



# Calendar February 2026

## February 1-28

## 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.**

# Sunday, February 1<sup>st</sup>

## 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 Church

## Departure:

1:00pm

Return approx.

4:30pm

## Kodak Hall

(Rochester Philharmonic Orchestra)



## RPO Presents: *Dance Festival: Jean-Yves Thibaudet and Rochester City Ballet*

**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.

2:00pm

## Community Center

## Afternoon Entertainment

with students from the Elizabeth Kinney Music Studio featuring piano and cello.

7:30pm

## Music Room

## Weekend Movie


Check the Daily Email for film title, description, and updated time.

# Monday, February 2<sup>nd</sup>

## Groundhog Day

<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>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>3-Part Lecture Series: <i>Out on a Limb: A Story of 3D Printed Prostheses Provision in Haiti</i></b> with Dr. Jade Myers Ward Research Development Specialist at RIT (Rochester Institute of Technology). This presentation shares the journey of Danie, a young Haitian woman who lost her arm during the 2010 7.0-magnitude earthquake and later became one of the region's earliest "test pilots" for 3D-printed prosthetic limbs. See page 36 for additional information.


# Tuesday, February 3<sup>rd</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>10:30am-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</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: <i>CASA Informational Meeting</i></b> Join the Community Outreach Committee for a special talk with CASA (Court Appointed Special Advocate) Program Director, Natalie Copeland as she discusses the history of CASA and how our community can help support them. See page 36 for additional information.
<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.

**Programs continue on next page**

<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>The Great Courses DVD Series:</b> <b><i>How the Great Migration Changed America</i></b> Explore the causes and consequences of the Great Northward Migration in 12 eye-opening lectures led by expert guide Davarian Baldwin, the Paul E. Raether Distinguished Professor of American Studies at Trinity College. See page 37 for this week's topics and descriptions.
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

# Wednesday, February 4<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>Music Room</b>	<b>Fundamentals of Technology: Video Conferencing (Zoom)</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</b> with Robin Gallagher
<b>Departure: 1:15pm</b> Return approx. 4:30pm	<b>Geva Theatre</b>  	<b>Geva Presents: <i>The Woman in Black</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 Geva Theatre Box office at 585-232-4382 if you are interested in obtaining a ticket. For questions contact Elizabeth David at 585-641-6344.
<b>1:30pm</b>	<b>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>2:00pm</b>	<b>Music Room</b>	<b>Virtual Presentation: <i>Studying Exoplanetary Systems from the SUNY Oneonta Observatory</i></b> with Valerie Rapson, Ph.D. See page 37 for additional information.
<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!





# Thursday, February 5<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>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–2:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am–2:00pm</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>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>Departure: 11:15am</b> Return approx. 1:30pm	<b>Winton Place</b>  	<b>*Lunch at Manting House</b> Enjoy an Asian Fusion Restaurant where culinary traditions meet innovation. Explore a diverse menu featuring Dim Sum, refreshing juice blends, and flavorful cold dishes alongside signature hot plates. Lunch is paid for on your own. <b>Please register on Cubigo through the Activities Cube.</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.

## Friday, February 6<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–2:00pm</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>1:00pm</b>	<b>Music Room</b>	<b>First Friday Catholic Mass</b> with volunteers from St. Louis Church
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Pause for Peace</b> with Chaplain Steve Petrovich
<b>1:30pm</b>	<b>Community Center</b>	<b>*Valentine's BINGO!</b> Join us for an afternoon filled with prizes, laughs, and lots of love! Bring your sweetheart, friends, or come solo. Walk-ins are welcome if space allows. <b>Please register on Cubigo through the Activities Cube.</b>
<b>2:00pm</b>	<b>Club Room</b>	<b>2026 Olympics Opening Ceremony</b> Gather with your neighbors to watch the Games begin in Milan and Cortina d'Ampezzo, Italy—the first Olympics officially co-hosted by two cities, with events across northern Italy. <b>The games will run from February 6<sup>th</sup> –22<sup>nd</sup> featuring events in multiple locations, with Milan hosting the Opening Ceremony and events like men's ice hockey, while Cortina and other venues host mountain sports.</b>

**Programs continue on next page**

<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:</b> <b>6:30pm</b> Return approx. 10:00pm	<b>Eastman Theatre</b> (Kodak Hall)  	<b>Pops Concert: <i>Endless Love: R&amp;B Love Songs and Duets</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, February 7<sup>th</sup>

<b>10:00am–1:30am</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>*Art Class: <i>Sweet Treat Series I</i></b> with Amy Gendrou, Art Educator. This project will allow you to create acrylic paintings of sweet desserts that will look good enough to eat! No fee to attend. All are welcome. <b>Please register on Cubigo through the Activities Cube.</b>
<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>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.
<b>7:00pm</b>	<b>Community Cener</b>	<b>Evening Entertainment</b> with the Rochester Mandolin Orchestra

# Sunday, February 8<sup>th</sup>

## 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 Church

1:00pm-3:00pm

## Oneida Dining Room

## Themed Tail Gate Meal

See flyer for additional information.

1:30pm

## Music Room

## Weekend Movie

Check the Daily Email for film title and description.

6:30pm  
(kickoff)

## Community Center

## Super Bowl LX Watch Party!






Come watch the *Seattle Seahawks* vs. the *New England Patriots* as they go head-to-head for championship rings, trophy and bragging rights! Enjoy light refreshments during the game.

# Monday, February 9<sup>th</sup>

**No Fitness classes with Robin today. 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>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>The Great Courses DVD Series:</b> <b><i>How the Great Migration Changed America</i></b> Explore the causes and consequences of the Great Northward Migration in 12 eye-opening lectures led by expert guide Davarian Baldwin, the Paul E. Raether Distinguished Professor of American Studies at Trinity College. See page 38 for this week's topics and descriptions.
<b>1:00pm – 2:00pm</b>	<b>HAP Pool (2<sup>nd</sup> Floor)</b>	<b>Open Swim– on your own, you just need a buddy</b>
<b>2:00pm</b>	<b>Community Center</b>	<b>3-Part Lecture Series:</b> <b><i>A 3D Printing Primer. Design &amp; Manufacturing Considerations for Prosthetic Devices"</i></b> with Dr. Jade Myers Ward Research Development Specialist at RIT (Rochester Institute of Technology) This lecture will gain you exposure to several 3D printing processes as well as understand an in-depth understanding of how fused-filament 3D printing works. See page 38 for additional information.
<b>Departure: 6:45pm</b> Return approx. 10:00pm	<b>Penfield High School</b> 	<b>Penfield Symphony Orchestra: <i>Defiant Voices</i></b> Please note tickets and transportation Arrangements are made in advance. For questions, contact Elizabeth David at 585-641-6344.


# Tuesday, February 10<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 – 2:00pm</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</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>1:00pm–2:00pm</b>	<b>Wellness Center</b>	<b>Corn Hole</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich

**Programs continue on next page**

<b>2:00pm</b>	<b>Community Center</b>	<b>Black History Month Educational Series:</b> <b><i>Souled Out: Building Community in 1970s Black Musical Theatre</i></b> with Jordan Ealey, Assistant Professor of Black Studies in the Frederick Douglass Institute and Department of Black Studies at the University of Rochester. See page 39 for additional information.
<b>Departure:</b> <b>4:00pm</b> Return approx. 6:30pm	<b>Penfield, NY</b> 	<b>*Dinner at Charlie Browns</b> Back by popular demand and serving for 58 years! Enjoy every day, seasonal, vegetarian, healthy, or comfort foods. Dinner is paid for on your own. <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> Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.






# Wednesday, February 11<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> Return approx. 12:15pm	<b>Rochester, NY</b> 	<b>*Guided tour of Special Touch Bakery</b> with Nate Zelesnikar, Director of Programs & Services and Chris Hogancamp, Manager of Day Services. Enjoy the sights, smells, smiles. This organization is affiliated with The School of the Holy Childhood. No fee to attend. See page 41 for additional information. <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–2:00pm</b>	<b>Music Room</b>	<b>Fundamentals of Technology: File Storage and Backups</b> with IT Technicians Nic and Chris
<b>11:00am–2:00pm</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Alzheimer's Support Group:</b> A welcoming group for anyone caring for a loved one with Alzheimer's. Share experiences, get support, and connect with others. 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>1:30pm</b>	<b>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<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!





# Thursday, February 12<sup>th</sup>

## Lincoln's Birthday

<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>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</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>Great Decisions Discussion Group</b> This month's Topic: <i>Ukraine and the Future of European Security</i> . See page 42 for additional information.
<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>Departure:</b>	<b>First Universalist Church</b>	<b>*Eastman at Washington Square: All American</b> Soprano Tyler Cassidy-Heacock and composer/pianist Daniel Pesca will present a program of vocal music by American composers using texts from American writers. <b>No fee to attend. Please register on Cubigo through the Activities Cube.</b>
<b>11:30am</b>	 	
Return approx. 1:30pm		

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<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>*On Your Own Flower Arranging</b> Stop by and create your own small floral arrangement! Please bring your own <b>bud vase</b> — flowers will be provided. To ensure everyone can participate, be mindful of how many flowers you take. <b>Please register on Cubigo through the Activities Cube.</b>
<b>Departure:</b> <b>6:30pm</b> Return approx. 10:00pm	<b>Kodak Hall</b> (Rochester Philharmonic Orchestra)  	<b>RPO Presents: <i>Saint-Saëns &amp; Mendelssohn</i></b> <b>Transportation and ticket arrangements are made in advance by contacting the box office directly, but there still may be some tickets available 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.

## Friday, February 13<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>Poems, Quotes, &amp; Songs</b> with Chaplain Steve Petrovich
<b>1:30pm</b>	<b>Music Room</b>	<b>*Valentine’s Social</b> Join Elizabeth for some holiday trivia/history along with a sweet snack and mocktail! <b>Please register on  Cubigo through the Activities Cube.</b>
<b>2:30pm</b>	<b>Community Center</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</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends.

# Saturday, February 14<sup>th</sup>

## Valentine's Day

<b>10:15am</b>	<b>Laurelwood Gallery</b> (Note location change)	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures.
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### No Saturday Movie

<b>2:00pm</b>	<b>Laurelwood Gallery</b>	<b>Afternoon Entertainment</b> with Lukus Demoney featuring a variety of piano/keyboard music and vocals.
<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>4:00pm–7:00pm</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>5:00pm–7:00pm</b>	<b>Oneida Dining Room</b>	<b>Valentine's Day Themed Dinner</b> See flyer for additional information.
<b>7:00pm–8:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with <i>Standard Time</i> featuring a variety of music on piano, sax, and vocals.

# Sunday, February 15<sup>th</sup>

Susan B. Anthony Day

## 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

Service is shown on the TV, and a volunteer from the parish will be giving communion. All are welcome.

## Departure:

1:15pm

Return approx.  
4:30pm

## Jewish Community Center



## RPO Presents: *Hitmakers Rewind*

### 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.

1:30pm

## Music Room

## Weekend Movie

Check the Daily Email for film title and description.




# Monday, February 16<sup>th</sup>

## President's Day/Washington's Birthday

<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 Danny Kaye</i></b> with presenter Larry Shearer
<b>2:00pm</b>	<b>Community Center</b>	<b>3-Part Lecture Series:</b> <b>The Future of Prostheses and the Biohybrid Limb</b> with Dr. Jade Myers Ward Research Development Specialist at RIT (Rochester Institute of Technology). This lecture will explore recent technological advances that are driving a global shift in the prosthetics industry toward greater integration of 3D technologies. See page 39 for additional information.
<b>Departure:</b> <b>7:00pm</b> Return approx. 10:00pm	<b>Double Tree Hotel</b> 	<b>*Flower City Jazz Society Concert</b> Featuring <i>Smugtown Stompers</i> . Tickets are \$12.00 and paid for upon arrival. <b>Please register on Cubigo through the Activities Cube.</b>

# Tuesday, February 17<sup>th</sup>

Chinese New Year/Mardi Gras

<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/Mardi Gras Social</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. <b>Celebrate Mardi Gras with a sample of Kings Cake!</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>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>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
<b>1:30pm</b> (note time change)	<b>Community Center</b>	<b>Black History Month Educational Series:</b> <b><i>Where did Nonviolence Come From? Hint: It wasn't Dr. King!</i></b> with Anthony Siracusa, assistant professor of History and Community Engagement at St. John Fisher University. See page 40 for speaker information.
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

(\*) 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, February 18<sup>th</sup>

Ash Wednesday

9:00am	Hahnemann Club	<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>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
11:00am– 12:00pm	Music Room	<b>Fundamentals of Technology: Cubigo Discussion – Let’s Hear your Feedback</b> with IT Technicians Nic and Chris.
1:00pm – 2:00pm	HAP Pool (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
Departure: 1:00pm Return approx. 3:15pm	Memorial Art Gallery 	<b>Back by Popular Demand</b> <b>*Guided Tour: Frontiers of Impressionism: Paintings from the Worcester Art Museum</b> Experience fifty-two stellar paintings from the Worcester Art Museum’s collection through the lens of more than thirty artists—American and European. <b>Space is limited as the previous waitlist has been accommodated. The admission fee is \$7.00 and will be paid upon arrival. This tour will be led by docent Ronna Grimes, a resident here at the Highlands. Please register on Cubigo through the Activities Cube.</b>
1:30pm	Community Center	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
No Muriel’s Novel Idea adult read-aloud.		
2:30pm	Music Room	<b>Ash Wednesday Service</b> with volunteers from St. Louis Church. All are welcome.



**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>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!

## Thursday, February 19<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>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 – 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</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>Departure:</b> <b>1:00pm</b> Return approx. 3:15pm	<b>Highland Park</b> 	<b>*Lamberton Conservatory</b> View their mid-winter display with lots of tropical looking foliage and exotic blooming plants. <b>Admission fee \$1.00 and will be paid for on site.</b> <b>Walking is required with limited seating. Please register on Cubigo through the Activities Cube.</b>

# Friday, February 20<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>Community Center</b>	<b>The Great Courses DVD Series:</b> <b><i>How the Great Migration Changed America</i></b> Explore the causes and consequences of the Great Northward Migration in 12 eye-opening lectures led by expert guide Davarian Baldwin, the Paul E. Raether Distinguished Professor of American Studies at Trinity College. See page 40 for this week's topics and descriptions.
<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>Worship Service</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Black History Month Educational Series:</b> <b><i>The Little Rock Crisis of 1957</i></b> with MCC Professor of History, Mark Sample. Listen as he looks at the people & events of that story. In 1957 the high school in Little Rock, Arkansas became the first high school to end segregation of students based on race. After massive resistance President Eisenhower will have to send in the military.
<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, February 21<sup>st</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>Departure:</b> <b>1:00pm</b> Return approx. 5:30pm	<b>West Herr Auditorium Theatre</b> (RBTL)	<b>Performance: <i>Wicked</i></b> <b>Please note transportation and ticket arrangements will be made in advance. See the previously distributed memo for additional information and registration details.</b>
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> Back by popular demand, come and enjoy <i>Project Nova</i> , a dynamic saxophone sextet formed out of the Eastman Saxophone Project which brings fresh energy and rich sounds of six saxophones.

# Sunday, February 22<sup>nd</sup>

## 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 Church

1:00pm

## Community Center

## Chinese Lunar New Year Celebration/Social!

with children from the Chinese School of Rochester. Enjoy drawing and Chinese handwriting demonstrations, music and dance performances, as well as a few discussions highlighting key aspects of Chinese culture. All are welcome.

## Departure:

2:30pm

Return approx.

5:30pm

## Village of Pittsford



## This event was rescheduled from 1/25

### \*MLK Living the Dream Series

The 2026 series will conclude with an interfaith Service. This event is being organized by the Pittsford CommUNITY Group. **Please register on Cubigo through the Activities Cube.**

TBD

## Club Room

## Olympics Closing Ceremony

Join your friends as the winter Olympics come to an end. Watch as the achievements are honored, athletes march together showing the spirit of shared humanity, and the Olympic flag is handed to the next host city, symbolizing continuity and hope.

7:30pm

## Community Center


## Weekend Movie

Check the Daily Email for film title and description.

# Monday, February 23<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>10:00am</b>	<b>Music Room</b>	<b>Book Discussion Group</b> Book Title: <i>Deacon King Kong</i>
<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>Music Room</b>	<b>*Mindful 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>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>
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with the <i>Finger Lakes Opera</i> . This program will feature art, song, and opera classics, including a preview of their upcoming summer festival!


# Tuesday, February 24<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>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>11:30am</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>1:00pm–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.

**Programs continue on next page**

<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Presentation: <i>The Story of Valentine's Day</i></b> with presenter Jack Kowiak. This discussion will examine the origins and history of the many customs surrounding this romantic holiday.
<b>7:30pm</b>	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

# Wednesday, February 25<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>Fundamentals of Technology: Smartphone Navigation</b> with IT Technicians Nic and Chris.
<b>1:00pm – 2:00pm</b>	<b>HAP Pool (2<sup>nd</sup> Floor)</b>	<b>Open Swim</b> with Robin Gallagher
<b>Departure:</b> <b>1:30pm</b> return approx. 3:00pm	<b>Fairport, NY</b> 	<b>*Shopping at Amazing Grains Bread Co./Moonlight Creamery</b> Enjoy sweet breads, pastries, cookies and their famous salty bread, while Moonlight offers ice cream, coffee, tea, and artisan chocolates. See page 41 for additional information. <b>Please register on Cubigo through the Activities Cube.</b>
<b>1:30pm</b>	<b>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>1:30pm</b>	<b>Activities Room (2<sup>nd</sup> Floor)</b>	<b>Caregivers Support Group</b> Facilitator Connie Craig will NOT be able to attend but you are welcome to meet on your own.
<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!



# Thursday, February 26<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>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</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>Departure:</b> <b>11:30am</b> Return approx. 1:30pm	<b>First Universalist Church</b>  	<b>*Eastman at Washington Square:</b> <b><i>A Woman's Hand</i></b> Lynn McGrath performs a program that highlights charming works of the 20th century by women guitarist-composers María Luisa Anido, Ida Presti, and Louise Walker. <b>No fee to attend. Please register on Cubigo through the Activities Cube.</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.

**Programs continue on next page**

<b>2:00pm</b>	<b>Community Center</b>	<b>The Great Courses DVD Series:</b> <b><i>How the Great Migration Changed America</i></b> Explore the causes and consequences of the Great Northward Migration in 12 eye-opening lectures led by expert guide Davarian Baldwin, the Paul E. Raether Distinguished Professor of American Studies at Trinity College. See page 41 for this week's topics and descriptions.
<b>2:30pm</b>	<b>Laurelwood Gallery</b>	<b>Afternoon Entertainment</b> with Debbie McCullough featuring vocals.
<b>Departure:</b> <b>6:30pm</b> Return approx. 10:00pm	<b>Kodak Hall</b> (Rochester Philharmonic Orchestra)  	<b>RPO Presents: <i>Dazzling Dvořák</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.

## Friday, February 27<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>Name that Tune</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Black History Month Educational Series:</b> <b><i>The Civil Rights Act of 1964</i></b> with MCC Professor of History, Mark Sample. Listen as he tells the story of the people and the events in this important moment in U.S. history. See page 40 for additional information.
<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, February 28<sup>th</sup>

<b>9:00am –11:00am</b>	<b>Oneida Dining Room</b>	<b>Resident Breakfast Buffet</b> Enjoy a complimentary breakfast for residents only. <b>Reservations are required. Please select a reservation time on Cubigo or call 585-641-6330.</b>
<b>10:00am–11:30am</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>*Art Class: Sweet Treat Series</b> with Amy Gendrou, Art Educator. This project will allow you to create another dessert-inspired work of art using pastels and colored pencils. No fee to attend. All are welcome. <b>Please register on Cubigo through the Activities Cube.</b>
<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>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.
<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>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> 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.

## LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

**Out on a Limb: A Story of 3D  
Printed Prostheses Provision in  
Haiti**

**Monday, February 2<sup>nd</sup> – 2:00pm**

**Community Center**

### **Lecture 1:**

This presentation shares the journey of Danie, a young Haitian woman who lost her arm during the 2010 7.0-magnitude earthquake and later became one of the region's earliest "test pilots" for 3D-printed prosthetic limbs. We will explore why amputations are more common in low-resource settings and the challenges involved in meeting this heightened demand. The talk will then outline the traditional process of prosthetic limb fabrication and highlight how 3D printing can expand access to these devices in communities with the greatest global need.

**CASA Informational Meeting**

**Tuesday, February 3<sup>rd</sup> – 11:00am**

**Music Room**

CASA recruits, trains, and supports community volunteers who advocate on behalf of children whose parent(s) or guardian(s) are in Monroe County Family Court because of neglecting and/or abusing their children. CASA Advocates collect their own information, get to know each child on their case, and write reports directly to the court. Advocates state their concerns regarding the child's best interests.

### **Bio:**

Born and raised in Louisville, Kentucky, Natalie was drawn to CASA because she found a passion for advocacy through volunteering in a domestic violence crisis shelter throughout high school and college. Natalie originally joined the CASA network in Murray, Kentucky, where she served as Senior Advocate Supervisor at CASA by the Lakes.

**The Great Courses:  
How the Great Migration  
Changed America**

**Tuesday, February 3<sup>rd</sup> – 2:00pm**

**Community Center**

**Topic 1: The Great Migration Is My Story and Yours**

Between 1910 and 1970, 6 million Black men, women, and children left the South, during the Great Migration. Survey how Black resettlement changed American history and culture. Learn about the kinds of opportunities—economic but also existential—that pulled so many migrants northward.

**Topic 2: Exodus: Why Migrants Quit the South**

After Reconstruction collapsed, oppressive Black codes, extrajudicial killing, sexual violence, and segregation ruled in the South. See how Black Americans endured these evils. Unpack the uniquely dire economic, political, and social conditions that drove so many migrants away from “New South” cities and get to know the famous entrepreneur, Madam C. J. Walker.

**Virtual Presentation: Studying  
Exoplanetary Systems from the  
SUNY Oneonta Observatory**

**Wednesday, February 4<sup>th</sup> – 2:00pm**

**Music Room**

Astronomers have discovered over 6000 planets orbiting other stars in our galaxy. Most of these discoveries are made with large space telescopes, but smaller backyard-style telescopes can play a major role in determining the properties of these exoplanet systems too. At SUNY Oneonta, students and faculty use our 14-inch and 1-meter diameter telescopes to confirm the existence of exoplanet candidates and measure the size and orbital period of each planet. These data help other professional astronomers plan for more observations with space telescopes and help determine if there is more than one planet in the system to study. In this lesson I'll share the work that my students have been doing to analyze exoplanet systems, and how we've contributed to NASA's Exoplanet Watch projects and the TESS Follow-up Observer's Program.

**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.

**The Great Courses:  
How the Great Migration  
Changed America**

**Monday, February 9<sup>th</sup> – 11:00am**

**Community Center**

**Topic 3: Racial Violence in Migrant Cities**

Beginning with the champion boxing match that foreshadowed it all, investigate the scale and scope of the racial violence that plagued cities across the United States in 1919. Evaluate the long-term impact of America's "Red Summer" through housing covenants and city zoning policies in Chicago. Learn how Black Americans rallied against the threat.

**Topic 4: How Chicago Became the Black Metropolis**

Zero in on the great midwestern city of Chicago and its Bronzeville neighborhood. From theaters to newspapers, learn about Black civic life, art, journalism, recreation, leisure, and activism in the Windy City. Explore the tensions that emerged between established Black residents and new migrants within Chicago's burgeoning Black community.

**A 3D Printing Primer: Design &  
Manufacturing Considerations  
for Prosthetic Devices**

**Monday, February 9<sup>th</sup> – 2:00pm**

**Community Center**

**Lecture 2:**

In this session, attendees will gain exposure to several 3D printing processes as well as gain an in-depth understanding of how fused-filament 3D printing works. A 3D printer will be operating throughout the talk, giving participants a live, close-up look at the printing process in action. We will examine the components of a prosthetic limb and discuss how designers adapt these parts for fabrication on fused-filament printers. The talk will also highlight design considerations specific to prosthesis users in Haiti, focusing on how devices can be made practical, durable, and culturally appropriate for the people who rely on them.

**Description:**

Micki Grant and Vinnette Carroll are widely regarded as the first Black women to have musicals produced on Broadway; Grant is additionally the first Black woman to write the book, music, and lyrics as well as star in a Broadway production and Carroll is the first Black woman to direct on Broadway. Both Grant and Carroll expressed desires for their work to resonate widely. Thus, I situate their productions—what Carroll referred to as “songplays”—in a continuum of womanist and Black feminist humanistic practices. I consider how Grant and Carroll “soul out” their songplays; that is, I listen for the ways they incorporate Black musical traditions such as gospel and soul music into their work as well as non-linearity as a storytelling mechanism to sing universal truths. These narrative and sonic strategies, I posit, nourish Black community in their songplays, *Don't Bother Me, I Can't Cope* (1971) and *Your Arms Too Short to Box with God* (1976) as they assert and assume rather than prove Black humanity, which led them to experience their widespread, though contained, success.

**Bio:**

Jordan Ealey is a multidisciplinary Black feminist scholar-artist as well as an Assistant Professor in the Department of Black Studies at the University of Rochester. Jordan researches and teaches Black feminist theory, Black theatre and performance, popular music, sound studies, and Black girlhood studies. Their scholarship has been supported by a 2025 CLR James Research Fellowship from the African American Intellectual History Society and grants from Harvard University and the New York Public Library. Professor Ealey is completing a book on Black women's music-theatre. Blending artmaking and scholarship, she is a playwright, dramaturg, and cultural critic.

**Lecture 3:**

This talk, we will explore recent technological advances that are driving a global shift in the prosthetics industry toward greater integration of 3D technologies. We'll discuss how these innovations can enhance patient outcomes and help mitigate issues commonly associated with traditional prosthetic devices. Finally, we will consider how emerging developments in bioprinting and tissue engineering may soon reshape the field even more profoundly—moving from a philosophy of lifelong prosthetic use to one in which prostheses serve as temporary support structures for biohybrid limbs.



**Where did nonviolence come from? Hint: it wasn't Dr. King!**

**Tuesday, February 17<sup>th</sup> at 1:30pm**

**Community Center**

**Bio:**

Anthony C. Siracusa is an assistant professor of history and community engagement at St. John Fisher University. He is the author of *Nonviolence Before King: The Politics of Being and the Black Freedom Struggle* (2021), as well as numerous articles on African American History. His work on nonviolence has appeared in *The Washington Post* and *The Conversation*, and he speaks regularly on topics related to African American history specifically and US history more broadly.

**The Great Courses:  
How the Great Migration  
Changed America**

**Monday, February 20<sup>th</sup> – 11:00am**

**Community Center**

**Topic 5: Harlem, the Mecca of the Great Migration**

Turn your attention eastward toward the sights and sounds of New York City's Harlem neighborhood. Survey Harlem's transformation over the first half of the 20th century, touring its streets, newspapers, and cooperative organizations, before getting to know the controversial real estate developer who turned the ward into a major Black population center.

**Topic 6: The New Negro and the Harlem Renaissance**

The famous Harlem Renaissance served as the locus of the so-called "New Negro" movement, a global reawakening that stretched from the streets of Chicago to postwar peace conventions in France. Spend some time with the artists, writers, scholars, and activists—Black and white, radical and "respectable"—caught up in and influenced by the movement.

**The Civil Rights Act of 1964**

**Friday, February 27<sup>th</sup> – 2:00pm**

**Community Center**

In November of 1963 President Kennedy was assassinated leaving behind a civil rights bill in Congress that did not look like it would be passed. Kennedy's successor, Lyndon Johnson had been the Senate Majority Leader in the 1950s and knew how the system worked to get things done. This would lead eventually to the passing of one of the most important pieces of legislation in American history: The Civil Rights Act of 1964.

**The Great Courses:  
How the Great Migration  
Changed America**

**Thursday, February 26<sup>th</sup> – 2:00pm**

**Community Center**

**Topic 7: Blueswomen and Black Filmmakers Take the Stage**

The Great Migration transformed popular culture. See how white racial resentment manifested in mainstream advertisements, shows, songs, and films. Get acquainted with a brand-new Black cultural aesthetic forged in the thick of population movement and mixing. Dive into the themes, personalities, and tensions present in Black media in the early 20th century

**Topic 8: Jazz as the Music of the Migration**

Tracing Louis Armstrong's journey from fish fries in New Orleans to famous clubs in Harlem, explore jazz in the 1920s. Unpack the clashes that emerged between established Black residents and migrant jazz performers in cinema orchestra pits and beyond. Understand how an ascendant musical genre reflected the joys and horrors of the migration experience.

## LOCAL OUTINGS & TRIPS

Please read below for additional information

**Special Touch Bakery**

**Wednesday, February 11<sup>th</sup> –  
departing at 10:00am**

**Rochester, NY**

**Mission:**

In short, Special Touch values people and believes that everyone deserves an opportunity to pursue their passion, build a meaningful career, and earn a competitive wage for a job well done. That's why, at Special Touch Bakery, a baker is a baker... and that's that.

**Amazing Grains Bread  
Co./Moonlight Creamery**

**Wednesday, February 25<sup>th</sup> –  
departing at 1:30pm**

**Fairport, NY**

**Amazing Grains Bread Co.**

They use fresh, quality ingredients and traditional methods to produce exceptional artisanal breads, pizzas, and baked goods! They bake fresh every day. Let's enjoy the AMAZING smells and tastes that their bakery has to offer!

**Moonlight Creamery**

Moonlight offers fair trade and certified products that promote environmental sustainability. They care about the planet and the people they share it with. This care is reflected in the purchasing decisions and business practices.

# Resident Committees & Groups

Please read below for additional information

**Great Decisions Discussion  
group: Ukraine and the Future  
of European Security**

**Thursday, February 12<sup>th</sup>– 11:00am**

**Music Room**

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America's stakes in NATO and Europe's strategic dilemmas, and how might Europe respond?

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.

## 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)