn how astronomers attempt to verify or debunk their origins. We’ll also talk about how *you* can help astronomers analyze signals from space, right from your phone or computer at home.

### **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.

**U of R Presentation:  
Harnessing the Immune System  
to fight Cancer**

**Friday, March 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> –  
2:30pm**

**Community Center**

**Topic 1:** Harnessing the Immune System to Fight Cancer (will include immunotherapy such as CAR T cells, checkpoint inhibitors, combination therapy, +2-3 short 2 min videos)

**Topic 2:** Harnessing the Immune System to Fight Pathogens (will include antibody therapy, and the different vaccine types, +2-3 short 2 min videos)

**Topic 3:** Impacts of Plastics on Immunity (will present the use of amphibian *Xenopus* as model relevant for human health to assess the effects of water pollutants such as plastics on immune defenses against pathogens)

**Jacques Robert, PhD**, is the Albert & Phyllis Ritterson Professor and Chair of Microbiology & Immunology and Professor of Environmental Medicine. He is the director of the *Xenopus* Research Resource for Immunobiology, which is the world's most comprehensive facility specializing in the use of this species for fundamental and medical immunological research. Dr. Robert and his team use a comparative biology approach to advance developmental immunology, immunotoxicology, non-polymorphic MHC and innate T cell biology. They leverage the amphibian *Xenopus* as a reliable alternative experimental organism to study immunity against virus and mycobacteria pathogens, and immune alterations induced by developmental exposure to water pollutants across the lifespan.

**Bringing Us Together: Bridging  
Generations to Strengthen Our  
Democracy**

**Tuesday, March 11<sup>th</sup> – 2:00pm**

**Community Center**

Chris will highlight WXXI's "Bringing Us Together" campaign and their mission to bridge the generational divide in Rochester. He will emphasize how young people today are often disconnected from history, not due to a lack of interest but because of changing media landscapes and fewer intergenerational conversations. Sustaining our democracy requires a shared understanding of history, and older generations play a crucial role in passing down knowledge. Chris will also invite the audience to participate—whether by sharing their stories, engaging with young people, or supporting public media's role as a unifying force.

**Bagpipes with Jake**

**Tuesday, March 18<sup>th</sup> – 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.

## **Resident Committees & Groups**

**Please read below for additional information**

**Great Decisions: U.S.-China  
Relations**

**Friday, March 21<sup>st</sup> – 11:00am**

**Music 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.

**March Topic:** Washington's relations with Beijing have reached an ominous low ebb. Both American political parties have identified China as the country's preeminent geopolitical challenger and, in the eyes of many, a systemic threat. What is driving this deterioration of SinoAmerican relations, and what are America's strategic options in the face of Chinese power and ambition?

## Outings

Please read below for additional information

<b>Metropolitan Opera: Fidelio Live</b>	<b>Saturday, March 15<sup>th</sup> – departing at 12:30pm</b>	<b>Regal Movie Theater</b>
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Following a string of awe-inspiring Met performances, soprano Lise Davidsen stars as Leonore, who risks everything to save her husband from the clutches of tyranny. Tenor David Butt Philip is the political prisoner Florestan, sharing the stage with bass-baritone Tomasz Konieczny as the villainous Don Pizarro, veteran bass René Pape as the jailer Rocco, and soprano Ying Fang and tenor Magnus Dietrich, in his company debut, as the young Marzelline and Jaquino. Bass Stephen Milling sings the principled Don Fernando, and Susanna Mälkki conducts the Met's striking production, which finds modern-day parallels in Beethoven's stirring paean to freedom.

If you are interested in obtaining a ticket for this performance, please contact the Regal Theater Website at [regmovies.com](http://regmovies.com) or purchase directly at the box office the day of the event. **For additional questions, contact resident Darlene Long at 585-662-8910.** Please register on the portal for transportation.

<b>Live From Hochstein Concert</b>	<b>Wednesday, March 26<sup>th</sup> – departing at 11:30am</b>	<b>Hochstein School of Music</b>
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Praised for her “hypnotic lyricism, causing listeners to forget where they were for a moment” (Alex Ross, *The New Yorker*), Hochstein alum Annie Jacobs-Perkins returns to Rochester for a solo concert.

The program includes selections from *Sept Papillons* by the Finnish composer Kaija Saariaho in which she searches for something ephemeral and fleeting, hunts for a new world. Originally written for the viola da gamba, *Les Voix Humaines* by the French Baroque-era composer Marin Marais features music that mimics the sound of the human voice. Benjamin Britten wrote his Cello Suite No. 3 for Mstislav Rostropovich, a backwards theme and variations with themes based on Russian folk songs and a hymn that appears at the very end.

Annie is the Artist-in-Residence of the Austin Chamber Music Center in Texas as well as the cellist of the acclaimed Berlin-based ensemble Trio Brontë. Annie regularly participates in international festivals, with performances in venues such as Carnegie Hall, Kennedy Center, Konzerthaus Berlin, The Concertgebouw in Amsterdam, and London's Wigmore Hall. She is a graduate of Hochschule für Musik Hanns Eisler, New England Conservatory, and the University of Southern California. At Hochstein, she studied with Kathy Kemp.

## 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: withersal2016@gmail.com
<b>Community Outreach Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Dining Committee</b>	John McHugh, Director of Dining Services Phone: (585) 641-6334 Email: John_McHugh@urmc.rochester.edu
<b>Friendship Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Great Decisions Discussion Group</b>	Resident, Kathryn Thomas, Apt. 143 Phone: (585) 755-1341 Email: kathrynthomas2@me.com
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu
<b>Library Committee</b>	Crystal Johnston, Director of Life Enrichment Phone: (585) 641-6345 Email: <u>crystal_johnston@urmc.rochester.edu</u>
<b>Pittsford Highlands Chorus Caregivers Support Group</b>	Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: <u>elizabeth_david@urmc.rochester.edu</u>
<b>Sustainability Committee</b>	Andy Trepanier, Executive Director Phone: (585) 641- 6372 Email: andy_trepanier@urmc.rochester.edu