



Calendar October 2025

October 1-31

Independent Living

Cultural and Educational Program Calendar

Please check the Cubigo Activities Cube and the Daily HAPpenings email for schedule changes and updates.

For additional questions, please contact Elizabeth David at 585-641-6344.

Life Enrichment Staff

Crystal Johnston – Director of Life Enrichment

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Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Coordinator

Phone: 585-641-6344

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Office: Located 2nd floor of Laurelwood

Robin Gallagher – Wellness Coach

Phone: 585-641-6316

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

Accessibility Guide

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

Shoe icon indicates the level of walking an outing requires.

 Easy Going

 On Your Feet

 Keep the Pace

 Let's Go!

 The wheelchair symbol indicates handicap accessible.

Asterisks (*) indicate registration/reservations are required. See below for specific step by step instructions.

(*) Indicates advanced registration required on Cubigo through the Activities Cube.
Cubigo → Activities Cube → View Activities → Search by month → Click on day of the event
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

(**) Indicates advance registration is required on Cubigo through the Dining Cube.
Dining → Place Request → Reservations → Add New → Selection Dining Option
For questions or dining assistance, contact John McHugh at 585-641-6334.

Wednesday, October 1st

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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  	Geva Presents: <i>The Play that Goes Wrong</i> Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus. 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 for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm – 6:00pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Thursday, October 2nd

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.
Departure: 9:20am Return approx. 8:15pm	Pennsylvania, NY	Scenic Excursions Day Trip: Eldred World War II Museum. Transportation and ticket arrangements were made in advance. Currently this outing is closed.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:00am	Highland Living Center (Across from Keypad 1)     	*Alzheimer's Campus Walk Enjoy coffee and donuts, along with raffle items--all to benefit a cause near and dear to our hearts. All are welcome! Please see previously distributed flyer for additional information. For transportation ONLY, please register on Cubigo through the Activities Cube.
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. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm–1:30pm	Wellness Center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, October 3rd

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am	Activities Room (2 nd Floor)	Bereavement Support Group facilitated by Michele Allman, LMSW Bereavement Coordinator at the University of Rochester. This group will provide support to anyone who has experienced the death of a loved one. All are welcome.
1:00pm	Music Room	First Friday Catholic Mass with volunteers from St. Louis Church
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 Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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

Programs continue on next page

4:00pm – 5:30pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!
Departure: 6:30pm Return approx. 10:00pm	Eastman Theatre (Kodak Hall)  	Pops Concert: 25/26 Pops Season Opener. Summer Breeze: Yacht Rocks Classics Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus. Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

Saturday, October 4th

10:15am	Community Center (please note this new location)	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 film title and description.
7:00pm	Community Center	Evening Entertainment An evening of Gilbert and Sullivan. See page 39 for additional information.

Sunday, October 5th

Departure

Times:

9:30am

10:00am

Religious Services



Depart for local churches

- First Presbyterian Church/ United Church of Pittsford
- St. Louis Church

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

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Departure:

2:00pm

Return approx.

5:00pm

Eastman Theatre

(Kilbourn Hall)



*Eastman-Ranlet Series Presents:

Ying Quartet I

Tickets need to be purchased in advance and on your own. See previously distributed memo for additional information. **Please register for transportation on Cubigo through the Activities Cube.**

8:20pm

Music Room

THE BILLS MAKE ME WANNA SHOUT!

Join us for another exciting football season!

Come hang out with friends, enjoy light refreshments, and cheer on the Bills as they take on the *New England Patriots* this week!

Monday, October 6th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am– 12:00pm	HAP Pub	Mobile Tech Lab – Walk-In IT Support Session Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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.
1:00pm – 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
2:00pm	Music Room	2-Part Lecture Series: “When More Was More” A look at the Gilded Age in America – 1880-1910 with Arlene Vanderlinde. See page 39 for additional information.

Tuesday, October 7th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 9:30am Return approx. 12:30am	Rochester Institute of Technology 	*Guided Tour: Vignelli Center for Design Studies with Josh Owen, Director and Professor at RIT, and son of cottage residents Susan and David Owen. See page 41 for additional information. Please note this outing has been added due to the extensive waitlist from last month. Currently the outing is full, but you are encouraged to add your name to the waitlist. Please be aware that there are some stairs within the center. Please register on Cubigo through the Activities Cube.
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
11:00am	Community Center	Metropolitan Opera Informational Meeting Join Manager Josh Dudley from Regal Eastview Movie Theater as he discusses the upcoming 2025- 2026 Opera season. All are Welcome.
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 preferred.

Programs continue on next page

(*) Indicates advanced sign-up required on Cubigo through the Activities Cube
Cubigo → Activities Cube → View Activities → Search by month → Click on day of the event
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
4:00pm–5:00pm	Hahnemann Club	*Celebration of Life Service Chaplain Steve Petrovich will be celebrating the lives of those special residents who have gone before us. Transportation will be provided from The Highlands main entrance at 3:30pm. Please register on Cubigo through the Activities Cube.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.

Wednesday, October 8th

Departure: 8:45pm Return approx. 3:00pm	Auburn, NY 	*Guided tour of the Seward House Museum followed by lunch at Prison City Brewery. The museum is the historic home of William Henry Seward, a 19 th Century politician. The admission fee is \$12.00 and will be paid for at the museum. Space is limited. Please register on Cubigo through the Activities Cube.
9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am–12:00pm	Activities Room (2 nd Floor)	Alzheimer's Association Support Group: The Highlands has partnered with the Alzheimer's Association to provide support for 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. This group will now be meeting on the 2nd Wednesday of every month.
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!

Programs continue on next page

2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm – 6:00pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Thursday, October 9th

9:00am–9:45am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures:	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.
9:00am	  	
10:00am		
11:00am		
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	Music Room	Great Decisions Discussion Group This Month's Topic: <i>AI and American National Security</i> . See page 43 for additional information.
11:00am	Wellness Center	Gentle Chair Yoga with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm–1:30pm	Wellness Center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
2:00pm	Community Center	Virtual Presentation: <i>How Big is the Universe?</i> with Valerie Rapson, Ph.D., See page 40 for additional information.

Programs continue on next page

3:30pm

**Laurelwood Hearth
Room**

Pet Therapy

with Ann Julien and Lulu

Departure:

6:30pm

Return approx.

10:00pm

Kodak Hall

(Rochester
Philharmonic
Orchestra)



RPO Presents: *Fire & Fantasy*

Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus.

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, October 10th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
Departure: 10:00am Return approx. 12:00pm	Webster, NY 	*Schutt's Apple Mill Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items, and much more. No fee to attend. Walking is required with limited seating. Please register on Cubigo through the Activities Cube.
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 Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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
2:00pm	Community Center	Presentation: <i>Better Sleep, Better Health!</i> with Susan Sagan Levitan, Holistic Health Coach Wellness Speaker Owner, ChapterU Health LLC. Learn about the science, benefits, and importance of good sleep.
4:00pm – 5:30pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Saturday, October 11th

10:15am	Community Center (please note this new location)	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.
2:30pm	Community Center	Afternoon Entertainment In honor of Hispanic Heritage Month with welcome the Borinquen Dancers. Enjoy a performance along with a workshop that will get you up and dancing. Participation is optional. All are welcome.
3:30pm	Laurelwood Gallery	Pet Therapy RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Sunday, October 12th

Departures:

9:30am

10:00am

Religious Services



Depart for local churches

- First Presbyterian Church/ United Church of Pittsford
- St. Louis Church

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

1:30pm

Laurelwood Gallery

Afternoon Entertainment

with Rob Gioia featuring guitar and vocals.

Departure:

2:15pm

Return approx.

4:45pm

Glazer Music Performance Center at Nazareth University (Beston Hall)



Society for Chamber Music:

A Continuum of Innovative Composers

Please note transportation and ticket arrangements are made in advance. Please see previously distributed memo for additional information and registration details. For questions, contact Elizabeth David at 585-641-6344.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for title and description.

Monday, October 13th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am–12:00pm	HAP Pub	Mobile Tech Lab – Walk-In IT Support Session Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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	2- Part Lecture Series: A Day with the Queen with Arlene Vanderlinde. A close look at one of the most popular architectural styles of the late 19 th and early 20 th century Gilded Age.
7:15pm	Music Room	THE BILLS MAKE ME WANNA SHOUT! Join us for another exciting football season! Come hang out with friends, enjoy light refreshments, and cheer on the Bills as they take on the <i>Atlanta Falcons</i> .

Tuesday, October 14th

Departure: 7:45am Return approx. 5:45pm	Corning, NY	Scenic Excursions Day Trip: Corning Museum of Glass. Transportation and ticket arrangements were made in advance. Currently, this outing is closed.
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	Wellness Center	Corn Hole with Robin Gallagher
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.

Wednesday, October 15th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
Departure: 9:30am Return approx. 11:30pm	Strasenburgh Planetarium 	*Private Viewing: <i>Messengers of Time and Space</i> The admission fee is \$11.00 to be collected on the bus. The show is approximately 50 min. See page 41 for additional show information. Please register on Cubigo through the Activities Cube.
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 for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm–6:00pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Thursday, October 16th

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. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
2:30pm	Laurelwood Gallery	Afternoon Entertainment with Casey Costello featuring Broadway classics from the American Songbook with piano accompaniment.

Programs continue on next page

3:30pm

**Laurelwood Hearth
Room**

Pet Therapy

with Ann Julien and Lulu

Departure:

6:30pm

Return approx.

8:00pm

**White Haven
Memorial Park**



***Sky Viewing**

Join in the back of the park to look at Saturn! Sunset is at 6:25. Bring your telescope if you have one.

Please register on Cubigo through the Activities Cube.

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, October 17th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
Departure: 10:30am Return approx. 3:30pm	Naples, NY 	*Lunch at Red Wood/Joseph's Wayside Market Enjoy a scenic ride, followed by lunch and seasonal finds. No Fee to attend. Lunch is paid for on your own. Walking is required. Please register on Cubigo through the Activities Cube.
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 Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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
4:00pm-5:30pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, October 18th

**10:00am–
11:30am**

Activities Room
(2nd Floor)

Art Class: *Farmer's Market Series

Impressionist- Inspired Acrylic Explorations

with Amy Gendrou, Art Educator. Participants will use impressionist-inspired techniques and acrylic paints to capture the color, texture and detail from the bounty of local farmers' markets. No fee to attend. All are welcome. **Please register on Cubigo through the Activities Cube.**

No Tai Chi with Carmen Ramos today due to campus activities.

**11:00am–
12:30pm**

HAP Common Areas

***Annual Harvest Festival**

Enjoy fun activities around the Highland Campus with your family including music from *Interlude*. Light refreshments will be served. See the upcoming flyer with additional details. **Please register on Cubigo through the Activities Cube.**

**Departure:
12:30pm**
Return approx.
5:30pm

**Regal Eastview Movie
Theater**



Metropolitan Opera: *La Sonnambula

Tickets may be purchased the day of the show at the movie theater box office, or by going directly to the Regal Movie Theater website. See page 41 for additional information. **Please register on Cubigo through the Activities Cube.**

7:00pm

Community Center

Evening Entertainment

with Harmonies for Healing Autumn Concert. Enjoy some classical instrumental music along with vocals.

No Weekend Movie due to evening entertainment.

Sunday, October 19th

Departure

Times:

9:30am

10:00am

Religious Services



Depart for local churches

- First Presbyterian Church/ United Church of Pittsford
- St. Louis Church

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.

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

7:00pm

Community Center

Evening Entertainment

with *Project Nova*, a dynamic saxophone sextet formed out of the Eastman Saxophone Project which brings fresh energy and rich sounds of six saxophones.

Monday, October 20th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am-12:00pm	HAP Pub	Mobile Tech Lab – Walk-In IT Support Session Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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 Gallery	Presentation: <i>Music & Life of Peter, Paul & Mary</i> with presenter Larry Shearer
Departure: 1:30pm Return approx. 3:00pm	Hospitality Desk	*Step on Guided Bus Tour of Rochester with Arlene Vanderlinde. Enjoy neighborhoods focusing on homes built in the Queen Anne style between 1880-1910. You will travel to the Maplewood Park and the East Avenue/Park Preservation Districts to find many excellent examples of this style that became familiar during her previous lectures. Please register on Cubigo through the Activities Cube.
Departure: 6:45pm Return approx. 10:00pm	Penfield High School (Penfield Symphony Orchestra) 	PSO Presents: <i>Myths and Mysteries</i> Please note tickets and transportation Arrangements are made in advance. See previously distributed memo for additional information. For questions contact Elizabeth David at 585-641-6344.

No Flower City Jazz Society Concert this evening.

Tuesday, October 21st

Departure: 8:30am Return approx. 2:45pm	Liverpool, NY 	*Guided tour of the Salt Museum followed by lunch at The Retreat. Admission fee is \$5.00 and will be collected on the bus. Lunch will be paid for on your own. See page 42 for additional information. Please register on Cubigo through the Activities Cube.
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
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! Check the Daily Email for film title and description.

Wednesday, October 22nd

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
Departure: 11:00am Return approx. 2:00pm	Rochester, NY 	*Genesee Brew House Enjoy lunch at what once was a Century-old Packaging Center. See page 42 for additional information. Please register on Cubigo through the Activities Cube.
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.
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm–6:00pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Thursday, October 23rd

Enjoy Project Mini Share in the Music Room today and tomorrow.

Departure:

8:30am

Return approx.
4:00pm

Buffalo, NY



*Buffalo AKG Art Museum

Enjoy a guided tour of the museum featuring a large array of exhibits with some time on your own at the end. After we will enjoy an Italian lunch at Daniela. **Admission to the Museum is \$24.00 and will be collected on the bus. Lunch will be paid for on your own. Please register on Cubigo through the Activities Cube.**

9:00am

HAP Pool (2nd 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. For the Zoom link, contact Robin Gallagher at 585-641-6316. **The zoom link will be sent via email.**

Programs continue on next page

(*) Indicates advanced sign-up required on Cubigo through the Activities Cube
Cubigo → Activities Cube → View Activities → Search by month → Click on day of the event
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

1:00pm – 1:30pm Wellness center

Chair Fitness Workout

with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.

No Pet Therapy with Ann Julien and Lulu today.

Departure:

6:30pm

Return approx.

10:00pm

Kodak Hall

(Rochester Philharmonic Orchestra)



RPO Presents: *Beethoven Festival: Week 1*

(*Program with Jonathan Biss*)

Transportation and ticket arrangements are

Made in advance, but there still may be some

tickets available and seats on the bus. 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, October 24th

Last day for Project Mini Share in the Music Room.

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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 Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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
1:30pm	Community Center	*Halloween BINGO! Join us for a fun-filled game with your friends! Spooky surprises and great prizes await the winners! Please register on Cubigo through the Activities Cube. Walk-ins are welcome.
4:00pm–5:30pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

Saturday, October 25th

Departure:

8:30am

Return approx.

2:00pm

Penn Yan, NY



*The Windmill Farm & Craft Market

Check out an awesome mix of local producers and craftsmen with about 200 shops and vendors.

There's something here for everyone! **Steady walking is needed as the ground can be uneven, and seating is limited. Most vendors prefer cash. Please register on Cubigo through the Activities Cube.**

9:00am –11:00am Oneida Dining Room

**Resident Breakfast Buffet

Enjoy a complimentary breakfast for residents only.

Reservations are required. Please select a reservation time on Cubigo through the Dining Cube or call 585-641-6330.

**10:00am–
11:30am**

Activities Room
(2nd Floor)

*Art Class: *Farmer's Market Series Exploration in Collage*

with Amy Gendrou, Art Educator. This project will allow participants to explore color, texture, and assemblage techniques using collage. No fee to attend. All are welcome. **Please register on Cubigo through the Activities Cube.**

10:15am

Community Center
(please note this new location)

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 film title and description.

3:30pm

Laurelwood Gallery

Pet Therapy

RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visitations.

Sunday, October 26th

Departure

Times:

9:30am

10:00am

Religious Services



Depart for local churches

- First Presbyterian Church/ United Church of Pittsford
- St. Louis Church

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

1:00pm

Music Room

THE BILLS MAKE ME WANNA SHOUT!

Join us for another exciting football season! Come hang out with friends, enjoy light refreshments, and cheer on the Bills as they take on the *Carolina Panthers* this week!

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, October 27th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am-12:00pm	HAP Pub	Mobile Tech Lab – Walk-In IT Support Session Need help with your tech? Drop by our walk-in IT support session and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis. 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>Wedding of the Waters: The Erie Canal and the Making of a Great Nation</i> by Peter Bernstein.
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.

Tuesday, October 28th

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
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 Cubigo through the Activities Cube.
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 preferred.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
7:00pm	Community	Evening Entertainment with the Finger Lakes Opera featuring 4 artists and a pianist.

No Evening Movie due to entertainment.

Wednesday, October 29th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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: Sancocho</i> Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus. 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 for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm–6:00pm	Community Center	Let's Get Social Enjoy happy hour today with some music from David Temperley, music theorist, cognitive scientist, and composer as well as professor of Music Theory at the Eastman School!

Thursday, October 30th

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. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
1:30pm	Community Center	Great Courses Video: <i>Optimizing Brain Fitness</i> This session will be on Focusing Your Attention and Enhancing your Memory. Learn about how your brain works and how your brain changes with Professor Richard Restak, Clinical Professor of Neurology at the George Washington University School of Medicine and Health Sciences.

No Pet Therapy with Ann Julien and Lulu today.

Friday, October 31st

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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	Sing a Long with Chaplain Steve Petrovich
11:30am–1:00pm	Oneida Dining Room	*Halloween Pizza Party! Join us for some Halloween fun and live entertainment from <i>Musique</i> . Costumes are encouraged but not required. 11:45am we will start our costume parade and contest! See upcoming flyer for additional details. Please register on Cubigo through the Activities Cube.
4:00pm–5:30pm	Community Center	Let's Get Social Come enjoy delicious drink specials, tasty appetizers, and friendly conversation with neighbors and friends!

LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

An Evening of Gilbert and Sullivan

Saturday, October 4th – 7:00pm

Community Center

Sit back and enjoy the witty lyrics and tuneful melodies of Gilbert and Sullivan. Listen or discover songs sung with piano accompaniment, from HMS Pinafore, Pirates of Penzance, the Mikado and other favorites. You will be transported back to Victorian England and learn how Gilbert and Sullivan were the very models of modern musical composers!

The Off-Monroe Players' Gilbert & Sullivan Revue was formed in 1989 in response to requests to hear Gilbert & Sullivan "on-the-road". It was also a means to introduce "G&S" to new segments of the community, and to provide a service to charitable institutions. Since its debut, the Revue has performed for a wide range of cultural, residential, and civic organizations for all types of occasions in a variety of venues across Monroe County – and beyond!

***"When More Was More"* A look at the Gilded Age in America – 1880–1910.**

Monday, October 6th – 2:00pm

Community Center

Exploration of an extraordinary time in the history of American Decorative Arts. The term "Gilded Age" was coined by Mark Twain as he described the vast fortunes that were made from numerous inventions, such as George Eastman's Kodak camera and the development of the nation's steel and railroad Industries. This lecture explores how these wealthy Americans showed the world their wealth and "good taste."

Additional information on next page

The Universe is huge! But how do we measure the sizes of planets? Or count the total number of stars or galaxies? This lesson will attempt to put the sizes of different objects into perspective. We'll start by discussing the techniques to measure the size and distance to objects in our solar system, and then we'll expand out to explore how we use "all-sky surveys" to count the number of stars and galaxies in the Universe. By the end, you'll likely feel like a very small spec inside of a vast and ever-growing universe.

Bio:

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

Additional information on next page

LOCAL OUTINGS & TRIPS

Please read below for additional information

Vignelli Center for Design Studies

**Tuesday, October 7th –
departing at 9:30am**

Rochester Institute of Technology

Josh Owen is the Vignelli Distinguished Professor and director of the Vignelli Center. Prior to his current role; Josh was Director of the Industrial Design Department, in which he continued to teach his popular course known as the Metaproject. He is also the president of his eponymous design studio, Josh Owen LLC. His professional projects are produced by major manufacturers and have won many awards. Josh's work is included in many permanent design collections such as the Corning Museum of Glass. Owen's professional work has been featured in major exhibitions, numerous books on design, and is regularly included in critical design discourse. He is the author of the book, *Lenses for Design*.

Messengers of Time and Space

**Wednesday, October 15th –
departing at 9:30am**

Strasenburgh Planetarium

This immersive experience invites audiences to explore the dynamic cosmos and witness the transformative impact of real-time data on our understanding of the Universe. You'll learn about how information can reach us through cosmic rays, elusive neutrinos, and gravitational waves.

Metropolitan Opera: La Sonnambula

**Saturday, October 18th –
departing at 12:30pm**

Regal Eastview Movie Theater

Following triumphant Live in HD performances in Gounod's *Roméo et Juliette*, Verdi's *La Traviata*, and Donizetti's *Lucia di Lammermoor*, Nadine Sierra summits another peak of the soprano repertoire as Amina, who sleepwalks her way into audiences' hearts in Bellini's poignant tale of love lost and found. In his new production, Rolando Villazón—the tenor who has embarked on a brilliant second career as a director—retains the opera's original setting in the Swiss Alps but uses its somnambulant plot to explore the emotional and psychological valleys of the mind. Tenor Xabier Anduaga co-stars as Amina's fiancé, Elvino, alongside soprano Sydney Mancasola as her rival, Lisa, and bass Alexander Vinogradov as Count Rodolfo. Riccardo Frizza takes the podium for one of opera's most ravishing works.

If you are interested in obtaining a ticket for this performance, please visit the Regal Theater Website at regmovies.com or purchase directly at the box office on the day of the event. Please register on Cubigo through the Activities Cube for transportation. **For additional questions, contact resident Darlene Long at 585-662-8910.**

Salt Museum and Lunch**Tuesday, October 21st –
departing at 8:30am****Liverpool, NY**

Discover the industry that created the City of Syracuse and supplied the entire nation with salt! Explore the site of an original boiling block where brine (salt water) was turned into what was then considered one of the country's most precious commodities.

Genesee Brew House**Wednesday, October 22nd –
departing at 11:00am****Rochester, NY****Once a Century-old Packaging Center**

The Genesee Brew House has transformed the 9,200 square-foot space into a beer destination, featuring interactive exhibits, multimedia content, gift shop, pilot brewery and pub-style restaurant. The Brew House was created to capture and share with you the long history of The Genesee Brewery – one of the largest and oldest continually operating breweries in America. But the Brewery itself isn't half as interesting as the beer and the people who make it.

Established in 2012

The Brew House and the building itself was in fact part of the original Genesee Brewery campus more than 100 years ago. We've taken this building and transformed it into a special place that tells our story and the story of brewing beer in Rochester, New York.

We've dedicated the Brew House to the hardworking people who have brewed our iconic beers for generations. When you walk through our Brew House doors, we hope you will get to know our brewers, learn how our beer is made and discover its history in every corner of our building. And while you're here, we hope you enjoy a nice cold Genesee Beer with a friend or two and lift your glasses in celebration. Because that's what Genesee Brew House is all about.

Resident Committees & Groups

Please read below for additional information

**Great Decisions Discussion
group: AI and American
National Security**

Thursday, October 9th – 11:00am

Music Room

Great Decisions is America's largest discussion program on world affairs. The program 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.

Topic: The AI revolution is the leading edge of a larger high-tech revolution which promises to transform the world. Experts argue that international cooperation is needed to expand the opportunities these new technologies hold while protecting societies from their dangers. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road? How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guard against its dangers?

RESIDENT COMMITTEES & GROUPS

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

Book Discussion Group

Resident, 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 Alzheimer's 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