

May Calendar 2025



Independent Living

Cultural and Educational Program Calendar

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

ENJOY
LIFE.



Life Enrichment Staff

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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 access.

Thursday, May 1st

| | | |
|---|---|--|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departure: 10:00am | Perinton, NY  | *Grocery Shopping at Aldi Find some unique foods at a great price. Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am - 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| Departure: 11:30am Return approx. 1:30pm | First Universalist Church  | *Eastman at Washington Square Concert: Violin and Piano Showcase Renowned violinist Oleh Krysa and pianist Irian Lupines will perform gems of violin/piano repertoire from Beethoven to modern times No fee to attend. Please register on the Portal! |
| 1:00pm - 1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching. |
| 2:00pm | Community Center | Afternoon Entertainment with <i>Joe and the Show of Love!</i> This fun, interactive game show offers a “name that tune” format. Enjoy music and laughter presented with high energy. |

No Pet Therapy with Ann Julien and Lulu.

Friday, May 2nd





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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link 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 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm | Music Room | First Friday Catholic Mass with volunteers from St. Louis Church |
| 1:00pm-3:00pm | HAP Pub | Support in the Pub Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions answered or any issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 1:15pm | Laurelwood Gallery | Pause for Peace with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Travelogue: <i>Rome, All Roads Lead to Rome</i> with Travel Expert Beth Brancato. Rome, the “Eternal City,” brims with ancient history, from the Colosseum to the port of Ostia Antica to majestic Vatican City and the Sistine Chapel |
| 4:00pm - 5:30pm | Community Center | Friday Social Hour! Join your neighbors for conversation and light snacks. |

Saturday, May 3rd

No Tai Chi with Carmen Ramos today.

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| Departure: 9:45am Return approx. 11:15am | White Haven Memorial Park (All Seasons Chapel) | Attracting Orioles & Hummingbirds Learn how to attract these beautiful migratory birds to your yard. |
| 2:30pm | Community Center | Afternoon Piano Entertainment with Jackson (son of Ivanka Driankova who has performed here). Enjoy a variety of classical, jazz folk and patriotic music. |
| 7:30pm | Music Room | Weekend Movie Check the Daily Email for the film title and description. |

Sunday, May 4th

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| Departure times: 9:30am 10:00am | Religious Services   | Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 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. |
| 1:00pm | Music Room | NEW PROGRAM! Pet Therapy with Stacey and golden retriever Sully. Sully has been bringing smiles to people while doing therapy visits for 5 years. They are currently members of Alliance of Therapy Dogs. |
| Departure: 1:15pm Return approx. 4:30pm | Kodak Hall Rochester Philharmonic Orchestra   | Performance: <i>An American in Paris</i> 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. Call Elizabeth David at 585-641-6344 with questions or to secure transportation. |
| 7:30pm | Music Room | Weekend Movie Check the Daily Email for film title and description. |

Monday, May 5th



Cinco de Mayo

8:30am-3:30pm
Living Room

Join Lama Tenzin Monday thru Thursday as he constructs a sand mandala for meditation and enlightenment. He will take a 30-minute lunch break from 12:30pm to 1:00pm each day. You are encouraged to sit, observe, listen and ask questions throughout the week. There will be limited seating in the Living Room for observation.

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 10:00am-12:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |

The Cultural Programming Meeting has been moved to 2:00pm today.

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| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 2:00pm (please note time change) | Music Room | Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome. |
| Departure: 6:45pm Return approx. 10:00pm | Penfield High School (PSO)   | Penfield Symphony Orchestra Concert: <i>From Beethoven to Mahler</i> Please note tickets and transportation arrangements are made in advance. For questions, contact Elizabeth David at 585-641-6344. |

Tuesday, May 6th

8:30am-3:30pm
Living Room


Join Lama Tenzin Monday thru Thursday as he constructs a sand mandala for meditation and enlightenment. He will take a 30-minute lunch break from 12:30pm to 1:00pm each day. You are encouraged to sit, observe, listen and ask questions throughout the week. There will be limited seating in the Living Room for observation.

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departure: 10:00am | Henrietta, NY    | Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| Departure: 11:30am Return approx. 1:30pm | Downtown Public Library   | *Books Sandwiched In Book Review: The Backyard Bird Chronicles by Amy Tan. A gorgeous, witty account of birding and nature, written and illustrated by the bestselling author. "The sketches and words are a record of my life. They contain what puzzled me, thrilled me, what made me laugh and grieve. ... what changed me when I was naïve and curious and wondered about a bird I saw for the first time." – Amy Tan Please register on the Portal! |
| 12:50pm-2:00pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm-2:00pm | Music Room | Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Basic knitting and crochet skills needed. |
| 1:15pm | Laurelwood Gallery | Hymn Study with Chaplain Steve Petrovich |
| 2:00pm | Music Room | Asbury First United Methodist Church Communion Service for Lent All are welcome. |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us as we feature New Movies on Netflix! Check the Daily Email for the film title and description. |

Wednesday, May 7th

8:30am-3:30pm
Living Room






Join Lama Tenzin Monday thru Thursday as he constructs a sand mandala for meditation and enlightenment. He will take a 30-minute lunch break from 12:30pm to 1:00pm each day. You are encouraged to sit, observe, listen and ask questions throughout the week. There will be limited seating in the Living Room for observation.

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| Departure: 1:15pm Return approx. 4:30pm | Geva Theatre  | Performance: <i>Pure Native</i> Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available. 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. |
| 1:30pm | Community Center | Pittsford Highlands Chorus Practice New members are always welcome! |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm - 6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers, and great conversation with your neighbors. |

Thursday, May 8th

8:30am-3:30pm
Living Room

Join Lama Tenzin Monday thru Thursday as he constructs a sand mandala for meditation and enlightenment. He will take a 30-minute lunch break from 12:30pm to 1:00pm each day. You are encouraged to sit, observe, listen and ask questions throughout the week. There will be limited seating in the Living Room for observation.

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departure: 9:30am (Only) | Country Club Plaza    | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am - 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| Departure: 11:30am Return approx. 1:30pm | First Universalist Church   | *Eastman at Washington Square Concert: Guitar Roots Eastman alum and graduate dean Matthew Ardizzone, for a solo classical guitar program, rooted in folk music and features pieces by Leo Brouwer, Edward Flower and Joaquin Rodrigo. No fee to attend. Please register on the Portal. |
| 1:00pm - 1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome. |
| 2:00pm | Community Center | Virtual Presentation: Ingenuity: The First Helicopter on Mars with Valerie Rapson, Ph.D., See page 31 for additional information. |

No pet therapy with Ann Julien and Lulu.

Programs Continue on Next Page

(*) Indicates advanced sign-up required on the Resident Portal.
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

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

Kodak Hall
 Rochester Philharmonic
 Orchestra



RPO Presents: *Mozart's Requiem*
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, May 9th

8:30am - 9:15am **Living Room**

Prayer and Meditation
 with Lama Tenzin

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.**

9:15am - 10:30am **Living Room**

Open Discussion & Questions
 with Lama Tenzin before dismantling ceremony.

10:15am **Wellness Center**

Fitness Class
 with Robin Gallagher

10:30am **Living Room/Back Pond**



Mandala Dismantling Ceremony
 with Lama Tenzin. All are welcome. Please note this ceremony will end at the back pond. **Walking is required.**

1:00pm - 2:00pm **HAP Pool**
 2nd Floor

Open Swim
 with Robin Gallagher



1:00pm - 3:00pm **HAP Pub**

Mobile Tech Lab
 Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. **Please note that support is provided on a first-come, first-served basis, and no appointment is necessary.** For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308.

1:15pm **Laurelwood Gallery**

Poems, Quotes, & Songs
 with Chaplain Steve Petrovich

Programs Continue on Next page

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| 1:30pm | Laurelwood Activities Room | *On Your Own Flower Arranging Stop by and make a small floral arrangement. Please bring your own vase, the flowers will be provided. Please register on the Portal! |
| 4:00pm - 5:30pm | Community Center | Friday Social Hour! Join your neighbors for conversation and light snacks. |
| Departure: 6:30pm Return approx. 9:00pm | Callahan Theater (Nazareth University)   | Society for Chamber Music : <i>Anastasia: A Ballet Reimagined with Rochester City Ballet</i> <i>This unprecedented collaboration transforms the beloved tale of Anastasia into a stunning new ballet that will captivate your senses and touch your heart. As Anastasia journeys to Paris in search of her grandmother, the Grand Duchess, you'll be transported through a world of discovery, friendship, and unexpected love. Please note transportation and ticket arrangements are made in advance. See previously distributed flyer for additional details.</i> For questions, contact Elizabeth David at 585-641-6344 |

Saturday, May 10th

| | | |
|------------------------|---|--|
| 10:00am-11:30am | 2nd Floor Activities Room | *Painting Workshop with Amy Gendrou, Art Educator. No fee to attend. All are welcome. Please register on the Portal! |
| 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 | Community Center | Weekend Movie Check the Daily Email for film title and description. |
| 3:30pm | Laurelwood Gallery | Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations. |

Sunday, May 11th

Happy Mother's Day

Departure times: Religious Services

9:30am

10:00am



Depart for local churches

Contact the Hospitality Desk at 585-586-7600 to be added to 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.

Departure:

1:15pm

Return approx.

4:15pm

Jewish Community Center

Performance: *An American in Paris*

Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available. Contact the Center Stage Theatre Box Office at 585-461-2000 for tickets. For questions or to secure transportation, contact Elizabeth David at 585-64-6344.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, May 12th

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 10:00am-12:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 11:00am | Community Center | Presentation: Foodlink Food Bank with Beth Hershel, VP of Development & Community Engagement. Learn about how this organization contributes to not only our Pittsford Community but the Greater Rochester Area. |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:30pm | Laurelwood Activities Room | Presentation: <i>Music & Life of Tony Bennett</i> with presenter Larry Shearer |
| 2:00pm | Community Center | Afternoon Entertainment with the <i>New Horizons Big Band</i> . Come support some of your neighbors who you may recognize! |

Tuesday, May 13th

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness Class with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| Departure: 10:00am Return approx. 11:15am | Rochester, NY | *Highland Park Enjoy a scenic ride through Highland Park and surrounding areas as the Lilacs and other beautiful flowers are in bloom! Please register on the Portal. Please note you will not be getting off of the bus. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am-12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am-12:00pm | 2nd Floor Activities Room | Alzheimer's Association Support Group: The Highlands has partnered with the Alzheimer's Association to offer support to individuals caring for loved ones with Alzheimer's disease. This initiative welcomes all caregivers, including spouses and family members, providing a space to share experiences, gain practical advice, and connect with others facing similar challenges. |
| 12:50pm-2:00pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm-2:00pm | Wellness Center | Corn Hole Game with Robin Gallagher |
| 1:15pm | Laurelwood Gallery | Bible Study with Chaplain Steve Petrovich |
| 1:30pm | Activities Room 2 nd Floor | Caregivers Support Group facilitated by Connie Craig, MSW and a certified Aging Life Specialist. All are welcome. |

Programs Continue on Next Page

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| 2:00pm-3:30pm | Community Center | Hub at The Highlands: Psychosis and Parkinson's Disease with Dr. Cayla Vila who works at the U of R and specializes in neurology and movement disorders. See page 31 for additional information. This program is free, but registration is required. Please register at www.RocParkNet.org/events . For registration assistance, contact Maria Sommerville at 585-641-6381 |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us as we feature New Movies on Netflix! Check the Daily Email for the film title and description. |

Wednesday, May 14th

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| Departure: 11:00am Return approx. 2:15pm | Webster, NY  | *Castaways on the Lake Western New Yorks #1 summer destination for outdoor dining. Enjoy lunch as you overlook the beautiful Lake Ontario. Stairs are required to get into the building. Please register on the Portal. |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:30pm | Community Center | Pittsford Highlands Chorus Practice New members are always welcome! |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm - 6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors. |

Thursday, May 15th





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| Departure: 8:30am Return approx. 3:45pm | Hammondsport, NY  | *Glenn Curtiss Museum Guided Tour Tour will focus on early aviation, local history, and the creative genius of Glenn H. Curtiss. Admission fee is \$12.00 and will be collected the day of the tour. Lunch will be at the Timber Stone Grill and paid for on your own. Please register on the Portal! |
| 9:00am-9:45am | HAP Pool 2nd floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 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 |
| 1:00pm-1:30pm | Wellness Center | Chair Fitness Workout with Robin Gallagher. This Class is mostly done seated with minimal standing-seated aerobics, hand weights and stretching. All are welcome. |
| 2:00pm-3:00pm | Music Room | Great Decisions Discussion Group Join one of America's largest discussion programs on world affairs. The topic for May is <i>International Climate Cooperation in an Era of Geopolitical Turmoil</i> See page 32 for additional group information. All are welcome. |
| 2:00pm | Community Center | Afternoon Entertainment with the New Horizons Jazz Ensemble, founded and directed by music teacher/bandleader/percussionist, Don Sherman. See page 31 for additional group information. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |

Friday, May 16th

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link 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 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm-3:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 1:15pm | Laurelwood Gallery | Worship Service with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Presentation: RBSCP (Rare Books, Special Collections, and Preservation) in 2025 – New Collections, New Staff, New Exhibit This talk will cover all the changes and new additions to the department over the past few years, including some fabulous new additions to our collections. See page 31 for additional information. |
| 4:00pm - 5:30pm | Community Center | Friday Social Hour! Join your neighbors for conversation and light snacks. |

Saturday, May 17th

Armed Forces Day

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| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
| 11:00am | Music Room | Paper Folding with resident Hans Ruhland. Learn how to make different animals with step-by-step instruction. All are welcome. |
| Departure: 12:30pm Return approx. 3:45pm | Regal Eastview Movie Theatre   | *Metropolitan Opera: Salome LIVE 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 33 for additional ticket purchasing instructions. Please register on the Portal for transportation! |
| Departure: 1:15pm Return approx. 4:00pm | OFC Creations Theatre Center (Winton Plaza)   | Performance: Jersey Boys Transportation and ticket arrangements are made in advance, but there still may be some tickets available. Contact the Box Office at 585-677-0954 if you are interested in obtaining a ticket. For questions or to secure transportation, contact Elizabeth David at 585-641-6344. |
| 7:30pm | Music Room | Weekend Movie Check the Daily Email for the film title and description. |

Sunday, May 18th

Departure times: Religious Services

9:30am
10:00am



Depart for local churches

Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.

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:

1:30pm

Return approx.
4:30pm

School of the Arts

Cordancia Chamber Orchestra Concert: Concerto do Brasil

Transportation and ticket arrangements are made in advance. Please see previously distributed flyer for additional information and registration details. Contact Elizabeth David at 585-641-6344 with questions.

2:00pm

Community Center

Afternoon Entertainment

with Ivanka Driankova featuring a classical music performance on the piano.


7:30pm

Music Room








Weekend Movie

Check the Daily Email for film title and description.



Monday, May 19th

| | | |
|---|--|---|
| 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. |
| 10:00am-12:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 2:30pm | Community Center | Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email. |
| Departure: 7:00pm Return approx. 10:00pm | Double Tree Hotel  | *Flower City Jazz Society Concert Featuring <i>Morgan Street Stompers</i> . Tickets are \$12.00 and paid for upon arrival. Please register on the Portal! |





Tuesday, May 20th

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|--|---|---|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departure: 10:00am | Penfield, NY    | Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 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 |
| Departure: 10:30am Return approx. 1:00pm | Mendon Ponds Park     | *Wild Wings Guided Tour Wild Wings, Inc. is a non-for-profit educational organization which includes a bird of prey facility and the Mendon Ponds Park Nature Center. They care for permanently injured and non-releasable animals unable to survive on their own in the wild. Admission fee is \$5.00 per person, and will be collected on the bus. **Please note there is walking on uneven grounds and narrow walkways which may be challenging for walkers. Please register on the Portal. |
| 12:50pm-2:00pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm-1:30pm | Wellness Center | Balance and Mobility Class with Robin Gallagher |
| 1:15pm | Laurelwood Gallery | Bible Study with Chaplain Steve Petrovich |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us as we feature New Movies on Netflix! Check the Daily Email for the film title and description. |



Wednesday, May 21st

| | | |
|---|---|---|
| 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 nd Floor | Open Swim with Robin Gallagher |
| 1:30pm | Music Room (Please note room change) | Pittsford Highlands Chorus Practice New members are always welcome! |
| 2:00pm | Community Center | *Presentation: Let's learn about United Way with Jaime Saunders, President and CEO of United Way of Greater Rochester and the Finger Lakes. Learn about the history of United Way and what they are doing to address community needs. Please register on Cubigo or call the events line at 585-641-6303. |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm-6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors. |
| Departure: 6:30pm Return approx. 10:00pm | Kodak Hall (Eastman Theatre)   | *New Horizons Band Spring Concert Join for an evening of musical pleasure, with a variety of selections played by the concert and Symphonic Bands. No admission fee. Please register on the Portal. |

Thursday, May 22nd

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza    | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am - 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 1:00pm - 1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome. |
| Departure: 1:00pm Return approx. 3:00pm | Webster Towne Center   | Cold Stone Creamery For more than 30 years Cold Stone has been serving up the finest, freshest Ice Cream Creations, Cakes, Shakes and Smoothies. They use the highest quality ingredients and mix your custom ice cream on their frozen granite stone with your choice of Candy, Cakes, Fruits or Nuts. |
| 2:30pm | Laurelwood Gallery | Afternoon Entertainment with Seth Sealfon and Julie Ketchum featuring vocals and music accompaniment. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |
| 7:30pm | Community Center | Evening Entertainment with Mark and Scott Bradley playing Classic American Music from the 1920s-1970s featuring, piano, trumpet, saxophone and vocals. |

Friday, May 23rd

| | | |
|---|---|---|
| 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. |
| Departure: 9:30am Return approx. 12:00pm | Rochester, NY  | *Foodlink Guided Tour with Beth Hershel, VP, Development & Community Engagement. See page 33 for additional information. Please register on the Portal. Heavy walking is required with little to no seating. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm-3:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 1:15pm | Laurelwood Gallery | Hymn Study with Chaplain Steve Petrovich |
| 4:00pm-5:30pm | Community Center | Friday Social Hour! Join your neighbors for conversation and light snacks. |
| Departure: 7:15pm Return approx. 10:00pm | Eastman Theatre (Kodak Hall)  | RPO Pops Concert: <i>Come Swing with Me</i> 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. |

Saturday, May 24th

| | | |
|-----------------|---------------------------------------|--|
| 10:00am-11:30am | 2 nd Floor Activities Room | *Flower Painting with Amy Gendrou, Art Educator. No fee to attend. All are welcome. Please register on the Portal! |
| 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 Check the Daily Email for the film title and description. |
| 3:30pm | Laurelwood Gallery | Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations. |
| 7:00pm | Community Center | Evening Entertainment with Marc Daniels world renowned lyric tenor vocalist. |

Sunday, May 25th

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.

Departure:

1:30pm

Return approx.
4:00pm

Nazareth College
Performing Arts
Center



RPO Presents *Bach & Debussy*

Transportation and ticket arrangements are made in advance by contacting the box office directly.

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.

2:00pm

Community Center

Afternoon Entertainment: Music Gives Back

with Park Road Elementary School featuring Classical music for piano and strings.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, May 26th

Memorial Day

- No Fitness Classes with Robin Gallagher today. Pool is open you just need a buddy.
- No Mobile Tech Lab

10:00am

Music Room

Book Discussion Group

Book Title: *Rough Sleepers* by Tracy Kidder

3:00pm

Highlands Main Entrance

Taps Across America Returns for 2025

The National Moment of Remembrance is an annual event that asks Americans, wherever they are at 3:00pm local time on Memorial Day, to pause for a duration of one minute to remember those who have died in military service to the United States. Residents Glenn Koch and John Hunsinger will sound taps.



3:30pm

Music Room

Afternoon Entertainment

with The High 5's Music Group featuring residents from the Highlands! Come support your neighbors.






Tuesday, May 27th

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| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza  | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 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 |
| Departure: 11:30am Return approx. 1:30pm | Christ Church  | *Tuesday Pipes Concert A 25-minute organ concert performed by Eastman students, faculty, and guests. No fee to attend. Please register on the Portal! |
| 12:50pm-2:00pm | Activities Room 2 nd Floor | Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome. |
| 1:00pm-2:00pm | Music Room | Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Basic knitting and crochet skills needed. |
| 1:15pm | Laurelwood Gallery | Bible Study with Chaplain Steve Petrovich |
| 2:00pm | Community Center | Presentation: Pittsford's Civil War Soldiers with Vicki Masters Profitt, Town Historian. See page 32 for additional information. |
| 7:30pm | Music Room | Lights, Camera, Action—Movie Night! Join us as we feature New Movies on Netflix! Check the Daily Email for the film title and description. |

Wednesday, May 28th

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| 9:00am | Hahnemann Club | Fitness Class with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| Departure: 12:30pm Return approx. 3:30pm | Rochester, NY | *Guided tour of the Susan B. Anthony House Walk the rooms where Susan B. Anthony inspired generations of women and hear her tales of hardship tenacity. Admission fee of \$15.00 will be paid for onsite. Please register on the Portal. Space is limited and there are exterior stairs entering into the house. |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| No Pittsford Highlands Chorus Practice today. | | |
| 2:30pm | HAP Library | Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud. |
| 3:00pm | Wellness Center | Line Dancing with resident Will Herzog. All are welcome. |
| 4:00pm-6:00pm | Community Center | Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors. |



Thursday, May 29th

| | | |
|---|--|--|
| 9:00am | HAP Pool 2 nd Floor | Water Fitness with Robin Gallagher |
| Departures: 9:00am 10:00am 11:00am | Country Club Plaza    | Shopping and Banking Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list. |
| 10:00am | Highlands Pub | Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. |
| 10:30am - 12:00pm | Wellness Center | Circuit Training with Robin Gallagher |
| 11:00am | Wellness Center | Gentle Chair Yoga with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent to participants via email the morning of the class. |
| Departure: 11:30am Return approx. 1:30pm | Brighton, NY   | *Joe's Brooklyn Pizza Enjoy over 25 pizzas to choose from, calzones, chicken wings, and more! Brooklyn Pizza is known for its large, wide, thin, and foldable Crispy Crust. Please register on the Portal. |
| 1:00pm - 1:30pm | Wellness center | Chair Fitness Workout with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome. |
| 3:30pm | Laurelwood Gallery | Pet Therapy with Ann Julien and Lulu |

Friday, May 30th

| | | |
|---|---|---|
| 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. |
| Departure: 10:00am | Pittsford Plaza  | *Pathway to Pittsford Errand Bus Catch a ride to Pittsford Plaza and the Pittsford Community Library. Please register on the Portal! |
| 10:15am | Wellness Center | Fitness Class with Robin Gallagher |
| 1:00pm - 2:00pm | HAP Pool 2 nd Floor | Open Swim with Robin Gallagher |
| 1:00pm-3:00pm | HAP Pub | Mobile Tech Lab Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions/issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary. For questions, please contact Nic Morse at 585-641-6309 or Chris Borrelli at 585-641-6308. |
| 1:15pm | Laurelwood Gallery | Name that Tune with Chaplain Steve Petrovich |
| 4:00pm-5:30pm | Community Center | Friday Social Hour! Join your neighbors for conversation and light snacks. |
| Departure: 6:00pm Return approx. 10:00pm | Innovative Field  | Rochester Red Wings Baseball Game Ticket and transportation arrangements are made in advance, but there still may be some space left. Please see previously distributed memo for event details. For questions or registration assistance, contact Elizabeth David at 585-641-6344. |

Saturday, May 31st

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|--|--|--|
| 10:15am | Laurelwood Activities Room | Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. |
| Departure: 12:30pm Return approx. 5:00pm | Regal Eastview Movie Theatre   | *Metropolitan Opera: <i>IL Barbiere di Siviglia</i> LIVE 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 33 for additional ticket purchasing instructions. Please register on the Portal for transportation! |
| 1:30pm | Music Room | Weekend Movie Check the Daily Email for the film title and description. |
| Departure: 2:15pm Return approx. 5:00pm | Our Lady of Mercy High School | Chorus of the Genesee: <i>Harmony in the House</i> An a cappella singing spectacular. Transportation and ticket arrangements a made in advance but there still may be some room. See upcoming flyer for registration details. For questions or to secure transportation, contact Elizabeth David at 585-641-6344. |

Lectures/Music

Please read below for additional information

Presentation: Ingenuity: The First Helicopter on Mars

Thursday, May 8th – 2:00pm

Community Center

Drones have become popular in recent years, with hobbyists learning how to fly them, and major companies using them for at-home deliveries here on Earth. But what about their use on other planets? In 2021, the Perseverance rover landed on Mars with a small drone-like helicopter in tow. After a couple successful test-runs, the Ingenuity helicopter flew a total of 72 flights over three years, far exceeding engineer's expectations. In this lesson we'll talk about the mechanics of flying a drone in the Martian atmosphere, see some photos that Ingenuity took of the red planet, and explore the future of sending unmanned helicopters to other planets.

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.

Hub at the Highlands

Tuesday, May 13th - 2:00pm

Community Center

Psychosis and Parkinson's Disease This program will focus on psychosis, including hallucinations and delusions that can occur in individuals with Parkinson's Disease.

New Horizons Jazz Ensemble

Thursday, May 15th - 2:00pm

Community Center

The New Horizons Jazz Ensemble (NHJE), founded and directed by music teacher/ bandleader/ percussionist, Don Sherman, is a dynamic and energetic group of 17 musicians. The NHJE plays a variety of jazz styles from different historical eras to include Dixieland, Blues, Swing, Bebop, Latin, Rock, Funk, Afro-Cuban, Pop, Fusion and Contemporary arrangements. The NHJE has performed at several venues and events such as Kodak Hall, the Eastman School of Music's prestigious Kilbourn Hall, the yearly Rochester International Jazz Festival.

RBSCP (Rare Books, Special Collections, and Preservation) in 2025 – New Collections, New Staff, New Exhibit

Friday, May 16th – 2:00pm

Community Center

Bio:

Autumn Haag is the Assistant Director, Outreach for Rare Books, Special Collections, and Preservation at the University of Rochester. She serves as the curator for many of their 19th century collections, including Frederick Douglass, Susan B. Anthony, and William Henry Seward. She has a BA in English from McGill University and a MSt from the University of Toronto.

Lectures/Music Continued

Pittsford's Civil War Soldiers Tuesday, May 27th – 2:00pm Community Center

Pittsford is the eternal resting place of more than 85 Civil War soldiers. Hear prisoner of war George Wiltsie's story in his own words. Discover Pittsford's highest ranking Civil War soldier Major Harvey E. Light. Learn about a Confederate soldier buried in Pittsford. Join Town & Village Historian Vicki Masters Profitt as she shares their stories of hardships and triumphs in commemoration of the 160th anniversary of the end of the Civil War.

Resident Committees & Groups

Please read below for additional information

Great Decisions: Thursday, May 15th – 2:00pm 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.

May Topic: International Cooperation on Climate Change Author: Josh Busby

The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. In subsequent COP meetings, experts and political leaders have come together seeking common cause for this growing global crisis. What is the future of these efforts, and what have they yielded? What is the U.S. role in fostering cooperation on climate change? In a divided country, what are the possible futures for American policy leadership?

Outings

Please read below for additional information

Metropolitan Opera: *Salome* LIVE

Saturday, May 17th departing
at 12:30pm

Regal Movie Theater

Music Director Yannick Nézet-Séguin conducts his first Met performances of Strauss's white-hot one-act tragedy, which receives its first new production at the company in 20 years. Claus Guth, one of Europe's leading opera directors, gives the biblical story—already filtered through the beautiful and strange imagination of Oscar Wilde's play—a psychologically perceptive, Victorian-era setting rich in symbolism and subtle shades of darkness and light. Headlining the new staging is soprano Elza van den Heever as the abused and unhinged antiheroine, who demands the head of Jochanaan, sung by celebrated baritone Peter Mattei. Tenor Gerhard Siegel is Salome's lecherous stepfather, King Herod, with mezzo-soprano Michelle DeYoung as his wife, Herodias, and tenor Piotr Buszewski as Narraboth.

If you are interested in obtaining a ticket for this performance, please contact the Regal Theater Website at 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.

Foodlink Guided Tour

Friday, May 23rd departing at
9:30am

Foodlink

Foodlink serves as the central hub of the emergency food system across a 10-county service area, ranging from Monroe to Allegany County, but Foodlink is much more than just a food bank. At Foodlink, they believe that hunger cannot be solved by charity alone. They believe that the fight against hunger and the fight against poverty is one and the same.

Metropolitan Opera: *Il Barbiere di Siviglia* LIVE

Saturday, May 31st departing
at 12:30pm

Regal Movie Theater

Rossini's effervescent comedy retakes the stage in Bartlett Sher's madcap production. Mezzo-soprano Aigul Akhmetshina headlines a winning ensemble as the feisty heroine, Rosina, alongside high-flying tenor Jack Swanson, in his Met debut, as her secret beloved, Count Almaviva. Baritone Andrey Zhilikhovsky stars as Figaro, the titular barber of Seville, with bass-baritone Peter Kálmán as Dr. Bartolo and bass Alexander Vinogradov as Don Basilio rounding out the principal cast. Giacomo Sagripanti conducts.

If you are interested in obtaining a ticket for this performance, please contact the Regal Theater Website at 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.

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.

| | |
|--|---|
| Book Discussion Group | Resident, Lorraine Withers Phone: (585) 381-1933 Email: withersal2016@gmail.com |
| Community Outreach Committee | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu |
| Dining Committee | John McHugh, Director of Dining Services Phone: (585) 641-6334 Email: John_McHugh@urmc.rochester.edu |
| Friendship Committee | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu |
| Great Decisions Discussion Group | Resident, Kathryn Thomas, Apt. 143 Phone: (585) 755-1341 Email: kathrynthomas2@me.com |
| Landscape Committee | Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu |
| Library Committee | Crystal Johnston, Director of Life Enrichment Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu |
| Pittsford Highlands Chorus Caregivers Support Group | Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu |
| Sustainability Committee | Andy Trepanier, Executive Director Phone: (585) 641- 6372 Email: andy_trepanier@urmc.rochester.edu |