



March 2026 Calendar

Independent Living

Cultural and Educational Program Calendar

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

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

Life Enrichment Staff

Crystal Johnston – Director of Life Enrichment

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Elizabeth David – Cultural Programming Coordinator

Phone: 585-641-6344

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Office: Located 2nd floor of Laurelwood

Robin Gallagher – Wellness Coach

Phone: 585-641-6316

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

Accessibility Guide

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

Shoe icon indicates the level of walking an outing requires.

 Easy Going

 On Your Feet

 Keep the Pace

 Let's Go!

 The wheelchair symbol indicates handicap accessible.

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

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

(**) Indicates advance registration is required on Cubigo through the Dining Cube.
Dining → Place Request → Reservations → Add New → Selection Dining Option
For questions or dining assistance, contact Andy Trepanier at 585-641-6372

Sunday, March 1st

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

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title, description.

Monday, March 2nd

Purim starts at sundown

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	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.
11:00am	Music Room	Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
2:00pm	Community Center	Virtual Presentation: X-raying the Night Sky with the Chandra Observatory with Valerie Rapson, Ph.D. See page 40 for additional information.

Tuesday, March 3rd

Purim ends at sundown

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 10:00am	Henrietta, NY 	Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Team Member.
10:30am-12:00pm	Wellness Center	Circuit Training with Robin Gallagher
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.
11:30am	Music Room	Purim Celebration with Rabbi Stein from Temple B'rith Kodesh. All are welcome.
12:50pm-2:00pm	Activities Room (2 nd Floor)	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	Music Room	Knitting, Crochet & Needlework Group with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich

Programs continue on next page

2:00pm	Community Center	U of R Presentation: <i>Be Right and Go Ahead: Henry A. Ward and the Ward Project</i> with Melissa Mead Collections Librarian in the Department of Rare Books and Special Collections. See page 40 for additional information.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Per resident suggestion, this evenings movie is <i>Annie Hall</i> .

Wednesday, March 4th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am– 12:00pm	Music Room	Fundamentals of Technology: <i>TV 101: Let’s Learn the Basics</i> with IT Technicians Nic and Chris.
Departure: 12:00pm Return approx. 3:00pm	Regal Eastview Movie Theater 	Movie: <i>MARS: Life is Beautiful</i> Please see previously distributed flyer for additional information and registration details. Contact Elizabeth David at 585-641-6344 with questions.
1:00pm – 2:00pm	HAP Pool (2nd Floor)	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!

Programs continue on next page

1:30pm	Music Room	<p>*Mindful Coloring</p> <p>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. Please register on Cubigo through the Activities Cube.</p>
2:30pm	HAP Library	<p>Muriel’s Novel Idea</p> <p>Join resident Muriel Herzog for an adult read-aloud.</p>
3:00pm	Wellness Center	<p>Line Dancing</p> <p>with resident Will Herzog. All are welcome.</p>
4:00pm–6:00pm	Community Center	<p>Let’s Get Social</p> <p>Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!</p>
<p>Departure: 6:45pm Return approx. 9:15pm</p>	<p>Fairport, NY (Minerva DeLand School)</p> 	<p>*Perinton Concert Band: <i>The Special Relationship: Music of England & the United States</i></p> <p>This event is free and open to the public with general seating arrangements. See page 42 for additional concert information.</p> <p>Please register on Cubigo through the Activities Cube.</p>

Thursday, March 5th

9:00am–9:45am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures:	Country Club Plaza (East Rochester)	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
9:00am		
10:00am		
11:00am		
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am–12:00pm	Wellness Center	Circuit Training with Robin Gallagher
11:00am–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.
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.
Departure: 11:30am Return approx. 1:30pm	First Universalist Church 	*Eastman at Washington Square: The Sound of Low Brass Enjoy the magnificent sound of Eastman Trombone Choir directed by Larry Zalkind and Mark Kellogg. No fee to attend. Please register on Cubigo through the Activities Cube.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, March 6th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher
1:00pm	Music Room	First Friday Catholic Mass with volunteers from St. Louis Church

No religious program with Chaplain Steve Petrovich today.

2:00pm	Community Center	The Great Courses DVD Series: <i>How the Great Migration Changed America</i> 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.
2:30pm	Laurelwood Gallery	Afternoon Entertainment with the <i>Kathy and Pat Duo</i> featuring folk music.
4:00pm-5:30pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, March 7th

10:00am–11:30am	Activities Room (2 nd Floor)	*Art Class: Still Life Series 1 with Amy Gendrou, Art Educator. This project will allow you to use materials such as pencil and charcoal. Participants will use drawing skills to render a table still life. Your focus will be observational. No fee to attend. All are welcome. Please register on Cubigo through the Activities Cube.
10:15am	Community Center	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.
7:00pm	Community Center	Evening Entertainment with <i>Project Nova</i> . Enjoy a dynamic saxophone sextet formed out of the Eastman Saxophone Project which brings fresh energy and rich sounds of six saxophones.

Sunday, March 8th

Daylight Saving Time/International Women's 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

Communion Service

with volunteers from St. Louis Church

2:00pm

Community Center

Afternoon Entertainment: *The Gifts of Spring*

with The *Hochsten Silver Spirit Flute Choir*. This group is comprised of talented and diverse adult student flute enthusiasts from The Hochstein School of Music. Enjoy musical genres from classical to pop music.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, March 9th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	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 nd Floor)	Open Swim with Robin Gallagher
2:00pm	Community Center	Presentation: <i>The Magic! The Masters! The Music! The Romance!</i> with Broadway Bob. Enjoy an afternoon of romantic moments from the American Musical Theatre Library!
7:00pm	Community Center	Evening Entertainment with <i>Total Sound</i> featuring a variety of music.

Tuesday, March 10th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am – 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
11:00am–12:00pm	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.
11:00am	Community Center	The Great Courses DVD Series: <i>How the Great Migration Changed America</i> 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.
Departure: 11:30am Return approx. 1:30pm	Christ Church  	*Tuesday Pipes Concert A 25-minute organ concert performed by Eastman students, faculty, and guests. Please register on Cubigo through the Activities Cube.

Programs continue on next page

12:50pm–2:00pm	Activities Room (2 nd Floor)	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm–2:00pm	Wellness Center	Corn Hole with Robin Gallagher
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
2:00pm	Community Center	*Origami Paper Folding with Sarah Haehn, owner of Gamifold. Learn how to fold an origami anemone flower model with step-by-step instructions. No experience required. Please register on Cubigo through the Activities Cube.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

Wednesday, March 11th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	Music Room	Fundamentals of Technology: How to Buy Electronics with IT Technicians Nic and Chris
11:00am-12:00pm	Activities Room (2 nd Floor)	Alzheimer's Support Group: A welcoming group for anyone caring for a loved one with Alzheimer's. Share experiences, get support, and connect with others. All are welcome.
Departure: 11:15am Returning approx. 1:45pm	Seabreeze by the Lake 	*Lunch at Shamrock Jack's Irish Pub Enjoy soups, salads and Irish favorites. Lunch will be paid for on your own. Please register on Cubigo through the Activities Cube.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Thursday, March 12th

9:00am–9:45am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures:	Country Club Plaza (East Rochester)	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
9:00am		
10:00am		
11:00am		
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am–12:00pm	Wellness Center	Circuit Training with Robin Gallagher
11:00am–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.
11:00am	Music Room	Great Decisions Discussion Group This month's Topic: <i>Debating Americas Global Roll: America First versus Liberal Internationalism. See page 44 for additional group information.</i>
11:00am	Wellness Center	Gentle Chair Yoga with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.

Programs continue on next page

1:30pm	Community Center	<p>*St. Patrick's BINGO! Join for an afternoon of lucky numbers, prizes, and festive fun. Wear green, grab a card, and see if the luck of the Irish is on your side! Walk-ins are welcome if space allows. Please register on Cubigo through the Activities Cube.</p>
3:30pm	Laurelwood Hearth Room	<p>Pet Therapy with Ann Julien and Lulu</p>
<p>Departure: 6:15pm Return approx. 9:30pm</p>	<p>Hochstein School of Music</p> 	<p>*Spotlight on Faculty Concert Series: <i>Character and Color. French Works for Clarinet and Piano</i> Experience the elegance and color of French music in this program of works for clarinet and piano. Experience a concert that highlights the richness of French repertoire. Admission fee is \$10.00 and can be paid for with cash or card at the door on the day of the performance. Please register on Cubigo through the Activities Cube.</p>

Friday, March 13th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
Departure: 10:00am	Pittsford Plaza    	*Pathway to Pittsford Errand Bus Catch a ride to Pittsford Plaza and the Pittsford Community Library. Please register on Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Poems, Quotes, & Songs with Chaplain Steve Petrovich
2:00pm	Community Center	Travelogue: Leprechauns, Four Leaf Clovers and the Folklore of the Celts: Ireland Join travel expert Beth Brancato as she take you on an Irish journey.
4:00pm-5:30pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends.

Saturday, March 14th

10:15am	Laurelwood Gallery (Note location change)	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.
3:30pm	Laurelwood Gallery	Pet Therapy RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.
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.

Sunday, March 15th

**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.

12:30pm

Community Center

Afternoon Entertainment

Enjoy a performance by the *Young School of Irish Dance*. Stop by and see these talented dancers perform traditional reels and jigs!

Departure:

1:15pm

Return approx.
4:30pm

Jewish Community Center



JCC Presents: Sweet

Please note transportation and ticket

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

Contact the Patron Services Center at 585-461-2000 if you are interested in obtaining a ticket.

Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, March 16th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
Departure: 9:30am Return approx. 12:15pm	Ontario, NY 	*Guided Tour at Shadow Hill Maple Syrup Discover the fascinating process behind real maple syrup, from tree to table. Learn fun facts along the way, while enjoying some samples. Admission fee is \$10.00 and will be paid upon arrival. Seating may be limited. Please register on Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Laurelwood Gallery	Presentation: <i>Music & Life of Carole King</i> with presenter Larry Shearer
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel 	*Flower City Jazz Society Concert Featuring the <i>Jambalaya Jazz Band</i> . Tickets are \$12.00 and paid for upon arrival. Please register on Cubigo through the Activities Cube.

Tuesday, March 17th

St. Patrick's Day

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 10:00am	Penfield, NY   	Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am-12:00pm	Wellness Center	Circuit Training with Robin Gallagher
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.
Departure: 11:30am Return approx. 1:30pm	Rochester Public Library  	*Spring 'Books Sandwiched In' Book Review: <i>The Library of Lost Maps: An Archive of a World in Progress</i> with presenter Eric Ensley, PhD, MLS, recently appointed director of Special Collections at the University of Rochester. See page 42 for additional information. Please register on Cubigo through the Activities Cube.
12:50pm-2:00pm	Activities Room (2 nd Floor)	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm-1:30pm	Wellness Center	Balance and Mobility class with Robin Gallagher

No religious program with Chaplain Steve Petrovich today.

Programs continue on next page

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

1:30pm	HAP Pub	*St. Patrick's Day Afternoon Social Come enjoy a mint chocolate chip ice cream sundae! Please register on Cubigo through the Activities Cube.
2:00pm	Music Room	Asbury First Lenten Communion Service All are welcome
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

Wednesday, March 18th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am- 12:00pm	Music Room	Fundamentals of Technology: <i>Online Shopping</i> with IT Technicians Nic and Chris.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
Departure: 1:15pm Return approx. 4:30pm	Geva Theatre  	Geva Presents: <i>Barefoot in the Park</i> Transportation and ticket arrangements were made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus. Contact the Geva Theatre Box office at 585-232-4382 if you are interested in obtaining a ticket. For questions contact Elizabeth David at 585-641-6344.

Programs continue on next page

1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Thursday, March 19th

9:00am–9:45am **HAP Pool**
(2nd Floor) **Water Fitness**
with Robin Gallagher

No shopping and banking today.

Departure: **Seneca Falls, NY**
9:30am
Return approx.
1:30pm    ***Shopping and Lunch at Sauders Market**
A taste of Mennonite Culture all in a unique
country grocery store. **Please register in Cubigo**
through the Activities Cube.

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** **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.**

1:00pm – 1:30pm **Wellness center** **Chair Fitness Workout**
with Robin Gallagher. This class is mostly seated
aerobics, hand weights, and stretching.

No Pet Therapy with Ann Julie and Lulu today.

Friday, March 20th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
Departure: 9:30am Returning approx. 12:15pm	Rochester, NY 	*Guided tour of the Rochester Zen Center Visit one of the largest and most respected Buddhist Centers in North America. Learn about the culture and partake in a traditional Zazen or "seated meditation". No Admission fee. Please register in Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher

No religious program with Chaplain Steve Petrovich today.

4:00pm-5:30pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
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Saturday, March 21st

10:00am –
12:00pm

**Oneida Dining Room
and Common Areas**

Staff and Resident Easter Eggstavanza

See previously distributed flyer for additional information and registration details.

10:00am–
11:30am

Activities Room
(2nd Floor)

*** Art Class: *Still Life Series 2***

with Amy Gendrou, Art Educator. This project will allow you to use materials such as pencils, pastels, and charcoal. Participants will use observational drawing skills to capture a table still life. No fee to attend. All are welcome. **Please register on Cubigo through the Activities Cube.**

No Tai Chi with Carmen Ramos today.

Departure:
12:30pm

Return approx.
6:30pm

**Regal Eastview Movie
Theater**



Metropolitan Opera: *Tristan und Isolde 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 43 for additional information. **Please register on Cubigo through the Activities Cube.**

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

7:00pm

Community Center

Evening Entertainment

with *Prevailing Winds* a woodwind quartet featuring saxophones and clarinets in various combinations. Enjoy songs from the 50's, 60's and 70's, as well as classic American folk music.

Sunday, March 22nd

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.

Departure:

1:00pm

Return approx.

4:30pm

Kodak Hall

(Rochester Philharmonic Orchestra)



RPO Presents: *Baroque to Brilliance*

Transportation and ticket arrangements were 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 *Harmonies for Healing*. Enjoy some classical instrumental music.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, March 23rd

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am	Music Room	Book Discussion Group Book Title: <i>The Great Bridge</i> by David McCullough
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Community Center	*On Your Own Flower Arranging Stop by and create your own small floral arrangement! Please bring your own bud vase – flowers will be provided. To ensure everyone can participate, be mindful of how many flowers you take. If you are unable to obtain a bud vase, one will be provided. Please register on Cubigo through the Activities Cube.
7:00pm	Community Center	Evening Entertainment with the <i>Finger Lakes Opera</i> . This program will feature art, song, and opera classics, including a preview of their upcoming summer festival! (this performance was rescheduled from February)

Tuesday, March 24th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
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.
Departure: 11:30am Return approx. 1:30pm	Christ Church  	*Tuesday Pipes Concert A 25-minute organ concert performed by Eastman students, faculty, and guests. Please register on Cubigo through the Activities Cube.
12:50pm-2:00pm	Activities Room (2 nd Floor)	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	Music Room	Knitting, Crochet & Needlework Group with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.

Programs continue on next page

Departure:
1:00pm
Return approx..
4:00pm

**Rochester Institute
of Technology**



***Guided Tour of the AMPrint Center at RIT**

Join Jade Myers, Research Development Specialist, as she gives a behind-the-scenes look at how cutting-edge additive manufacturing machines operate. See page 43 for additional tour information. **Please note space is limited with limited to no seating. Two tours will be offered. The other tour date will be Thursday, April 9th. Both tours are available for sign up. Please register on Cubigo through the Activities Cube. Kindly register for only one tour.**

No religious program with Chaplain Steve Petrovich today.

7:30pm

Music Room

Lights, Camera, Action—Movie Night!

Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

Wednesday, March 25th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	HAP Pub	Fundamentals of Technology: <i>Setting up Digital Calendars</i> with IT Technicians Nic and Chris
Departure: 11:00am Return approx. 1:45pm	Penfield, NY 	*Andy's Candies with lunch at Georges Restaurant Rochester favorite candies since 1917! Enjoy shopping for sweet chocolatey Easter delights featuring a variety of chocolates, nuts, and their famous sponge candy! Lunch will be had after and paid for on your own. Please register on Cubigo through the Activities Cube.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
1:30pm	Activities Room (2 nd Floor)	Caregivers Support Group Facilitator Connie Craig will NOT be able to attend but you are welcome to meet on your own.
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Let's Get Social and welcome NEW RESIDENTS! Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Thursday, March 26th

9:00am–9:45am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures:	Country Club Plaza (East Rochester)	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
9:00am		
10:00am		
11:00am		
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am – 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
11:00am– 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.
11:00am	Wellness Center	Gentle Chair Yoga with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
2:00pm	Community Center	Netflix Documentary: <i>The New Yorker at 100(2025)</i> The New Yorker's centennial reveals behind-the-scenes access to editors, writers, and archives of this culturally vital magazine, one of print's last survivors.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, March 27th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Name that Tune with Chaplain Steve Petrovich
2:00pm	Community Center	Afternoon Entertainment with Jeff Elliott featuring music from the 30's 40's 50's and 60's with guitar and vocals.
4:00pm-5:30pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
Departure: 6:30pm Return approx. 10:00pm	Eastman Theatre (Kodak Hall)  	Pops Concert: <i>Heroes and Villains: Movie Music Classics</i> Transportation and ticket arrangements were made in advance by contacting the box office directly, but there still may be some tickets available and seats on the bus. Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

Saturday, March 28th

10:15am **Community Center** **Tai Chi**
with Carmen Ramos. **In-person only.** Enjoy a series of slow gentle movements and physical postures.

No Weekend Movie today.

2:00pm **Community Center** **Afternoon Entertainment**
with a group of students from the Pittsford School District playing classical music on a variety of string instruments.

3:30pm **Laurelwood Gallery** **Pet Therapy**
RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.

Departure: **Hochstein School of** **The Rochester Gay Men's Chorus:**
6:30pm **Music** **Harmonic Echoes**
Return approx. **Please note transportation and ticket**
9:30pm **arrangements are made in advance at the**
Hospitality Desk. See previously distributed flyer for
additional information. Contact Elizabeth David at
585-641-6344 with questions.

7:00pm **Community Center** **Evening Entertainment**
with Laura Dubin, jazz pianist and composer.

Sunday, March 29th

Palm Sunday

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

Departure:

1:15pm

Return approx.
4:00pm

Glazer Music Performance Center at Nazareth University

(Beston Hall)



RPO Matnee Presents: *Mozart & Prokofiev*

Transportation and ticket arrangements were 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.

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, March 30th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	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 nd Floor)	Open Swim with Robin Gallagher
2:30pm	Community Center	Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email.

Tuesday, March 31st

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:00am	Woodworking Shop  	*Touring The HAP Woodworking Shop Join residents Bob Peck, Harry Long, and Dick Schwartz to learn about our fully operational, well-equipped woodshop for residents to use. Please meet at the 2 nd floor elevators near the underground parking garage. Please register on Cubigo through the Activities Cube.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
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.
Departure: 11:30am Return approx. 1:30pm	Rochester Public Library  	*Spring 'Books Sandwiched In' Book Review: <i>Mother Emanuel: Two Centuries of Race, Resistance, and Forgiveness in One Charleston Church</i> with presenter Reverend Myra Brown, Pastor at Spiritus Christi Church. See page 43 for additional information. Please register on Cubigo through the Activities Cube.

Programs continue on next page

12:50pm–2:00pm	Activities Room (2 nd Floor)	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	Afternoon Entertainment with the John Dady featuring a variety of Irish music on the Guitar, ukelele, and vocals.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.

LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

X-raying the Night Sky with the Chandra Observatory

Monday, March 2nd – 2:00pm

Community Center

Since its launch in 1999, the Chandra X-ray Observatory has explored high energy phenomena in space, capturing light from exploding stars, active black holes, and shock waves from stellar birth. Despite 27 years of tremendous success, recent federal budget cuts have put funding to support Chandra's operation at risk. The space telescope is currently in great health, but with minimal funding available the more well-known telescopes, like Hubble and JWST, are being prioritized. In this lesson, we'll discuss the history of Chandra, how X-ray telescopes work, and the amazing discoveries that make Chandra the greatest X-ray telescope ever built.

Bio:

Dr. Valerie Rapson 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.

Be Right and Go Ahead: Henry A. Ward and the Ward Project

Tuesday, March 3rd – 2:00pm

Community Center

In the 1870s, the three largest natural history collections in the United States were held by the Smithsonian, Harvard, and the University of Rochester. All three institutions, and hundreds more, were supplied by Ward's Natural Science Establishment. How did the collecting passion of young Henry Ward grow into a business that connected Rochester to the world, and how is the Ward Project keeping the world connected to Rochester?

Bio:

Melissa Mead was hired as a librarian by the University of Rochester in 1994 and has been there ever since. She worked first in the library's Preservation Department, and in 1998, she joined the Rare Books and Special Collections department where she managed the website and digitization of collections. In 2012, Melissa was named the John M. and Barbara Keil University Archivist and Rochester Collections Librarian with responsibility for acquiring, preserving, and sharing the University's history as well as faculty papers, including the papers of Henry A. Ward and the Ward's Natural Science Establishment.

The Great Courses:

Friday, March 6th – 2:00pm

Community Center

**How the Great Migration
Changed America**

Topic 9: How Migrants Made Gospel Music

Where did gospel music—new and controversial in the early 20th century—come from? How did its sound evolve as it leapfrogged across migration chains? Enter a world of slow-dragging sound, buffet flats, expressive worship, and lecherous record companies to see just how the Great Migration environment produced today's soundtrack for sacred worship.

Topic 10: Negro League Baseball and Black Lotteries

Professional Black sports leagues proliferated in the wake of an unspoken color ban in 1887. Discover how the Negro Baseball League was founded. Get to know the characters—like Andrew “Rube” Foster and Josh Gibson—who propelled the league into national prominence. Explore the elusive lottery systems that financed it all.

The Great Courses:

Tuesday, March 10th – 11:00am

Community Center

**How the Great Migration
Changed America**

Topic 11: The Depression Reshapes the Great Migration

The Great Depression hit Black Americans uniquely hard, compounding misery across tangled racial and class lines. Survey the scale of economic devastation from south to north. Reevaluate President Roosevelt's New Deal program with Black Americans in mind. Explore the alternatives to capitalist democracy expressed in the so-called Proletarian Turn.

Topic 12: The Great Migration during World War II

As a second migrant wave washed up against Northern cities in the 1940s, Black America reached a breaking point. Why did wartime prosperity stall in Black neighborhoods, and why weren't respectability politics paying off? Explore the wartime home front landscape, from zoot suiters to the early Civil Rights movement.

LOCAL OUTINGS & TRIPS

Please read below for additional information

Perinton Concert Band: The Special Relationship: Music of England & the United States **Wednesday, March 4th – departing at 6:45pm** **Fairport, NY**

Winston Churchill coined the unique connection between the US and the UK as “The Special Relationship”. This was his recognition that a young, upstart group of colonies, which had once been a British property, was now a respected superpower that enjoyed a close alliance with its former ruling nation. On the English side of the musical ledger, we will feature one of Gustav Holst’s classic staples of the wind band repertoire, *First Suite in E flat for Military Band*. We will close the concert with Eric Coates’ *Knightsbridge March*, a piece that gained great popularity across the UK as the theme song to the BBC show “In Town Tonight”. We will celebrate this side of the Atlantic with the music of Rochester’s own Howard Hanson with his well-known *Chorale and Alleluia*, as well as a recently discovered, evocative work by Florence Price, *Adoration*. Ms. Price was the first Black American woman to have a piece performed by a major American orchestra. Our featured guest for the evening will be tuba soloist Justin Benavidez from the faculty of the Eastman School of Music. Justin will perform *Three Pieces for Tuba and Band* by the American composer, Anthony Plog. This spirited, jaunty work will contrast nicely with Justin’s second selection, Donald Hunsberger’s haunting arrangement of the British folk tune *The Last Rose of Summer*.

Spring ‘Books Sandwiched In’ Book Review: *The library of Lost Maps: An Archive of a World in Progress* **Tuesday, March 17th departing at 11:30am** **Rochester Public Library**

World-leading map maker James Cheshire’s discovery of a forgotten collection of maps at the University College London transports readers to the nineteenth and twentieth centuries. “They hold thousands of maps and atlases of everything from cave networks to mountain ranges to capital flows to the surface of the moon. ... The room is like a portal to the past ...” — The Wall Street Journal

Metropolitan Opera: <i>I Puritani Live</i>	Saturday, March 21st – departing at 12:30pm	Regal Eastview Movie Theater
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After years of anticipation, a truly unmissable event arrives in cinemas worldwide on March 21 as the electrifying Lise Davidsen tackles one of the ultimate roles for dramatic soprano: the Irish princess Isolde in Wagner’s transcendent meditation on love and death. Heroic tenor Michael Spyres stars opposite Davidsen as the love-drunk Tristan. The momentous occasion also marks the advent of a new, Met-debut staging by Yuval Sharon—hailed by The New York Times as “the most visionary opera director of his generation” and the first American to direct an opera at the famed Wagner festival in Bayreuth—as well as Music Director Yannick Nézet-Séguin’s first time leading Tristan und Isolde at the Met. Mezzosoprano Ekaterina Gubanova reprises her portrayal of Brangäne, alongside bass-baritone Tomasz Konieczny, who sings Kurwenal after celebrated Met appearances in Wagner’s Der Fliegende Holländer and Ring cycle. Bass-baritone Ryan Speedo Green makes an important role debut as King Marke.

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

RIT AMPrint Center	Tuesday, March 24th departing at 1:00pm	Rochester Institute of Technology
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Get ready to explore a place where imagination becomes engineered reality. At the RIT AMPrint Center, visitors get a behind-the-scenes look at how cutting-edge additive manufacturing machines operate—from advanced 3D printers that produce complex metal, polymer, ceramic, glass, and composite parts to pioneering research in materials, processes, and digital-fabrication applications. You’ll be guided through a space where engineers, scientists, and creators push the boundaries of what’s possible, developing technologies that are shaping the future of aerospace, healthcare, energy, and more. This is where the future is being built layer by layer.

Spring BSI Book Review: <i>Mother Emanuel: Two Centuries of Race, Resistance, and Forgiveness in One Charleston Church</i>	Tuesday, March 31st departing at 11:30am	Rochester Public Library
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Pulitzer Prize–winning journalist Kevin Sack’s profound story of courage, grace, and forgiveness amid the fight for racial justice also offers a sweeping history of one of the nation’s most important African American churches. Mother Emanuel was the first African Methodist Episcopal church in the South, and the site of a horrific hate crime in 2015, when a white supremacist slaughtered the church’s pastor and eight worshippers.

(*) 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.

Resident Committees & Groups

Please read below for additional information

Great Decisions Discussion

Thursday, March 12th – 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.

RESIDENT COMMITTEES & GROUPS

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

Book Discussion Group

Resident, Lorraine Withers

Phone: (585) 381-1933

Email: withersal2016@gmail.com

Community Outreach Committee

Maria Sommerville, Director of Sales & Marketing

Phone: (585) 641-6381

Email: Maria_Sommerville@urmc.rochester.edu

Dining Committee

Andy Trepanier, Executive Director

Phone: (585) 641- 6372

Email: andy_trepanier@urmc.rochester.edu

Friendship Committee

Maria Sommerville, Director of Sales & Marketing

Phone: (585) 641-6381

Email: Maria_Sommerville@urmc.rochester.edu

Great Decisions Discussion Group

Resident, Kathryn Thomas, Apt. 143

Phone: (585) 755-1341

Email: kathrynthomas2@me.com

Landscape Committee

Russell Perrone, Director of Facilities

Phone: (585) 641-6302

Email: russell_perrone@urmc.rochester.edu

Library Committee

Crystal Johnston, Director of Life Enrichment

Phone: (585) 641-6345

Email: crystal_johnston@urmc.rochester.edu

Pittsford Highlands Chorus Caregivers Support Group Alzheimer's Support Group

Elizabeth David, Cultural Program Coordinator

Phone: (585) 641-6344

Email: elizabeth_david@urmc.rochester.edu

Sustainability Committee

Andy Trepanier, Executive Director

Phone: (585) 641- 6372

Email: andy_trepanier@urmc.rochester.edu

Fun and Games

The following groups meet regularly in the Club Room (second floor).

To participate or learn, contact the residents listed below.

Interested in other games (such as cribbage, backgammon, checkers, chess) please contact Linda Kanaley at ammalinda4@aol.com or (239) 272-6393.

Dominoes

Cora Bartosch

Phone: 438-1072

Email: cbartosch@yahoo

Time: To be determined

Duplicate Bridge

Claire Miles

Phone: 586-0634

Email: crmiles35@aol.com

Time: 1st & 3rd Saturdays at 1:00pm

Duplicate Bridge

Annette Satloff

Phone: 586-8218

Email: grannette@aol.com

Time: 2nd Saturday at 1:00pm

Euchre

Randy Royka

Phone: (518) 587-1536

Email: royka43@yahoo.com

Time: Mondays at 1:00pm

Hand & Foot

Diana Howk

Phone: 317-6777

Email: dianahowk@gmail.com

Time: Thursdays at 3:00pm

Mahjong

Barbara Osborne

Phone: (914) 772-2230

Email: bosbornehap@gmail.com

Time: Fridays at 12:30pm

Party Bridge

Ann Chaudron

Phone: 218-1148

Email: achaudron@verizon.net

Time: Tuesdays at 11:00am