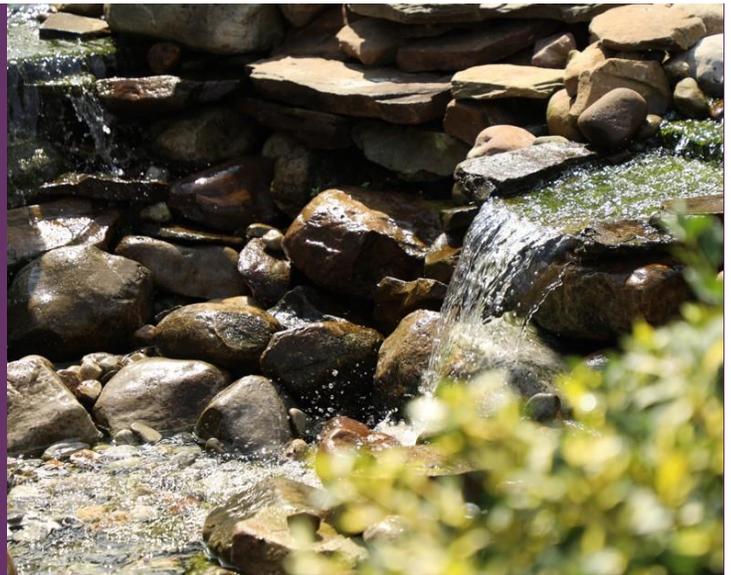


June Calendar 2025



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

Phone: 585-641-6345

Email: crystal_johnston@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Coordinator

Phone: 585-641-6344

Email: elizabeth_david@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Robin Gallagher – Wellness Coach

Phone: 585-641-6316

Email: robin_gallagher@urmc.rochester.edu

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

Accessibility Guide

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

Asterisks indicate the level of walking an outing requires.

 Easy Going

 On Your Feet

 Keep the Pace

 Let's Go!

 The wheelchair symbol indicates handicap access.

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

Sunday, June 1st

Departure times: 9:30am 10:00am	Religious Services  	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list.
10:30am	Music Room	Communion Service with volunteers from St. Louis
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>Season Finale The Firebird!</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 Evening Movie Check the Daily Email for film title and description.

Monday, June 2nd

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 Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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	Music Room	Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
11:30am	Music Room	Movie Program Discussion Let's talk about the in-house movies! All are welcome. Looking for possible suggestions.
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. (Please note this meeting is being rescheduled from May, there will be 2 meetings this month)

Tuesday, June 3rd

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.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
12:50pm-2:00pm	Activities Room 2 nd Floor	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm	Music Room	Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>Beautiful and the Jukebox Musical</i> with Stage Director, Writer/Composer and Intimacy Choreographer, Lindsay Warren Baker. See page 28 for additional information.
3:00pm	Music Room	Volunteering for Health and Happiness Make a difference in someone's life. Learn about the many volunteer opportunities at the Highlands Living Center, find something that fits your interests and time, and meet with current volunteers. For questions, please contact Nancy Koch at 585-662-5537 or Betty Iwan at 585-381-0322.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature <i>famous actresses</i> . Check the Daily Email for the film title and description.

Wednesday, June 4th

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	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—this experience is better than any audiobook.
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: 4:30pm Return approx. 7:30pm	Webster, NY  	*Dinner at The Peppered Pig Locally Owned French Inspired Bistro. Please register on the Portal.

Thursday, June 5th

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank 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: 1:00pm Return approx. 4:00pm	Rush, NY  	*Guided Tour of Sri Vidya Temple As a unique "Learning Temple," the Sri Vidya Temple is actively engaged in preserving and transmitting the auspicious knowledge of Sri Vidya as well as traditional Temple arts and culture. We believe in the empowerment of all to participate fully in the worship of the Divine. See 31 for dress code and etiquette requirements. 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.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu

Friday, June 6th

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
11:00am	Community Center	Post-Shavuot Musical Experience with Rabbi Vogel from Chabad of Rochester. Shavuot is a Jewish holiday that commemorates the date when G-d gave the Torah to the Jewish people at Mt. Sinai over 3,000 years ago. Rabbi Vogel will talk about the holiday's relevance and significance in the 21st century along with a live piano performance!
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	Mobile Tech Lab Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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	Presentation: <i>What is Artificial Intelligence and Why on Earth Should I Care?</i> with Resident George Gibson. See page 29 for additional information.
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Saturday, June 7th

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.
7:30pm	Music Room	Weekend Movie Check the Daily Email for the film title and description.

Sunday, June 8th

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
11:00am	Laurelwood Activities Room	Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.
12:30pm	Main Building Front Entrance	*Bus Decorating for the Pittsford Pride Parade Join your neighbors in decorating the HAP Bus for the Parade. Please register on the Portal.
Departure: 1:30pm Return approx. 3:30pm	Village of Pittsford 	*Pittsford Pride Parade Partake in the parade with a stop at the Port of Pittsford located behind the Pittsford Library. Enjoy the outdoor gathering from 2:30pm-3:30pm celebrating the LGBTQIA Community. Please register on the Portal.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, June 9th

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 Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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
1:30pm	Laurelwood Activities Room	Presentation: <i>Music & Life of Vic Damone</i> with presenter Larry Shearer
2:00pm	Community Center	Presentation: <i>Your Buggy Neighbors</i> with Jack Kowiak. Learn about friends and foes, surprising facts, and some popular myths regarding our backyard insect friends.

Tuesday, June 10th

Departure: 8:30am Return approx. 11:45am	Charlotte Beach  	*Beach Walk and Breakfast Enjoy breakfast at Parkside Diner followed by a leisure walk near Beach Ave along Lake Ontario. Take in the beautiful scenery and luxury homes. Please register on the portal.
9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)  	Wegmans Grocery Shopping/Chase Bank 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-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	Hymn Study with Chaplain Steve Petrovich
7:00pm	Community Center	Evening Entertainment with The Rochester Jewish Chorale. See page 29 for additional information.

Lights, Camera, Action—Movie Night!
has been canceled this evening, due to evening entertainment.

Wednesday, June 11th

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	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
1:30pm	Activities Room 2 nd Floor	Caregivers Support Group facilitated by Connie Craig, MSW and a certified Aging Life Specialist. All are welcome.
2:00pm	Music Room	University of Rochester Presentation: <i>Flex and Flow: The Harmony of Solids and Fluids in Our Bodies</i> with Associate Professor of Biomedical Engineering, Mark Buckley, Ph.D. See page 29 for additional information.
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, June 12th

Project Mini Share will be in the Music Room today! Come see what treasures you find.

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: 12:15pm Return approx. 4:00pm	Innovative Field   	Rochester Red Wings Baseball Game Please note tickets and transportation arrangements are made in advance. For questions contact Elizabeth David at 585-641-6344. Please see previously distributed memo for additional information.
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.

No Pet Therapy with Ann Julie and Lulu today.

Friday, June 13th

- No Fitness Class at the Hahnemann Club today, due to an on-campus event.
- Project Mini Share will be going until 2pm today. Come get those last-minute items.

10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am	Highlands Front Entrance/Flagpole	*Flag Day Ceremony Accompanied music by Top Brass. Wear your red, white, and blue! Following will be a hotdog lunch. The ceremony will be weather dependent. Please register on the Portal!
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:00pm - 3:00pm	HAP Pub	Mobile Tech Lab Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Saturday, June 14th

Flag Day

10:00am-11:30am	2 nd Floor Activities Room	*Art Class: Neurographic Art: Mixed Media Abstraction 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.
7:00pm	Community Center	Evening Jazz Entertainment with the Laura Dubin Duo

Sunday, June 15th

Father's Day

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	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.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, June 16th

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 Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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
2:00pm	Community Center	Broadway Presentation: <i>Songs from Musicals</i> With Bob Sagan AKA Broadway Bob. What better way to celebrate the Broadway musical than with songs from musicals about musicals? The business we call 'show' celebrates the magic of theatre, the roar of the greasepaint, and the smell of the crowd. Enjoy a peek behind the curtain.
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel 	*Flower City Jazz Society Concert Featuring the <i>Art Deco Quartet</i> . Tickets are \$12.00 and paid for upon arrival. Please register on the Portal.

Tuesday, June 17th

9:00am	HAP Pool 2nd Floor	Water Fitness Class 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.
Departure: 10:30am Return approx. 2:30pm	Geneva, NY 	*Scenic ride to Belhurst Castle with lunch at Stonecutter's Tavern Enjoy shopping at the gift shop as well as walking their beautiful grounds. Lunch will be paid for on your own. Please register on Portal! Walking is required with limited seating on the grounds.
10:30am-12:00pm	Wellness Center	Circuit Training with Robin Gallagher
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, June 18th

8:45am	Community Center	*Annual Men's Breakfast with guest speaker Terry Gurnette , Associate Director of Athletics at the University of Rochester. Come and listen as he shares his storied career. A suggested donation of \$5.00 will be collected at the breakfast. Stay tuned for this year's chosen organization.
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
Departure: 1:15pm Return approx. 4:30pm	Geva Theatre 	Performance: <i>Beautiful: The Carol King Musical</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, June 19th

Juneteenth

9:00am-9:45am	HAP Pool 2 nd floor	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank 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

**Great Decisions Discussion Group is taking a summer break.
This group will reconvene in September!**

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.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu
7:00pm	Community Center	Evening Classical Entertainment with Django Klumpp, professor of guitar studies and applied lessons at Nazareth University. See page 30 for additional information.

Friday, June 20th

First Day of Summer

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. 12:30p	Bloomfield, NY 	*Lazy Acre Alpaca Farm Enjoy a tour of the farm and gift shop. The tour is approx. 60 minutes. Admission fee is \$10.00 per person and will be paid for onsite. See page 31 for additional information regarding the tour. This event involves walking on uneven ground and there will be limited seating available. We recommend wearing appropriate footwear for outdoor conditions. This outing is weather dependent. Please register on 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 Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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
2:30pm-3:30pm	Highlands Main Entrance	9 Cone Cone Ice Cream Truck Enjoy a complimentary ice cream! Residents only, no guests please. Please see upcoming flyer for additional details.
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.
7:00pm	Community Center	Evening Entertainment with <i>The Justice Trio</i> . Enjoy your favorite songs, sprinkled with humor, laughter, and audience participation.

Saturday, June 21st

<p>Departure: 9:45am Return approx. 11:15am</p>	<p>White Haven Memorial Park (All Seasons Chapel)</p> <p> </p>	<p>*Butterfly & Hummingbird Gardening Learn about the different types of butterflies, moths and hummingbirds in our area and how to attract them to your garden with plants and accessories. Please register on the Portal.</p>
<p>10:15am</p>	<p>Laurelwood Activities Room</p>	<p>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.</p>
<p>2:30pm</p>	<p>Community Center</p>	<p>Afternoon Entertainment with <i>AMPLitude Piano Trio/Hochstein Chamber Music Group</i>. Enjoy classical music from middle school students on the violin, cello, and piano.</p>
<p>7:30pm</p>	<p>Music Room</p>	<p>Weekend Movie Check the Daily Email for the film title and description.</p>

Sunday, June 22nd

<p>Departure times: 9:30am 10:00am</p>	<p>Religious Services</p> <p> </p>	<p>Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.</p>
<p>10:30am</p>	<p>Music Room</p>	<p>Communion Service with volunteers from St. Louis Church</p>
<p>11:00am</p>	<p>Laurelwood Activities Room</p>	<p>Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.</p>
<p>2:00pm</p>	<p>Community Center</p>	<p>Afternoon Entertainment with the <i>Flower City Cello Duo</i> as they present a program of classical cello duets along with some popular and familiar pieces.</p>
<p>7:30pm</p>	<p>Music Room</p>	<p>Weekend Movie Check the Daily Email for film title and description.</p>

Monday, June 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.
10:00am-12:00pm	HAP Pub	Mobile Tech Lab Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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.
10:00am	Music Room	Book Discussion Group Book Title: <i>An Unfinished Love Story</i> by Doris Kearns Goodwin
10:15am	Wellness Center	Fitness Class with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
2:00pm	Community Center	Presentation: <i>Fun in the Sun: Adventures in Outdoor Play</i> with Christopher Bensch, Vice President for Collections. See page 30 for additional information.
7:00pm	Community Center	Evening Entertainment with music from <i>Rochester Rhapsody</i> featuring a cappella harmony singing.

Tuesday, June 24th

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank 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
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.
Departure: 1:00pm Return approx. 3:15pm	Memorial Art Gallery   	*Guided Tour: <i>Making Connections</i> Highlights from a Decade of Acquisitions invites new dialogues between artworks. See page 31 for additional exhibit information. Admission fee is \$7.00 and will be paid for upon arrival. Please register on the Portal.
1:15pm	Laurelwood Gallery	Hymn 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, June 25th

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: 10:15am Return approx. 2:15pm	Seneca Falls, NY   	*Lunch and Shopping at Sauders Market A taste of Mennonite Culture all in a unique country grocery store. 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.
7:00pm	Community Center	Evening Classical Entertainment with Alexander Kobrin, Associate professor and concert pianist from the Eastman School of Music.

Thursday, June 26th

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank 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.
2:00pm	Laurelwood Activities Room	Virtual Presentation: <i>Exploring Asteroids with OSIRIS REx and Hayabusa 2</i> with Valerie Rapson, Ph.D., See page 29 for additional information.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu
5:00pm-7:00pm	Bistro Patio/Main Entrance	The Highlands Beer & Wine Festival! This event is rain or shine. Come visit with some local beer and wine vendors. Please see upcoming flyer with additional event and registration details.

Friday, June 27th

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 Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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.
Departure: 1:00pm Return approx. 4:00pm	Mt. Hope Cemetery 	*Step on Guided Tour Enjoy a tour with Patricia Corcoran from the Friends of Mt. Hope Cemetery. Stops include Army Post, Pyramid Mausoleum, GAR/Fireman plots, gravesite of the Frederick Douglass Family and much more. There will be opportunities to get off the bus, but it's not required. Admission fee is \$10.00 per person and will be collected before tour. Be aware the grounds are uneven. Please register on the Portal.
1:15pm	Laurelwood Gallery	Name that Tune with Chaplain Steve Petrovich
2:30pm	Laurelwood Gallery	Afternoon Entertainment with the Merriwick String Chicken Trio a fine-tuned threesome with an eclectic mix of bluegrass, Americana, Irish, and Country music.
4:00pm-5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Saturday, June 28th

<p>Departure: 8:30am Return approx. 10:30am</p>	<p>Fairport, NY  </p>	<p>*Fairport Farmers Market Enjoy the local fruits and veggies along with other great deals on other items. Walking is required with little to no seating. Please register on the Portal.</p>
<p>10:00am-11:30am</p>	<p>2nd Floor Activities Room</p>	<p>*Art Class: <i>Mixed Media Patterns in Nature</i> with Amy Gendrou, Art Educator. No fee to attend. All are welcome. Please register on the Portal.</p>
<p>10:15am</p>	<p>Laurelwood Activities Room</p>	<p>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.</p>
<p>1:30pm</p>	<p>Music Room</p>	<p>Weekend Movie Check the Daily Email for the film title and description.</p>
<p>3:30pm</p>	<p>Laurelwood Gallery</p>	<p>Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.</p>

Sunday, June 29th

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

Monday, June 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.
10:00am-12:00pm	HAP Pub	Mobile Tech Lab Walk-in IT support session! Sit with one of our IT staff members to get your questions/problems resolved. This 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.
7:00pm	Community Center	Evening Entertainment with the Old Hippies featuring a variety of music.

Lectures/Music

Please read below for additional information

Beautiful and the Jukebox
Musical

Tuesday, June 3rd – 2:00pm

Community Center

The 2024–2025 local theater season has been packed with jukebox musicals, and the trend continues as *Beautiful: The Carole King Musical* returns to Rochester in a new production at Geva Theatre Center. Join local theater artist Lindsay Warren Baker for an insightful conversation exploring the history, enduring appeal, and cultural impact of jukebox musicals. From nostalgic favorites to powerful storytelling through song, discover how shows like *Beautiful* keep audiences coming back for more.

Bio:

Lindsay Warren Baker is a consent-forward, multi-hyphenate artist with a deep passion for all things big “T” Theatre. She works professionally as a freelance stage director, intimacy director/choreographer, writer, and teaching artist, with experience spanning a wide range of genres.

Based in Rochester, Lindsay has collaborated with numerous local companies, including JCC CenterStage, Blackfriars Theatre, Penfield Players, Rochester Community Players, DVC, Pittsford Musicals, and Geva Theatre Center. Her academic work includes directing and intimacy choreography for productions with Eastman Opera Theatre, Nazareth University, and SUNY Geneseo.

She currently serves as an Instructor of Opera, dramatic coach, and intimacy director at the Eastman School of Music and is an adjunct faculty member in the Theatre and Dance Department at Nazareth University.

Recent & Upcoming Projects

- **Intimacy Choreography:** *A Midsummer Night’s Dream* (Rochester Community Players, July 2025), *In the Next Room* (Blackfriars Theatre, October 2025)
- **Stage Direction:** *The Berlin Diaries* and *Beautiful: The Carole King Musical* (JCC CenterStage), *Miss Bennet* and *The Wickhams: Christmas at Pemberley* (Blackfriars Theatre)
- **Writer/Composer:** *Austen’s Pride: A New Musical of Pride and Prejudice*

What is Artificial Intelligence and Why on Earth Should I Care?" **Friday, June 6th – 2:00pm** **Community Center**

Bio:

George Gibson holds a BA and MS in Chemistry from Binghamton University and an MBA from the University of Rochester. Currently he is the managing partner of G2 Tech Acceleration, a boutique technology commercialization consultancy and is an Adjunct member of the faculty of the College of Business of Alfred University where he teaches research methods, business sustainability, innovation management, Ethical AI in business, and cryptocurrency. As an adjunct faculty member at the University of Rochester's Simon School he teaches data analytics. Additionally, he serves on the Executive Council and the Audit Committee of the Burroughs Audubon Nature Club and is a member of the Resident Advisory Committee here at the Highlands. He spent 26 years of his (so far) 45-year career at Xerox where he held several technology development and management positions. He holds 73 US patents and has published ~20 articles in the scholarly and trade press.

Rochester Jewish Coral **Tuesday, June 10th – 7:00pm** **Community Center**

The Rochester Jewish Chorale consists of about 22 singers, both male and female. This group performs Hebrew, English, liturgies and secular songs. They have also done songs from Jewish related musicals like Fiddler on the Roof, and musicals by Irving Berlin. Songs have also been performed by Jewish composers like Carol King and Leonard Cohen.

Flex and Flow: The Harmony of Solids and Fluids in Our Bodies **Wednesday, June 11th – 2:00pm** **Community Center**

Mark will discuss the remarkable mechanical properties of soft tissues in the human body. I will highlight how studying these properties not only gives us insight into what causes arthritis but inspires new ideas on how this disease might be treated in the future.

Exploring Asteroids with OSIRIS REx and Hayabusa 2 **Thursday, June 26th – 2:00pm** **Laurelwood Activities Room**

Asteroids are the leftover building blocks of planets in our solar system. By studying these rocks up close, we can learn more about the planet formation process, and the types of materials we might expect to find deep inside our rocky planets. In recent years, two spacecraft - OSIRIS REx and Hayabusa 2 – have traveled to nearby asteroids and returned samples to Earth to study. In this lesson, we'll discuss the two missions, watch them sample their respective asteroids, and decipher the latest results of the chemical analysis of their returned samples.

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.

Bio:

Django Klumpp is an American guitarist and instructor from Rochester, NY, where he graduated from Eastman School of Music with a master's degree in performance and literature studying with Dr. Nicholas Goluses, and received a Performer's Certificate in Guitar. Since completing his masters in 2022, Django has been a professor of guitar studies and applied lessons at Nazareth University, working with the music therapy department and classical guitarists of the Nazareth School of Music. In Rochester, Django owns and directs Penfield Guitar School, where he teaches students of all backgrounds in plucked string instruments. In addition to teaching, Django is an avid and experienced performer, giving solo concerts across the north-east United States, and having made his first international debut performance in Croatia in 2023. Between his studies, teaching, and concerts, Django's performance endeavors extend to that of competitions, having been a semi-finalist in the 2024 Louisville Guitar Competition and 2025 Philadelphia Guitar Competition, and a two-time winner of the Mansfield Solo Competition during his undergraduate studies at Mansfield University in 2017 and 2019, where he performed two concerto works with the MU Symphony Orchestra. In addition to solo playing, he has performed nationwide with chamber groups Silverwood Duo (flute and guitar) with flutist Eric Bergeman, and a guitar and harp duo with harpist Sunshine Quan. Django's activity in the music scene also extends beyond strictly classical music, having collaborated with musical theater presentations, local rock and pop outfits, and international pop artists.

Before modern kids got focused on electronic games and organized sports leagues, there was a world of outdoor fun waiting for us in backyards and beyond. Bicycles took us exploring. Sleds turned every snowfall into an opportunity for excitement. Clamp-on roller skates made the sidewalk your racetrack. And a sandbox could fill hours with fun. Step back to the days when moms still said, "Go outside and play" and no one made you wear a helmet or carry a cell phone. This illustrated presentation is filled with the outdoor activities and playthings that made summer fun—and still can make getting outside a destination for adventure.

Resident Committees & Groups

Please read below for additional information

**Great Decisions Discussion Group is taking a summer break.
This group will reconvene in September!**

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.

Outings

Please read below for additional information

Sri Vidya Temple

Thursday, June 5th – departing at 1:00pm

Rush, NY

When entering the Temple, please observe the following dress code:

- No loose hair; all long hair must be tied securely
- No shorts or short skirts
- No leggings
- No tank tops
- **PLEASE BRING SOCKS IF BAREFOOT**

Please be aware that this dress code applies equally to both men and women. Men are required to wear long pants (extending below the calf muscle). Ladies are required to wear either pants or a long skirt (extending below the calf muscle).

At the Sri Rajarajeswari Peetam, many of their customs are different from those at other Temples, so they understand that some visitors might not know what to expect. Please review the etiquette guidelines, so that they can help everyone enjoy their experience at the Temple.

- Please keep noise/talking to a minimum when pujas or homas (ancient Hindu rituals, both involving worship and offerings) are in progress. Excessive talking is distracting to the volunteers as well as for the devotees. Please help to maintain an atmosphere of devotion and respect.
- Please silence your cellphones while in the Temple. Cellphones often interfere with our sound system, so please try to limit their use.
- Please touch the murtis only on their lotus feet. In the Temple, we encourage everyone to feel close to Devi and all the deities, so we allow everyone to touch the murtis, including the mula murtis of Ganapati, Rajarajeswari and our main Siva Lingam. However, we ask that you limit yourself to touching only the lotus feet.

Lazy Acre Alpaca Farm

Friday, June 20th – departing at 9:30am

Bloomfield, NY

Enjoy a walking tour of the alpaca farm. You will learn about the different kinds of alpacas and how they care for them in the summer and winter seasons, and what medical care they require monthly. Enjoy a video of their animals being shorn and how the fleece is processed at a local mill. The tour will end with feeding the alpacas. The tour is a walking tour, but you can see the animals from a central location as well.

Making Connections

Tuesday, June 24th – departing at 1:00pm

Memorial Art Gallery

Making Connections: Highlights from a Decade of Acquisitions invites new dialogues between artworks. Featured in the Lockhart Gallery, the exhibition presents works in pairs, drawing connections between different mediums, styles, periods, and regions. This grouping strategy provides an opportunity for a more diverse understanding of a growing collection. Coinciding with multiple small installations in the permanent collection galleries, Making Connections reimagines the ways in which we bring artworks together to inspire new conversations.

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