

# Calendar December 2025

## December 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**

Phone: 585-641-6345

Email: [crystal\\_johnston@urmc.rochester.edu](mailto: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](mailto: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](mailto: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.

**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.**

# Monday, December 1<sup>st</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am– 12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is  provided on a first-come, first-served basis.</b>
<b>11:00am</b>	<b>Music Room</b>	<b>Presentation Sponsored by the Community Outreach Committee</b> Presentation with Jonathon Friedlander founder and president of EquuStrong, recipient of this year's Holiday Vendor lunch sales. Come and listen to the kind of work that goes on at this wonderful organization.
<b>1:00pm</b> (note time change)	<b>Music Room</b>	<b>Program Planning Meeting</b> Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>2:00pm</b>	<b>Community Center</b>	<b>Presentation:</b> <b><i>It's a bird! It's a plane! It's an Original Broadway Musical!</i></b> with Broadway Enthusiast Bob Sagan

## Tuesday, December 2<sup>nd</sup>

<b>9:00am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departure:</b> <b>10:00am</b>	<b>Henrietta, NY</b> 	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:00am</b>	<b>Art Gallery</b>	<b>*Tree Trimming</b> Help us get ready for the holidays by decorating the Art Gallery Christmas Tree. <b>Please register on Cubigo through the Activities Cube.</b>
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am– 12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>12:50pm–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:00pm–2:00pm</b>	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.


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

<b>2:00pm</b>	<b>Community Center</b>	<b>Virtual Presentation:</b> <b><i>What's up in Astronomy? Breaking News of 2025</i></b> with Valerie Rapson, Ph.D., See page 34 for additional information. Join for a discussion of some cool discoveries and events from the past year in space!
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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.**

<b>Departure:</b> <b>4:45pm</b> Return approx. 7:00pm	<b>Pittsford Village</b> 	<b>*Town of Pittsford's Candlelight Night</b> An annual holiday celebration featuring live music, caroling and visits with Santa. Explore the village of Pittsford and shop! <b>Heavy Walking is required.</b> Pick up and drop off is behind The Spa at the Del Monte. <b>Please register on Cubigo through the Activities Cube.</b>
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Check the Daily Email for title and description.







## Wednesday, December 3<sup>rd</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>Music Room</b>	<b>Fundamentals of Technology:</b> <b>Setting up a Password Manager</b> with IT Technicians Nic and Chris.
<b>Departure:</b> <b>11:30am</b> Return approx. 1:30pm	<b>Rochester, NY</b> 	<b>*Live from Hochstein: A Miracle in Legacy</b> No fee to attend. <b>Please register on Cubigo through the Activities Cube.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!

**Programs continue on next page.**

<b>1:30pm</b>	<b>Music Room</b>	<b>*Adult Coloring</b> Join us for a relaxing and creative adult coloring session! All supplies will be provided. No experience required—just bring your imagination and enjoy a calming, colorful escape with friends. <b>Please register on Cubigo through the Activities Cube.</b>
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel’s Novel Idea</b> Join resident Muriel Herzog for an adult read-aloud.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>4:00pm – 6:00pm</b>	<b>Community Center</b>	<b>Let’s Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
<b>Departure:</b> <b>6:45pm</b> Return approx. 8:30pm	<b>Location:</b> (TBD by the driver) 	<b>*Weekly Holiday Light Ride</b> Join us each week for a scenic ride through different areas of the county to enjoy festive holiday lights displayed by local homes and businesses. Please note: Destinations will vary weekly depending on weather conditions. This is a drive-through outing only—residents will remain on the bus for the duration of the trip. <b>Please register on Cubigo through the Activities Cube.</b>

# Thursday, December 4<sup>th</sup>

<b>9:00am–9:45am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b>	<b>Country Club Plaza</b> (East Rochester)	<b>Wegmans Grocery Shopping/Chase Bank</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>9:00am</b>	  	
<b>10:00am</b>		
<b>11:00am</b>		
<b>Departure:</b>	<b>Seneca Falls, NY</b>	<b>*Shopping and Lunch at Sauders Market</b> A taste of Mennonite Culture all in a unique country grocery store. <b>Please register in Cubigo through the Activities Cube.</b>
<b>9:15am</b>	  	
Return approx.		
1:30pm		
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>11:00am</b>	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The zoom link will be sent via email.</b>
<b>1:00pm–1:30pm</b>	<b>Wellness Center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
<b>3:30pm</b>	<b>Laurelwood Hearth Room</b>	<b>Pet Therapy</b> with Ann Julien and Lulu



## Friday, December 5<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Bereavement Support Group</b> 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.
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher

**No first Friday Catholic Mass today.**

<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Pause for Peace</b> with Chaplain Steve Petrovich
<b>3:30pm</b>	<b>Community Center</b>	<b>Annual Employee Appreciation Fund Ceremony and Resident Holiday Party including the presentation of the checks.</b> Please join us for a special ceremony where your generous contributions to the Employee Appreciation Fund will be given to the HAP hourly staff. Resident and staff holiday social will follow. <b>Please see previously distributed flyer for additional information.</b>

## Saturday, December 6<sup>th</sup>

**10:15am**

**Laurelwood Gallery**  
(note room change)

**Tai Chi**

with Carmen Ramos. **In-person only.** Enjoy a series of slow gentle movements and physical postures.

**No Weekend Movie today.**

**Departure:**

**3:15pm**

Return approx.

6:00pm

**Brighton High School**



**\*New Horizon Symphonic Band Holiday Concert**

This concert is free and open to the public with general seating arrangements. **Walking is required. Please note there are steps to get into the building with no ramp access for wheelchairs or walkers. Please register on Cubigo through the Activities Cube.**

# Sunday, December 7<sup>th</sup>

## Pearl Harbor Remembrance Day

### 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

10:30am-2:30pm

### Oneida Dining Room/Community Center

### Santa Brunch

This event is open for residents and guests.

**Reservations are required for all. See previously distributed flyer for additional information. Please register on Cubigo through the Dining Cube.**

**No afternoon movie today.**

4:25pm

### 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 *Cincinnati Bengals*

7:00pm

### Community Center

### Evening Entertainment

Back by popular demand, come and enjoy an outstanding and impressive classical piano performance with students from the Eastman School of Music taught by Alexander Kobrin who will also be featured in tonight's performance.

# Monday, December 8<sup>th</sup>

**No Fitness classes with Robin, pool is open, you just need a buddy.**

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class Video: On your own</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class Video: On your own</b>
<b>11:00am– 12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>11:00am</b>	<b>Community Center</b>	<b>Great Courses Video: <i>Optimizing Brain Fitness</i></b> These sessions will concentrate on <i>Exercising Your Working Memory and Putting Your Senses to Work</i> , with Professor Richard Restak, Clinical Professor of Neurology at the George Washington University School of Medicine and Health Sciences.
<b>1:00pm – 2:00pm</b>	<b>HAP Pool (2<sup>nd</sup> Floor)</b>	<b>Open Swim– on your own. Don't forget your buddy.</b>
<b>2:30pm</b>	<b>Community Center</b>	<b>Resident Meeting</b> In-person and virtual. <b>The Zoom link will be sent to all residents via the Daily Email.</b>

# Tuesday, December 9<sup>th</sup>

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



<b>Departures:</b>	<b>Country Club Plaza</b> (East Rochester)	<b>Wegmans Grocery Shopping/Chase Bank</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>9:00am</b>		
<b>10:00am</b>		
<b>11:00am</b>		
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training –on your own</b>
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>12:50pm–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich
<b>1:30pm</b>	<b>Community Center</b>	<b>*Cookie Decorating with Eggnog</b> All decorating supplies/cookies will be provided. Join your neighbors for conversation, fun, and a glass of eggnog. <b>Please register on Cubigo through the Activities Cube.</b>
<b>2:00pm</b>	<b>Music Room</b>	<b>Advent Communion</b> with Asbury First United Methodist Church. All are welcome.
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with <i>Rocappella</i> , a women's a cappella group. Enjoy a mix of traditional and non-traditional holiday music.

**No evening movie this evening.**



(\*) Indicates advanced sign-up required on Cubigo through the Activities Cube  
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**For questions or registration assistance, contact Elizabeth David at 585-641-6344.**

# Wednesday, December 10<sup>th</sup>

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




<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Video: On your own</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Video: On your own</b>
<b>11:00am– 12:00pm</b>	<b>Music Room</b>	<b>Fundamentals of Technology: <i>Cubigo 101</i></b> with IT Technicians Nic and Chris.
<b>11:00am– 12:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Alzheimer's Support Group:</b> The Highlands and the Alzheimer's Association offer a support group for anyone caring for a loved one with Alzheimer's. Caregivers can share experiences, get advice, and connect with others facing similar challenges. All are welcome.
<b>Departure: 11:30am</b> Return approx. 1:30pm	<b>Hochstein Performance Hall</b>  	<b>*Live from Hochstein performance: <i>Holiday Horn</i></b> No fee to attend. See page 35 for additional information. <b>Please register on Cubigo through the Activities Cube.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim– on your own. Don't forget your buddy.</b>
<b>1:30pm</b>	<b>Music Room</b> (note room change)	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>1:30pm</b>	<b>Laurelwood Gallery</b>	<b>Afternoon Entertainment</b> with Rob Gioia featuring guitar and vocals.

**Programs continue on next page.**

<b>2:00pm</b>	<b>Community Center</b>	<b>University of Rochester Presentation</b> <b><i>What is Online Education? And is it Good or Bad?</i></b> with Dr. Eric E. Fredericksen, Associate Vice President for Online Learning and Professor of Educational Leadership in the Warner School of Education. This presentation will discuss the field of online education, including the history, current state and trends in US higher education, and address misperceptions about the discipline.
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog for an adult read-aloud.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>Departure:</b> <b>3:30pm</b> Return approx. 6:30pm	<b>Greece, NY</b>  	<b>*Annual Dinner at Red Fedele Brook House</b> Come enjoy an Italian dinner and view the beautiful Christmas décor. Dinner will be paid for on your own. <b>Please register on Cubigo through the Activities Cube.</b>
<b>4:00pm–6:00pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Thursday, December 11<sup>th</sup>

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

<b>Departures:</b> <b>9:00am</b> <b>10:00am</b> <b>11:00am</b>	<b>Country Club Plaza</b> (East Rochester)   	<b>Wegmans Grocery Shopping/Chase Bank</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:30am –</b> <b>12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training–on your own</b>

**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.**

<b>11:00am– 12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is provided on a first-come, first-served basis.</b>
<b>11:00am</b>	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The zoom link will be sent via email.</b>
<b>11:00am</b>	<b>Music Room</b>	<b>Great Decisions Discussion Group</b> Back by Popular Demand. This Month's Topic: <i>AI and American National Security</i> . Next year's topics will also be reviewed. See page 35 for additional information.
<b>11:00am</b>	<b>Laurelwood Gallery</b>	<b>Morning Entertainment</b> with Marek Przewdziecki featuring guitar.
<b>Departure 1:00pm</b>	<b>Victor, NY</b> 	<b>*Shopping at Eastview Mall, Target, and Victor Crossings</b> where store selection includes the Dollar Store, HomeGoods, Kohl's, Walmart, and PetSmart. Make those last-minute holiday purchases! <b>Please register on Cubigo through the Activities Cube.</b>
<b>2:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> featuring our Pittsford Highlands Chorus! Come support your neighbors and enjoy some holiday favorites!
<b>3:30pm</b>	<b>Laurelwood Hearth Room</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
<b>4:00pm</b>	<b>Laurelwood Gallery</b>	<b>Afternoon Holiday Entertainment: <i>The High 5's</i></b> Listen to holiday music being played by residents Larry Iwan, Kas & Larry Eldredge, Ralph Carter, Peter Webster, Glenn Koch and a special guest.
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with Beata Golec featuring classical repertoire including Chopin, Schumann, Burgmuller, Liszt and Beethoven music on the piano.



# Friday, December 12<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>Departure:</b> <b>10:00am</b>	<b>Pittsford Plaza</b> 	<b>*Pathway to Pittsford Errand Bus</b> Catch a ride to Pittsford Plaza and Pittsford Community Library. Finish that holiday shopping! <b>Please register on Cubigo through the Activities Cube.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is provided on a first-come, first-served basis.</b>
<b>1:00pm–2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Christmas Poems, Quotes &amp; Songs</b> with Chaplain Steve Petrovich
<b>2:30pm</b>	<b>Laurelwood Gallery</b>	<b>Afternoon Entertainment</b> with the Brad Batz Duo featuring jazz music.
<b>4:00pm–5:30pm</b>	<b>Community Center</b>	<b>Let's Get Social/Afternoon Entertainment</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors while enjoying some holiday music from <b>The High 5's</b> played by residents Larry Iwan, Kas & Larry Eldredge, Ralph Carter, Peter Webster, Glenn Koch and a special guest.

**Programs continue on next page.**

**Departure:****6:45pm**

Return approx.

8:30pm

**Location:**

(TBD by the driver)

**\*Weekly Holiday Light Ride**

Join us each week for a scenic ride through different areas of the county to enjoy festive holiday lights displayed by local homes and businesses. Please note destinations will vary weekly depending on weather conditions. This is a drive-through outing only—residents will remain on the bus for the duration of the trip. **Please register on Cubigo through the Activities Cube.**

## Saturday, December 13<sup>th</sup>

**10:00am–****11:30am****Activities Room**(2<sup>nd</sup> Floor)**\*Art Class:**

***Intuitive Investigation Series Part 2 Acrylic Paint*** with Amy Gendrou, Art Educator. This project will allow you to work with music to create large-scale abstractions using acrylic paints and brushes. No fee to attend. All are welcome. **Please register on Cubigo through the Activities Cube.**

**10:15am****Music Room****Tai Chi**

with Carmen Ramos. **In-person only.** Enjoy a series of slow gentle movements and physical postures. **Due to room change, space will be limited.**

**Departure:****12:30pm**

Return approx.

5:45pm

**Regal Eastview Movie Theater****\*Metropolitan Opera: *Andrea Chenier* Live**

Tickets may be purchased on the day of the performance at the movie theater box office, or in advance through the Regal Movie Theater website. See page 36 for additional information. **Please register on Cubigo through the Activities Cube.**

**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 dog therapy organization that prepares dogs and handlers for visits.

# Sunday, December 14<sup>th</sup>

Hanukkah Begins at Sundown

## 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 *New England Patriots* this week!

1:00pm

## Laurelwood Gallery

## Holiday Sing a long

with volunteers from Asbury First United Methodist Church. All are welcome.

## Departure:

1:15pm

Return approx.  
4:30pm

## Jewish Community Center



## Performance: *End of the Rainbow*

### 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.

## Departure:

1:15pm

Return approx.  
4:00pm

## Glazer Music Performance Center at Nazareth University (Beston Hall)



## Society for Chamber Music: *Mozart & Britten*

### Please note transportation and ticket

**arrangements are made in advance.** 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 film title and description.



# Monday, December 15<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Laurelwood Gallery</b>	<b>Presentation: <i>Music &amp; Life of The Beatles</i></b> with presenter Larry Shearer
<b>2:00pm</b>	<b>Community Center</b>	<b>Presentation and Music: <i>Enduring Popular Songs</i></b> with John Williams. Enjoy listening to him cover Americas most popular songs that are 100-year- old.
<b>Departure:</b> <b>6:45pm</b> Return approx. 10:00pm	<b>Penfield High School</b> 	<b>Penfield Symphony Orchestra: <i>White Christmas</i>.</b> Please note tickets and transportation arrangements were made in advance. For questions, contact Elizabeth David at 585-641-6344.

# Tuesday, December 16<sup>th</sup>

<b>9:00am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departure:</b> <b>10:00am</b>	<b>Penfield, NY</b>   	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>12:50pm–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:00pm–1:30pm</b>	<b>Wellness Center</b>	<b>Balance and Mobility Class</b> with Robin Gallagher
<b>Departure:</b> <b>1:00pm</b> Return approx. 3:00pm	<b>First Presbyterian Church of Pittsford</b>	<b>Blue Christmas Service</b> Enjoy light refreshments after. All are welcome.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Presentation: <i>Decking the Halls to Shopping Malls</i></b> with Christopher Bensch, Vice President for Collections. See page 36 for additional information.
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Check the Daily Email for film title and description.

# Wednesday, December 17<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>Community Center</b>	<b>Fundamentals of Technology: Avoiding Scams</b> with IT Technicians Nic and Chris.
<b>Departure:</b> <b>11:30am</b> Return approx. 1:30pm	<b>Rochester, NY</b>  	<b>*Live from Hochstein Concert:</b> <b><i>A Cup of Good Cheer</i></b> Enjoy an ensemble of highly skilled vocalists. See page 36 for additional information. <b>Please register on Cubigo through the Activities Cube.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Music Room</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!

**No reading group with Muriel today.**

<b>2:30pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with New <i>Horizons Big Band</i> . Come support some of your neighbors who you may recognize.
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**No line dancing with Will today.**

<b>4:00pm–6:00pm</b>	<b>Bistro</b>	<b>Let's Get Social</b> Enjoy Happy Hour today with holiday music from David Temperley, music theorist, cognitive scientist, and composer as well as professor of Music Theory at the Eastman School!
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**Programs continue on next page.**

**Departure:****6:45pm**

Return approx.

8:30pm

**Location:**

(TBD by the driver)

**\*Weekly Holiday Light Ride**

Join us each week for a scenic ride through different areas of the county to enjoy festive holiday lights displayed by local homes and businesses. Please note destinations will vary weekly depending on weather conditions. This is a drive-through outing only—residents will remain on the bus for the duration of the trip. **Please register on Cubigo through the Activities Cube.**

## Thursday, December 18<sup>th</sup>

**9:00am****HAP Pool**(2<sup>nd</sup> 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****HAP Pub****(New Day) Walk-Up IT Support**

Drop by and get one-on-one assistance from our IT staff. **No appointment needed – support is provided on a first-come, first-served basis.**

**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.**

<b>Departure:</b> <b>1:00pm</b> Return approx. 3:15pm	<b>The Woodlands Senior Living</b>	<b>Pittsford Highlands Chorus Members holiday performance.</b> Chorus members please register on the Cubigo through the Activities Cube for transportation.
<b>1:00pm – 1:30pm</b>	<b>Wellness center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
<b>1:30pm</b>	<b>Community Center</b>	<b>*Holiday BINGO!</b> Grab your friends and join the fun! Laughs, luck, and awesome prizes await every winner. Walk – In’s welcome if there is room. <b>Please register on Cubigo through the Activities Cube.</b>
<b>2:30pm</b>	<b>Music Room</b>	<b>Holiday Afternoon Entertainment</b> with Karen LaBella on guitar featuring Jewish music to celebrate Hanukkah.
<b>3:30pm</b>	<b>Laurelwood Hearth Room</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with <i>No Strings Attached</i> , featuring an a cappella group that sings Disney and Broadway music.



# Friday, Friday, December 19<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk – Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm–2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Christmas Worship Service</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Travelogue: <i>Magic of Christmas</i></b> with travel expert Beth Brancato. Explore the magic and meaning of the winter holiday. Learn about traditions, foods, and stories that make this time of year so special
<b>4:00pm–5:30pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends
<b>Departure: 6:30pm</b> Return approx. 10:00pm	<b>Eastman Theatre</b> (Kodak Hall)  	<b>Pops Concert: <i>Gala Holiday</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus.</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

## Saturday, December 20<sup>th</sup>

<b>10:15am</b>	<b>Community Center</b>	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures.
<b>2:30pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> featuring piano students from the Hochstein School of Music.
<b>5:00pm–7:00pm</b>	<b>Bistro</b>	<b>Special Hanukkah Dinner</b> See upcoming flyer for additional information. Please note seating is very limited.
<b>7:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

## Sunday, December 21<sup>st</sup>

First day of Winter

<b>Departure Times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b> 	<b>Depart for local churches</b> <ul style="list-style-type: none"> <li>- First Presbyterian Church/ United Church of Pittsford</li> <li>- St. Louis Church</li> </ul> Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:30am</b>	<b>Music Room</b>	<b>St. Louis Live Stream Communion Service</b> Service is shown on the TV, and a volunteer from the parish will be giving communion. All are welcome.
<b>11:00am</b>	<b>Community Center</b>	<b>Morning Holiday Music</b> with the Kwon Family featuring the piano.
<b>1:00pm</b>	<b>Music Room</b>	<b>THE BILLS MAKE ME WANNA SHOUT!</b> 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>Cleveland Browns</i> this week!
<b>7:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

(\*) 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.**

# Monday, December 22<sup>nd</sup>

Hanukkah Ends at Sundown

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

**9:00am Hahnemann Club Fitness Video: On Your Own**

**10:15am Wellness Center Fitness Video: On Your Own**

**No Book Discussion Group Today. They will be meeting the following week on the 29<sup>th</sup>.**

**11:00am–12:00pm HAP Pub Walk – Up IT Support**  
Drop by and get one-on-one assistance from our IT staff. **No appointment needed – support is provided on a first-come, first-served basis.**

**1:00pm – 2:00pm HAP Pool (2<sup>nd</sup> Floor) Open Swim– on your own. Don't forget your buddy.**

**1:30pm Music Room \*Holiday Social and New Year's Trivia:**  
Come enjoy refreshments and each other's company during this holiday season! All are welcome. **Please register on Cubigo through the Activities cube.**

**Departure: 6:45pm**  
Return approx. 8:30pm  
**Location: (TBD by the driver)**  
**\*Weekly Holiday Light Ride**  
Join us each week for a scenic ride through different areas of the county to enjoy festive holiday lights displayed by local homes and businesses. Please note destinations will vary weekly depending on weather conditions. This is a drive-through outing only—residents will remain on the bus for the duration of the trip. **Please register on Cubigo through the Activities Cube.**

**7:00pm Community Cener Evening Entertainment**  
with music from *Rochester Rhapsody* featuring a cappella harmony vocals.

# Tuesday, December 23<sup>rd</sup>

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

<b>Departures:</b> <b>9:00am</b> <b>10:00am</b> <b>11:00am</b>	<b>Country Club Plaza</b> (East Rochester)   	<b>Wegmans Grocery Shopping/Chase Bank</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk – Up IT Support (New Day)</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>Departure:</b> <b>11:30am</b> Return approx. 1:30pm	<b>Christ Church</b>  	<b>*Tuesday Pipes Concert</b> A 25-minute organ concert performed by Eastman students, faculty, and guests. <b>Please register on Cubigo through the Activities Cube.</b>
<b>12:50pm–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Christmas Songs Sing a Long</b> with Chaplain Steve Petrovich
<b>1:00pm–2:00pm</b>	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> Please bring your own supplies:
<b>Departure:</b> <b>1:30pm</b> Return approx. 3:30pm	<b>Webster, NY</b>  	<b>*Kittelberger's Florist and Gifts</b> Start that holiday shopping! Pick up a gift or something for yourself! <b>Please register Cubigo through the Activities Cube.</b>
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Check the Daily Email for film title and description.

(\*) 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.**

# Wednesday, December 24<sup>th</sup>

## Christmas Eve

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

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Video: On Your Own</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Video: On Your Own</b>
<b>11:00am– 12:00pm</b>	<b>Music Room</b>	<b>Fundamentals of Technology: TV 101</b> with IT Technicians Nic and Chris.
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim– on your own. Don't forget your buddy.</b>

**No Pittsford Highlands Chorus Practice. Enjoy the Holiday!**

<b>1:30pm</b>	<b>Music Room</b>	<b>Holiday Netflix Movie</b> Get Comfy with a holiday movie and snack!
<b>1:30pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Caregivers Support Group</b> Facilitator Connie Craig will NOT be able to attend but you are welcome to meet on your own.

**No Reading Group with Resident Murial Herzog today.**

**No Line Dancing with Resident Will Herzog today.**

<b>3:00pm–4:30pm</b> (note time change)	<b>Community Center</b>	<b>Let's Get Social</b> 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!
<b>7:00pm</b>	<b>Music Room</b>	<b>Live Stream Christmas Eve Service</b> with Asbury First United Methodist Church. After dinner, stop by to enjoy the service and fellowship with neighbors during this holiday season. All are welcome. The zoom link will be sent out to all residents via the daily email the morning of the services.

## Thursday, December 25<sup>th</sup>

### Christmas Day

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

<b>1:00pm–3:00pm</b>	<b>Oneida Dining Room</b>	<b>Holiday Meal</b> <b>See upcoming flyer for additional details.</b>
<b>7:00pm</b>	<b>Community Center</b>	<b>Holiday Movie</b> Check the Daily Email for film title and description

## Friday, December 26<sup>th</sup>

### Kwanza Begins

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

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>On Your Own Fitness Class Video</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>On Your Own Fitness Class Video</b>
<b>11:00am– 12:00pm</b>	<b>HAP Pub</b>	<b>Walk – Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim– on your own. Don't forget your buddy.</b>


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

<b>1:30pm</b>	<b>Community Center</b>	<b>Great Courses Video: <i>Optimizing Brain Fitness</i></b> These sessions will concentrate on <i>Enlisting Your Emotional Memory and Practicing for Peak Performance</i> , with Professor Richard Restak, Clinical Professor of Neurology at the George Washington University School of Medicine and Health Sciences.
<b>4:00pm–5:30pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

## Saturday, December 27<sup>th</sup>

<b>10:15am</b>	<b>Community Center</b>	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures.
<b>2:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with a group of students from the Pittsford School District playing classical music on a variety of string instruments.
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.
<b>7:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

## Sunday, December 28<sup>th</sup>






<b>Departure Times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b> 	<b>Depart for local churches</b> <ul style="list-style-type: none"> <li>- First Presbyterian Church/ United Church of Pittsford</li> <li>- St. Louis Church</li> </ul> Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:30am</b>	<b>Music Room</b>	<b>Communion Service</b> with volunteers from St. Louis
<b>1:00pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.
<b>4:25pm</b>	<b>Music Room</b>	<b>THE BILLS MAKE ME WANNA SHOUT!</b> 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>Philadelphia Eagles</i> this week!

# Monday, December 29<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:00am</b>	<b>Music Room</b>	<b>Book Discussion Group</b> Book Title: <i>The Garden of Evening Mists</i> by Tan Twan Eng
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed — support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>2:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with Seth Sealfon and Julie Ketchum featuring guitar and vocals.



# Tuesday, December 30<sup>th</sup>

<b>9:00am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> <b>9:00am</b> <b>10:00am</b> <b>11:00am</b>	<b>Country Club Plaza</b> (East Rochester)   	<b>Wegmans Grocery Shopping/Chase Bank</b> Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am – 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>(New Day) Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>Departure:</b> <b>11:15am</b> Return approx. 1:30pm	<b>Regal Eastview Movie Theater</b>  	<b>Movie Title: <i>Planes, Trains, and Automobiles</i></b> <b>Please note transportation and tickets arrangements will be made in advance.</b> See upcoming memo for additional information and registration details.
<b>12:50pm–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich

**No evening movie today.**

# Wednesday, December 31<sup>st</sup>

## New Year's Eve

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk – Up IT Support (New Day)</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>Departure: 1:15pm</b> Return approx. 4:00pm	<b>Nazareth University</b> (Callahan Theater, Arts Center)	<b>Capitol Fools Performance</b> A Rochester New Year's Eve tradition at Nazareth! <b>See upcoming memo for additional information.</b>
<b>No Pittsford Highlands Chorus Practice today. See you in the New Year!</b>		
<b>No Reading Group with Resident Murial Herzog today.</b>		
<b>No Line Dancing with Will Herzog today.</b>		
<b>4:00pm–6:30pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
<b>5:00pm–7:00pm</b>	<b>Oneida Dining Room</b>	<b>New Year's Eve Celebration</b> Enjoy dinner music with harpist Kim Pendelberry.
<b>7:00pm</b>	<b>Highlands Pub/Community Center</b>	<b>Evening Entertainment</b> Join us for an evening with <i>Standard Time</i> , featuring live piano and saxophone. Celebrate the New Year with great music and great friends.

## LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

**What's up in Astronomy?  
Breaking News of 2025**

**Tuesday, December 2<sup>nd</sup> – 2:00pm**

**Community Center**

### **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.

**Decking the Halls to Shopping  
Malls**

**Tuesday, December 16<sup>th</sup> – 2:00pm**

**Community Center**

Although our Christmas traditions have an aura of permanence, many can be traced to the second half of the 19th century. This lecture explores the origins and changing styles of such standard holiday features as the Christmas tree, ornaments, stockings, and greeting cards. And the Victorian period established familiar holiday patterns for everything from favorite carols to traffic jams of shoppers.

## Resident Committees & Groups

Please read below for additional information

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

**Thursday, November 11<sup>th</sup> – 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?

## LOCAL OUTINGS & TRIPS

Please read below for additional information

**Live from Hochstein Concert:  
Holiday Horns**

**Wednesday, December 10<sup>th</sup> –  
departing at 11:30am**

**Hochstein Performance  
Hall**

The Eastman Horn Choir, founded in 1968 by legendary hornist Verne Reynolds, continues its tradition of excellence under the direction of W. Peter Kurau, Professor of Horn and Chamber Music at the Eastman School of Music and Principal Horn of the Rochester Philharmonic Orchestra. Comprised of 28 undergraduates through doctoral students representing 14 states and four countries, the ensemble showcases a rich repertoire of original works and transcriptions spanning Renaissance to contemporary music, including commissions by composers such as Samuel Adler, Jeff Tyzik, and Jennifer Bellor.

**Metropolitan Opera:**

**Saturday, December 13<sup>th</sup> –  
departing at 12:30pm**

**Regal Eastview Movie  
Theater**

If you are interested in obtaining a ticket for this performance, please visit the Regal Theater Website at [regmovies.com](http://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.**

Giordano's passionate tragedy stars tenor Piotr Beczala as the virtuous poet who falls victim to the intrigue and violence of the French Revolution. Following their celebrated recent partnership in Giordano's *Fedora* in the 2022–23 Live in HD season, Beczala reunites with soprano Sonya Yoncheva as Chénier's aristocratic lover, Maddalena di Coigny, with baritone Igor Golovatenko as Carlo Gérard, the agent of the Reign of Terror who seals their fates.

**Live from Hochstein Concert:  
*A Cup of Good Cheer***

**Wednesday, December 17<sup>th</sup> –  
departing at 11:30am**

**Hochstein Performance  
Hall**

An ensemble of highly skilled vocalists, Madrigalia delights audiences by presenting unique and challenging programs of choral music built around illuminating themes. Their programming is drawn from all times and places, spanning classic choral styles, music being written in our time, and the musical expressions of cultures throughout the world. Madrigalia promotes the appreciation of choral singing to diverse audiences through performances, recordings, broadcasts, outreach, and the commissioning of new music.

## 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](mailto:withersal2016@gmail.com)

### **Community Outreach Committee**

#### **Maria Sommerville, Director of Sales & Marketing**

Phone: (585) 641-6381

Email: [Maria\\_Sommerville@urmc.rochester.edu](mailto:Maria_Sommerville@urmc.rochester.edu)

### **Dining Committee**

#### **John McHugh, Director of Dining Services**

Phone: (585) 641-6334

Email: [John\\_McHugh@urmc.rochester.edu](mailto:John_McHugh@urmc.rochester.edu)

### **Friendship Committee**

#### **Maria Sommerville, Director of Sales & Marketing**

Phone: (585) 641-6381

Email: [Maria\\_Sommerville@urmc.rochester.edu](mailto:Maria_Sommerville@urmc.rochester.edu)

### **Great Decisions Discussion Group**

#### **Resident, Kathryn Thomas, Apt. 143**

Phone: (585) 755-1341

Email: [kathrynthomas2@me.com](mailto:kathrynthomas2@me.com)

### **Landscape Committee**

#### **Russell Perrone, Director of Facilities**

Phone: (585) 641-6302

Email: [russell\\_perrone@urmc.rochester.edu](mailto:russell_perrone@urmc.rochester.edu)

### **Library Committee**

#### **Crystal Johnston, Director of Life Enrichment**

Phone: (585) 641-6345

Email: [crystal\\_johnston@urmc.rochester.edu](mailto: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](mailto:elizabeth_david@urmc.rochester.edu)

### **Sustainability Committee**

#### **Andy Trepanier, Executive Director**

Phone: (585) 641- 6372

Email: [andy\\_trepanier@urmc.rochester.edu](mailto:andy_trepanier@urmc.rochester.edu)