



## May 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**

Phone: 585-641-6345

Email: crystal\_johnston@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

### **Elizabeth David – Cultural Programming Coordinator**

Phone: 585-641-6344

Email: elizabeth\_david@urmc.rochester.edu

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### **Robin Gallagher – Wellness Coach**

Phone: 585-641-6316

Email: robin\_gallagher@urmc.rochester.edu

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

# Accessibility Guide

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

**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**

# Friday, May 1<sup>st</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>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>2:00pm</b>	<b>Community Center</b>	<b>Presentation: <i>The Power of Kindness</i></b> with Chet Fery known as “The Bread Man”. See page 40 for additional information.
<b>4:00pm–5:30pm</b>	<b>Music Room</b>	<b>Let’s Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!



## Saturday, May 2<sup>nd</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: 12:30pm</b> Return approx. 5:30pm	<b>Regal Eastview Movie Theater</b>  	<b>*Metropolitan Opera: Eugene Onegin LIVE</b> 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 44 for additional information. <b>Please register on Cubigo through the Activities Cube.</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> featuring the Lazuli String Quartet—talented students from the Eastman School of Music—performing Beethoven String Quartet No. 10 "Harp".

## Sunday, May 3<sup>rd</sup>


<b>Departure Times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b>  	<b>Depart for local churches</b> - 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.
<b>10:30am</b>	<b>Music Room</b>	<b>Communion Service</b> with volunteers from St. Louis Church
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

# Monday, May 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</b>	<b>Music Room</b>	<b>Program Planning Meeting</b> Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>2:00pm</b>	<b>Community Center</b>	<b>Virtual Presentation: <i>Back to the Moon: A 2026 Update on NASA's Artemis Mission</i></b> with Valerie Rapson, Ph.D. See page 40 for additional information.
<b>Departure: 6:45pm</b> Return approx. 10:00pm	<b>Penfield High School</b>  	<b>Penfield Symphony Orchestra: <i>An American Tapestry</i></b> <b>Please note tickets and transportation arrangements were made in advance. See previously distributed memo for additional information. For questions, contact Elizabeth David at 585-641-6344.</b>

# Tuesday, May 5<sup>th</sup>

## Cinco de Mayo

<b>9:00am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departure: 9:30am</b> Return approx. 12:30pm	<b>Rochester Institute of Technology</b> 	<b>Back by Popular Demand</b> <b>*Guided Tour: Vignelli Center for Design Studies</b> with Josh Owen, Director and Professor at RIT, and son of cottage residents Susan and David Owen. See page 44 for additional information. <b>To ensure a great tour experience, space has been limited. Be aware that there are some stairs within the center. Please register on Cubigo through the Activities Cube.</b>
<b>Departure: 10:00am</b>	<b>Henrietta, NY</b> 	<b>Shopping at Tops</b> <b>Please register on Cubigo through the Activities Cube</b> or 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>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.

**Programs continue on next page**

<b>1:00pm–2:00pm</b>	<b>Music Room</b>	<b>Knitting, Crochet &amp; Needlework Group</b> with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.
<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>3-Part Lecture Series: <i>Captivated by the Indians: The Story of a Patriot Family in Revolutionary New York. Part I: Massacre</i></b> with Susan Brewer, daughter of resident Mary Lou Brewer. This three-part series follows the story of Susan Brewer’s ancestor Jane Campbell, who with her parents and four children, was taken prisoner by Loyalists and Natives during a raid on Cherry Valley, New York during the American Revolution. See page 41 for additional 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.

# Wednesday, May 6<sup>th</sup>



**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

## No Fundamentals of Technology for the month of May.

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

**1:00pm – 2:00pm**              **HAP Pool**  
(2<sup>nd</sup> Floor)                      **Open Swim**  
with Robin Gallagher

**Departure: 1:15pm**              **Geva Theatre**                      **Geva Presents: *Furlough's Paradise***  
Return approx. 4:30pm                                     **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, or to  
secure transportation contact Elizabeth David at  
585-641-6344.

**1:30pm**                      **Community  
Center**                      **Pittsford Highlands Chorus Practice**  
New members are always welcome!

**2:30pm**                      **HAP Library**                      **Muriel's Novel Idea**  
Join resident Muriel Herzog for an adult read-aloud.

**3:00pm**                      **Wellness Center**              **Line Dancing**  
with resident Will Herzog. All are welcome.

**Programs continue on next page**

4:00pm–6:00pm

**Community Center**

**Centennial Birthday Party/Happy Hour**

Come enjoy drink specials, tasty apps, and friendly conversation with friends as we celebrate all our neighbors who have or will be celebrating 100 years young!!

## Thursday, May 7<sup>th</sup>

9:00am–9:45am

**HAP Pool**  
(2<sup>nd</sup> Floor)

**Water Fitness**

with Robin Gallagher

**Departures:**

9:00am

10:00am

11:00am

**Country Club Plaza**  
(East Rochester)



**Wegmans Grocery Shopping/Chase Bank**

**Please register on Cubigo through the Activities Cube** or call the Hospitality Desk at 585-586-7600 to be added to the transportation list.

**Departure: 9:15am**  
Return approx. 1:15pm

**Palmyra, NY**  


**\*Guided tour of Smith Farm Historic Site/Sacred Grove**

The Smith Family Farm and Sacred Grove, located in Palmyra/Manchester, New York, is the restored 100-acre homestead where Joseph Smith Jr., founder of the Latter Day Saint movement, lived during the 1820s. It is a significant historic site where Joseph reportedly experienced his "First Vision" in the Sacred Grove and later received the gold plates. **Seating may be limited. Please register on 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

**Programs continue on next page**

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

<b>11:00am–12:00pm</b>	<b>HAP Pub</b>	<b>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>2:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment:</b> with the <i>New Horizons Big Band</i> featuring their spring concert. Come support some of your neighbors who you may recognize!
<b>3:30pm</b>	<b>Laurelwood Hearth Room</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
<b>Departure: 6:30pm</b> Return approx. 10:00pm	<b>Kodak Hall</b> (Rochester Philharmonic Orchestra)  	<b>RPO Presents: <i>Rhythm &amp; Romance</i></b> <b>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.</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. For questions or to secure transportation contact Elizabeth David at 585-641-6344.

# Friday, May 8<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: 10:00am</b> Return approx. 12:00pm	<b>Macedon, NY</b> 	<b>*Wayside Garden Center</b> Spring is Here! Look for perennials, plants, shrubs and so much more for your gardening needs. <b>Please register on Cubigo through the Activities Cube.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>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>2:00pm</b>	<b>Community Center</b>	<b>Pittsford Food Cupboard/Food Link Presentation</b> with PFC Executive Director Daniel Traina, and Foodlink Member Engagement Manager, Jess Kingsely. Learn about how both organizations contribute to not only our Pittsford Community but the Greater Rochester Area.
<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.

**Programs continue on next page**

**Departure: 6:15pm**  
Return approx. 9:30pm

**Hochstein  
School of Music**



**\*Spotlight on Faculty Concert Series: *Crossroads***  
Enjoy a vibrant program for flute, clarinet, and piano exploring musical intersections across time and style. **Admission fee is \$10.00 and includes general seating arrangements. Payment can be made at the door on the day of the performance using cash or card. Please register on Cubigo through the Activities Cube.**

## Saturday, May 9<sup>th</sup>

**10:00am–11:30am**

**Activities Room**  
(2<sup>nd</sup> Floor)

**\*Art Class: *Pastel Birds***

with Amy Gendrou, Art Educator. Participants will create beautiful bird drawings using pastel and colored pencils. No fee to attend. All are welcome. **Please register on Cubigo through the Activities Cube.**

**10:15am**

**Music Room**  
(Note room change)

**Tai Chi**

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

**3:30pm**

**Laurelwood  
Gallery**

**Pet Therapy**

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

**7:30pm**

**Music Room**

**Weekend Movie**

Check the Daily Email for film title and description.

# Sunday, May 10<sup>th</sup>

## Mother'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

1:00pm-3:00pm

### Oneida Dining Room

### Mother's Day Brunch

Please see previously distributed memo for additional information for registration details.

Departure: 1:15pm

Return approx. 4:30pm

### Jewish Community Center



### JCC Presents: *The Sound*

### 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, May 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>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>2:00pm</b>	<b>Community Center</b>	<b>Presentation: A Survey of Paley’s Career and Legacy Planning</b> Albert Paley is an internationally recognized American sculptor and metal artist whose innovative use of forged steel has reshaped the boundaries between craft and monumental public art. He holds the Charlotte Fredericks Mowris Endowed Chair at the School for American Crafts, College of Imaging Arts and Sciences, Rochester Institute of Technology. See page 41 for additional information.
<b>7:00pm</b>	<b>Community Center</b>	<b>Evening Entertainment</b> with Eastman graduate flutist Katherine Marx. Review the history of solo flute repertoire, along with oldies classics and musical theater hits.

# Tuesday, May 12<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> <b>Please register on Cubigo through the Activities Cube</b> or 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>Departure: 10:30am</b> Return approx. 12:00pm	<b>Rochester, NY</b> 	<b>*Highland Park Scenic Drive</b> Enjoy a scenic ride through Highland Park and surrounding areas during the Lilac Festival as the lilacs and other beautiful flowers are in bloom! <b>Please note there may be an opportunity to get off the bus to view the flowers up close. Please register on Cubigo through the Activities Cube.</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>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>Corn Hole</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich

<b>2:00pm</b>	<b>Community Center</b>	<p><b>3-Part Lecture Series: <i>Captivated by the Indians: The Story of a Patriot Family in Revolutionary New York. Part II: Captivity</i></b></p> <p>with Susan Brewer, daughter of resident Mary Lou Brewer. This three-part series follows the story of Susan's ancestor Jane Campbell, who with her parents and four children, was taken prisoner by Loyalists and Natives during a raid on Cherry Valley, New York during the American Revolution. See page 42 for additional information.</p>
<b>7:30pm</b>	<b>Music Room</b>	<p><b>Lights, Camera, Action—Movie Night!</b></p> <p>Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.</p>


## Wednesday, May 13<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<p><b>Fitness Class</b></p> <p>with Robin Gallagher. Available in-person &amp; virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b></p>
<b>10:15am</b>	<b>Wellness Center</b>	<p><b>Fitness Class</b></p> <p>with Robin Gallagher</p>
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<p><b>Walk-Up IT Support</b></p> <p>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></p>
<b>11:00am-12:00pm</b>	<b>Activities Room (2<sup>nd</sup> Floor)</b>	<p><b>Alzheimer's Support Group:</b></p> <p>A welcoming group for anyone caring for a loved one with Alzheimer's. Share experiences, get support, and connect with others. All are welcome.</p>

**Programs continue on next page**

<b>Departure: 11:30am</b> Return approx. 1:30pm	<b>Rochester, NY</b>  	<b>*Live from Hochstein: <i>Hochstein Piano Faculty</i></b> This concert features music written for two, four, six, and eight hands across one or two pianos, with works by Beethoven, Satie, Debussy, Milhaud, and more. <b>No fee to attend. Please register on Cubigo through the Activities Cube.</b>
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b>  (2 <sup>nd</sup> Floor)	<b>Open Swim</b>  with Robin Gallagher
<b>1:30pm</b>	<b>Community Center</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog for an adult read-aloud.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>4:00pm-6:00pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
<b>Departure: 6:45pm</b> Return approx. 9:15pm	<b>Fairport, NY</b> (Minerva DeLand School)   	<b>*Perinton Concert Band: <i>By the Book</i></b> Great art inspires other great art; this concert will explore the ways that great literature has inspired great music. <b>This event is free and open to the public with general seating arrangements. Please register on Cubigo through the Activities Cube.</b>



# Thursday, May 14<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> <b>Please register on Cubigo through the Activities Cube</b> or 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>Great Decisions Discussion Group</b> led by resident Hal Higby. This month’s Topic: <i>The Future of Human Rights and International Law in a Divided World</i> . See page 45 for additional group 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>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>	<p><b>3-Part Lecture Series: Planning for the End of Life</b>  <b>Part I: Getting your Affairs in Order</b></p> <p>Join resident Glenn Koch, retired broker and former Senior Vice President at Morgan Stanley in Rochester, as he shares practical guidance on preparing for end-of-life matters. Learn how to start important conversations with loved ones, organize key documents, clarify expectations, and communicate your wishes—helping ease the burden on those you care about. <b>Please note that this lecture series is open to all family members.</b></p>
<b>3:30pm</b>	<b>Laurelwood Hearth Room</b>	<p><b>Pet Therapy</b>  with Ann Julien and Lulu</p>

# Friday, May 15<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>Walk – Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Worship Service</b> with Chaplain Steve Petrovich
<b>2:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with Bob Dunn featuring guitar and vocals from the 1950's-1970's. Come sing along to some of your favorites.
<b>4:00pm-5:30pm</b>	<b>Music Room</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
<b>Departure: 6:00pm</b> Return approx. 10:00pm	<b>ESL Ballpark</b>   	<b>Rochester Red Wings Baseball Game</b> <b>Ticket and transportation arrangements were made in advance, but there still may be some space left.</b> Please see previously distributed memo for additional information and registration details. Contact Elizabeth David for questions at 585-641-6344.

# Saturday, May 16<sup>th</sup>



## Armed Forces Day

<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>11:00am–1:00pm</b>	<b>Actives Room</b> (2 <sup>nd</sup> Floor)	<b>*Rock Painting for Pittsford Pride</b> Stop by and get creative as you paint rocks in celebration of Pittsford Pride! Whether you're a seasoned artist or just looking to have some fun, all are welcome to join. Your unique creations will become part of the decor at this year's Pittsford Pride event. This hands-on activity is hosted by Pittsford CommUNITY—a nonprofit dedicated to fostering inclusion, connection, and a strong sense of belonging throughout our community. <b>Please register on Cubigo through the Activities Cube.</b>
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.





# Sunday, May 17<sup>th</sup>

<b>Departure Times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b>  	<b>Depart for local churches</b> <ul style="list-style-type: none"><li>- First Presbyterian Church/ United Church of Pittsford</li><li>- St. Louis Church</li></ul> Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
<b>10:30am</b>	<b>Music Room</b>	<b>St. Louis Live Stream Communion Service</b> Service is shown on the TV, and a volunteer from the parish will be giving communion. All are welcome.
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Movie</b> Check the Daily Email for film title and description.

# Monday, May 18<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>Walk-Up IT Support</b> Drop by and get one-on-one assistance from our IT staff. <b>No appointment needed – support is provided on a first-come, first-served basis.</b>
<b>1:00pm – 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Laurelwood Gallery</b>	<b>Presentation: <i>Music &amp; Life of Glenn Miller</i></b> with presenter Larry Shearer
<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. Please note this meeting was moved up due to the holiday.</b>
<b>Departure: 7:00pm</b> Return approx. 10:00pm	<b>Double Tree Hotel</b>  	<b>*Flower City Jazz Society Concert</b> featuring the <i>Morgan Street Stompers</i> . Tickets are \$12.00 and paid for upon arrival. <b>Please register on Cubigo through the Activities Cube.</b>


# Tuesday, May 19<sup>th</sup>

<b>9:00am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departure: 10:00am</b>	<b>Penfield, NY</b>  	<b>Shopping at Tops</b> <b>Please register on Cubigo through the Activities Cube</b> or 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: 11:30am</b> Return approx. 1:00pm	<b>Pittsford Village</b>  	<b>*Lunch at JBC Noodles &amp; Ramen</b> Specializing in bubble tea, authentic Chinese food & Yunnan rice noodles. Lunch will be paid for on your own. <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–1:30pm</b>	<b>Wellness Center</b>	<b>Balance and Mobility Class</b> with Robin Gallagher



**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>3-Part Lecture Series: <i>Captivated by the Indians: The Story of a Patriot Family in Revolutionary New York. Part III: Return</i></b> with Susan Brewer, daughter of resident Mary Lou Brewer. This series follows the story of Susan's ancestor Jane Campbell, who with her parents and four children, was taken prisoner by Loyalists and Natives during a raid on Cherry Valley, New York during the American Revolution. See page 42 for additional 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.




# Wednesday, May 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>Departure: 9:00am</b> Return approx. 1:00pm	<b>Savannah, NY</b> 	<b>*Montezuma's Audubon Center and Bus Tour</b> with Senior Associate, Community Conservation Programs Abby Kress. Learn how you can assist and promote wildlife management, habitat restoration, conservation education, and public use within the Montezuma Wetlands Complex (MWC). <b>Please note there will be some standing at the Center and the optional opportunity to get off the bus to view the lands. Tour fee is \$15.00 per person and will be collected on the bus. Please register on Cubigo through the Activities Cube.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am-12:00pm</b>	<b>HAP Pub</b>	<b>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>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.

**Programs continue on next page**

<b>4:00pm–6:00pm</b>	<b>Community Center</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
<b>Departure: 6:30pm</b> Return approx. 10:00pm	<b>Kodak Hall</b> (Eastman Theatre)  	<b>*New Horizons Band Spring Concert</b> Join for an evening of musical pleasure, with a variety of selections played by the concert and Symphonic Bands. No admission fee. <b>Please register on Cubigo through the Activities Cube.</b>

## Thursday, May 21<sup>st</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> <b>Please register on Cubigo through the Activities Cube</b> or 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 Video- On Your Own</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**

2:00pm

**Community  
Center**

**3-Part Lecture Series: *Planning for the End of Life*  
*Part II: Estate Planning***

Join resident Bill Thomas, former attorney with the firm Nixon, Hargreaves, Devans and Doyle. This session will cover important legal documents that should be in place to accomplish what you want to happen at your death. The laws are frequently revised, and documents prepared in the past must be reviewed to ensure your wishes will be honored under the new provisions. Bill will be covering the current state of inheritance law as well as tax implications. **Please note that this lecture series is open to all family members.**

**No Pet Therapy with Ann Julien and Lulu today.**



7:00pm

**Community  
Center**

**Evening Entertainment**

with Keving and Cynthia featuring violin and piano. Enjoy an "Evening of Tchaikovsky" as it will feature works by Tchaikovsky, including several violin solos from his ballets.

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

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness video- On Your Own</b>
<b>Departure: 10:00am</b>	<b>Pittsford Plaza</b>  	<b>*Pathway to Pittsford Errand Bus</b> Catch a ride to Pittsford Plaza and the Pittsford Community Library. <b>Please register on Cubigo through the Activities Cube.</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>1:00pm-2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim- On your own, you need a buddy.</b>
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Sing a Long</b> with Chaplain Steve Petrovich
<b>1:30pm</b>	<b>Community Center</b>	<b>*Memorial Day BINGO!</b> Join us as we honor and remember those who have served our country. Enjoy an afternoon of fun with a patriotic twist. <b>Please register on Cubigo through the Activities Cube.</b>
<b>4:00pm-5:30pm</b>	<b>Music Room</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

**Programs continue on next page**

**Departure: 6:30pm**  
Return approx. 10:00pm

**Eastman  
Theatre**  
(Kodak Hall)  
 

**Pops Concert: *Broadway in Hollywood!***  
**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. For questions, or to secure transportation contact Elizabeth David at 585-641-6344.

## Saturday, May 23<sup>rd</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>10:00am-11:30am</b>	<b>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>*Art Class: <i>Mixed Media Flower Mess-Around</i></b> with Amy Gendrou, Art Educator. Participants will enjoy the new color of spring up close by creating mixed media pen, pastel, and colored pencil drawings of flowers. No fee to attend. All are welcome. <b>Please register on Cubigo through the Activities Cube.</b>
<b>10:15am</b>	<b>Music Room</b> (note room change)	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures.

### No Movie today

<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 Cener</b>	<b>Evening Entertainment</b> featuring classical piano. Prepare to be captivated by the extraordinary artistry of Ivanka Driankova, a pianist of rare sensitivity and brilliance.

(\*) 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.**

# Sunday, May 24<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

Departure: 1:15pm

Return approx. 4:00pm

## Glazer Music Performance

Center at Nazareth University  
(Beston Hall)



## RPO Matnee Presents: *Mozart & Haydn*

**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. For questions, or to secure transportation contact Elizabeth David at 585-641-6344.

1:30pm

## Music Room

## Weekend Movie

Check the Daily Email for film title and description.

# Monday, May 25<sup>th</sup>

## Memorial Day




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

**No Book Discussion Group. Join us on Monday, June 1<sup>st</sup>.**

**No Walk-Up IT Support.**

<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Open Swim—On your own, you just need a buddy.</b>
<b>3:00pm</b>	<b>Main Entrance</b>	<b>Taps Across America Returns for 2026</b> The National Moment of Remembrance is an annual event that asks Americans, wherever they are at 3:00pm local time on Memorial Day, to pause for a duration of one minute to remember those who have died in military service to the United States. Resident Glenn Koch will sound taps.
<b>4:00pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with the <i>High 5's Music Group</i> featuring residents from the Highlands! Come support your neighbors.

# Tuesday, May 26<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> <b>Please register on Cubigo through the Activities Cube</b> or 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>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, Crochet &amp; Needlework Group</b> with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich

**Programs continue on next page**

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

**Mt. Hope  
Cemetery**

**Step on Guided Bus Tour**

Enjoy a tour with Patricia Corcoran from the Friends of Mt. Hope Cemetery. Learn about the history and the residents that reside. There will be opportunities to get off the bus, but it's not required. **To secure your spot for this outing, please bring a check to the Hospitality Desk made out to the Highlands at Pittsford in the amount of \$10.00. Please be aware grounds may be uneven.**

**7:00pm**



**Community  
Center**

**Evening Entertainment**


with *Rocappella*, a women's a cappella group. featuring songs from the Beatles, show tunes, and "standards," like I got rhythm, California dreaming, and sounds of silence.

**Movie Night has been canceled.**

# Wednesday, May 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>Departure: 1:15pm</b> Return approx. 4:30pm	<b>Geva Theatre</b>  	<b>Geva Presents: <i>Baron Vaughn: Cycle Breaker</i></b> <b>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.</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>Activities Room</b> (2 <sup>nd</sup> Floor)	<b>Caregivers Support Group</b> with facilitator Connie Craig, MSW, Certified Aging Life Specialist (Care Manager). All are welcome.
<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, May 28<sup>th</sup>

<b>9:00am-9:45am</b>	<b>HAP Pool</b> (2 <sup>nd</sup> Floor)	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b>	<b>Country Club Plaza</b> (East Rochester)	<b>Wegmans Grocery Shopping/Chase Bank</b> <b>Please register on Cubigo through the Activities Cube</b> or 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>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.

**Programs continue on next page**

2:00pm	<b>Community Center</b>	<p><b>3-Part Lecture Series: <i>Planning for the End of Life Part III: Who will Make my End-of-Life Decisions?</i></b></p> <p>with resident Dr. Greg Eastwood, retired gastroenterologist. This session will explore how to ensure your end-of-life wishes are honored, including the role of a health care proxy, how to choose one, their responsibilities, who makes decisions if you don't have one, and whether New York's Medical Aid in Dying law may be an option. See page 43 for additional information. <b>Please note that this lecture series is open to all family members.</b></p>
3:30pm	<b>Laurelwood Hearth Room</b>	<p><b>Pet Therapy</b></p> <p>with Ann Julien and Lulu</p>

# Friday, May 29<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent via email.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>11:00am</b>	<b>Community Center</b>	<b>Morning Entertainment</b> with <i>Melody Makers Recorder Consort</i> . Enjoy music from the Renaissance era to popular tunes. This group is comprised of adults of all ages. Come support your neighbors.
<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>Afternoon Entertainment</b> with <i>The Pearlz Band</i> , a 3-piece acoustic trio known for their vocal harmonies. Enjoy a wide variety of instruments featuring guitars, 5-string banjo, mandolin, harmonica & ukulele.
<b>4:00pm-5:30pm</b>	<b>Music Room</b>	<b>Let's Get Social</b> Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

# Saturday, May 30<sup>th</sup>

**10:15am**

**Community  
Center**

**Tai Chi**

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

**Departure: 12:30pm**  
Return approx. 4:30pm

**Regal Eastview  
Movie Theater**



**\*Metropolitan Opera:**

***El Ultimo Sueno de Frida y Diego***

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 45 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.

**Departure: 2:15pm**  
Return approx. 5:30pm

**Mercy High  
School**



**Chorus of the Genesee**

*The Chorus of the Genesee* and *Rochester Rhapsody* proudly present a magical musical showcase of a cappella groups performing everything from classic hits to contemporary favorites. **See upcoming memo for additional information and registration details.**

**3:30pm**

**Laurelwood  
Gallery**

**Pet Therapy**

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

# Sunday, May 31<sup>st</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

Departure: 1:15pm

Return approx. 4:00pm

## Glazer Music Performance Center at Nazareth University

(Beston Hall)



## RPO Matinee: *Season Finale: Carmina Burana*

**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. For questions, or to secure transportation contact Elizabeth David at 585-641-6344.

1:30pm

## Music Room

## Weekend Movie

Check the Daily Email for film title and description.

# LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

**The Power of Kindness**

**Friday, May 1<sup>st</sup> – 2:00pm**

**Community Center**

Chet will share his bread time stories and provide a bread making demonstration. Join us as we walk down memory lane recalling our memories of “hot bread from the oven” and learn how we can make the world a better place “one loaf of bread at a time, one act of kindness at a time”.

**Back to the Moon: A 2026 Update  
on NASA’s Artemis Mission**

**Monday, May 4<sup>th</sup> – 2:00pm**

**Community Center**

## **Description:**

Since the Apollo 17 astronauts left the moon in 1972, no other human being has set foot on the lunar surface. NASA’s Artemis mission hopes to change this by putting the next man and the first woman on the moon by 2030. Substantial progress has been made on NASA’s Space Launch System and Orion spacecraft, and testing of these systems is underway. Join us for a detailed update on the Artemis mission and learn more about when NASA expects to have humans living on the surface of the moon.

## **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.

**Captivated by the Indians:  
The Story of a Patriot Family in  
Revolutionary New York. Part I:  
Massacre**

**Tuesday, May 5<sup>th</sup> – 2:00pm**

**Community Center**

**Description:**

This lecture discusses the Haudenosaunee tradition of taking captives and the 1778 raid known as the Cherry Valley Massacre. It considers the actions and motivations of the rebel Campbell family, the Loyalists led by Captain Walter Butler, the Mohawks led by Captain Joseph Brant, and the Senecas led by war chief Cornplanter and principal warrior Hiokatoo, the husband of Mary Jemison, known as the white woman of the Genesee.

**Bio:**

**Susan A. Brewer** is the author of *The Best Land: Four Hundred Years of Love and Betrayal on Oneida Territory* and *Why America Fights: Patriotism and War Propaganda from the Philippines to Iraq*. As professor of history at the University of Wisconsin-Stevens Point from 1990-2015, she taught American history and specialized in the history of US Foreign Relations. She now lives in the Adirondack Mountains where she is writing a book about a rebel family on the New York frontier during the American Revolution.

**A Survey of Paley's Career and  
Legacy Planning**

**Monday, May 11<sup>th</sup> – 2:00pm**

**Community Center**

**Albert Paley** is an internationally recognized American sculptor and metal artist whose innovative use of forged steel has reshaped the boundaries between craft and monumental public art. Over a career spanning more than five decades, he has created iconic gates, arches, and large-scale sculptures for museums, civic spaces, and private collections around the world, while also serving as a longtime faculty member and Professor Emeritus at Rochester Institute of Technology. A recipient of the National Medal of Arts, Paley continues to influence generations of artists through his work, teaching, and legacy. Albert is donating his archives to The Rochester Institute of Technology.

**Captivated by the Indians:  
The Story of a Patriot Family in  
Revolutionary New York. Part II:  
Captivity**

**Tuesday, May 12<sup>th</sup> – 2:00pm**

**Community Center**

**Description:**

This lecture will cover the captivity of the Campbells who were marched from Cherry Valley to Seneca territory, separated from each other, adopted by Seneca and Mohawk families, and endangered by the US invasion of Haudenosaunee territory known as the Sullivan Expedition, while the British command ordered that the rebel family be located and returned as part of a prisoner exchange.

**Bio:**

**Susan A. Brewer** is the author of *The Best Land: Four Hundred Years of Love and Betrayal on Oneida Territory* and *Why America Fights: Patriotism and War Propaganda from the Philippines to Iraq*. As professor of history at the University of Wisconsin-Stevens Point from 1990-2015, she taught American history and specialized in the history of US Foreign Relations. She now lives in the Adirondack Mountains where she is writing a book about a rebel family on the New York frontier during the American Revolution.

**Captivated by the Indians:  
The Story of a Patriot Family in  
Revolutionary New York. Part III:  
Return**

**Tuesday, May 19<sup>th</sup> – 2:00pm**

**Community Center**

This talk considers the difficulties confronting British and Loyalist officers under orders to reunite the Campbell family, especially when eight-year-old James refused to leave his adopted Mohawk family, and return them from Fort Niagara to Albany via Montreal through war-torn borderlands. The importance of the Campbells' return was signaled by a visit from Generals George Washington and Philip Schuyler at the end of the war.

**Description:**

This session will explore how to ensure your end-of-life medical wishes are honored if you cannot speak for yourself as well as the role of a Health Care Proxy, how to choose one, and their role and responsibilities, as well as who makes decisions if you do not have one. The session will also review New York's Medical Aid in Dying law and who may be eligible.

**Bio:**

**Greg Eastwood** has held positions at the Harvard, U. Mass, and Georgia (Dean) medical schools and President of SUNY Upstate Medical University, Syracuse. His most recent book is *Finishing Our Story: Preparing for the End of Life*.

## LOCAL OUTINGS & TRIPS

Please read below for additional information

<b>Metropolitan Opera: <i>Eugene Onegin Live</i></b>	<b>Saturday, May 2<sup>nd</sup> – departing at 12:30pm</b>	<b>Regal Eastview Movie Theater</b>
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Following her acclaimed 2024 company debut in Puccini's *Madama Butterfly*, soprano Asmik Grigorian returns to the Met as Tatiana, the lovestruck young heroine in this ardent operatic adaptation of Pushkin, which will be transmitted live from the Metropolitan Opera stage to cinemas worldwide on May 2. Baritone Igor Golovatenko reprises his portrayal of the urbane Onegin, who realizes his affection for her all too late. The Met's evocative production, directed by Tony Award-winner Deborah Warner, "offers a beautifully detailed reading of ... Tchaikovsky's lyrical romance" (The Telegraph).

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

<b>Vignelli Center for Design Studies</b>	<b>Tuesday, Tuesday, May 5<sup>th</sup> departing at 9:30am</b>	<b>Rochester Institute of Technology</b>
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**Josh Owen** is the Vignelli Distinguished Professor and director of the Vignelli Center. Prior to his current role; Josh was Director of the Industrial Design Department, in which he continued to teach his popular course known as the Metaproject. He is also the president of his eponymous design studio, Josh Owen LLC. His professional projects are produced by major manufacturers and have won many awards. Josh's work is included in many permanent design collections such as the Corning Museum of Glass. Owen's professional work has been featured in major exhibitions, numerous books on design, and is regularly included in critical design discourse. He is the author of the book, *Lenses for Design*.

**\*Metropolitan Opera: Saturday, May 30<sup>th</sup> departing Regal Eastview Movie Theater**  
***El Ultimo Sueno de Frida y* at 1:00pm**  
***Diego***

The Metropolitan Opera’s 2025–26 Live in HD season has come to a close with a live transmission of American composer Gabriela Lena Frank’s first opera, a magical–realist portrait of Mexico’s painterly power couple Frida Kahlo and Diego Rivera, with libretto by Pulitzer Prize–winning playwright Nilo Cruz. Fashioned as a reversal of the Orpheus and Euridice myth, the story depicts Frida, sung by leading mezzo–soprano Isabel Leonard, leaving the underworld on the Day of the Dead and reuniting with Diego, portrayed by baritone Carlos Álvarez. The famously feuding pair briefly relive their tumultuous love, embracing both the passion and the pain before bidding the land of the living a final farewell. Music Director Yannick Nézet–Séguin conducts the Met–premiere staging of Frank’s opera, a “confident, richly imagined score” (The New Yorker) that “bursts with color and fresh individuality” (Los Angeles Times). The vibrant new production, taking enthusiastic inspiration from Frida and Diego’s paintings, is directed and choreographed by Deborah Colker.

## Resident Committees & Groups

Please read below for additional information

**Great Decisions Discussion Thursday May 14<sup>th</sup> – 11:00am Music Room**

Great Decisions is America’s largest discussion program on world affairs. The program involves reading the Great Decisions Briefing Book, watching the video series and meeting in a Discussion Group to discuss the most critical global issues facing America today.

## 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**

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

Phone: (585) 641- 6372

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

# Fun and Games

The following groups meet regularly in the **Social Room/ Card Room** (second floor).  
To participate, learn, **or to confirm location**, contact the residents listed below.

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

## **Dominoes**

### **Cora Bartosch**

Phone: 438-1072

Email: [cbartosch@yahoo](mailto:cbartosch@yahoo)

**Time: To be determined**

## **Duplicate Bridge**

### **Claire Miles**

Phone: 586-0634

Email: [crmiles35@aol.com](mailto:crmiles35@aol.com)

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

## **Duplicate Bridge**

### **Annette Satloff**

Phone: 586-8218

Email: [grannette@aol.com](mailto:grannette@aol.com)

**Time: 2nd Saturday at 1:00pm**

## **Euchre**

### **Randy Royka**

Phone: (518) 587-1536

Email: [royka43@yahoo.com](mailto:royka43@yahoo.com)

**Time: Mondays at 1:00pm**

## **Hand & Foot**

### **Diana Howk**

Phone: 317-6777

Email: [dianahowk@gmail.com](mailto:dianahowk@gmail.com)

**Time: Thursdays at 3:00pm**

## **Mah Jongg**

### **Barbara Osborne**

Phone: (914) 772-2230

Email: [bosbornehap@gmail.com](mailto:bosbornehap@gmail.com)

**Time: Fridays at 12:30pm**

## **Party Bridge**

### **Ann Chaudron**

Phone: 218-1148

Email: [achaudron@verizon.net](mailto:achaudron@verizon.net)

**Time: Tuesdays at 1:00pm**