



June 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

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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!

 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

Monday, June 1st

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am	Community Center (note room change)	Book Discussion Group Book Title: <i>Heaven and Earth Grocery Store</i> by James McBride
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am	Music Room	Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
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	Virtual Presentation: <i>The Lifecycle of our Sun and the Fate of Earth</i> with Valerie Rapson, Ph.D. See page 35 for additional information.


Tuesday, June 2nd

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 10:00am	Henrietta, NY   	Shopping at Tops Please register on Cubigo through the Activities Cube or 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. 3:15pm	Farmington, NY     	*Finger Lakes Gaming & Racetrack Enjoy lunch at the Platinum Grill featuring a variety of options, along with slot machines, and horse racing that starts at 12:55pm (betting is optional). Lunch will be paid for on your own. No fee to attend. Please note the distance walking throughout the building. An elevator is available to go upstairs. MUST HAVE ID TO ENTER THE FACILITY. 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

1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
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, June 3rd

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am–12:00pm	Music Room	Fundamentals of Technology: Smartphone Workshop with IT Technicians Nic and Chris
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!
Departure: 1:45pm Return approx. 4:00pm	Bloomfield, NY 	*Shark’s Custard & Candy Enjoy over 20 flavors of soft/hard and sugar free ice cream. Please register on Cubigo through the Activities Cube.
2:00pm	Laurelwood Gallery	Afternoon Entertainment with Seth Sealfon and Julie Ketchum featuring vocals and music accompaniment.

Programs continue on next page

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

Thursday, June 4th

9:00am-9:45am	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 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	Pennsylvania, NY     	Overnight to the Frank Lloyd Wright Home; Falling water. Please note registration for this trip was done in advance and is now full.
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.

Programs continue on next page

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.
Departure: 1:30pm Return approx. 3:30pm	Sister of St. Joseph of Rochester	*Pittsford Highlands Chorus Spring Concert! Chorus members Please register on Cubigo through the Activities Cube or call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
2:30pm	Community Center	Presentation: Seneca Park Zoo’s ZooMobile presents <i>Amazing Adaptations</i> Big or small, predator or prey, all animals have special adaptations to help themselves and their species survive. Learn about what animals need to do to survive in their natural ranges and how their adaptations help them along the way.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, June 5th

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
1:15pm	Laurelwood Gallery	Pause for Peace with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>The Hidden Story of D-Day</i> with presenter Jack Kowiak. The largest amphibious invasion in history has quite a backstory. This talk examines the key decisions and politics that confronted Eisenhower and other military planners as they laid out plans for this momentous invasion. Learn some surprising information on the keys to the Allied victory.
4:00pm-5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, June 6th

10:15am	Laurelwood Gallery (Note room change)	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures.
11:00am	Community Center	Presentation/Performance by the Bantu Wazigua Community of Rochester. Learn about their culture, what brought them to the states, and enjoy a performance from the children of the Bantu Wazigua community. All are welcome. This event is hosted by Community Outreach Committee.
12:00pm	Oneida Dining Room	Meet the Bantu Wazigua People of East Africa Highlands Team Captain, Aweso Mkomwa, invites you to learn about his culture and community. Enjoy a flavorful experience with dishes that are delicious and gently spiced for everyone to enjoy. All proceeds go to the organization. Tickets are \$20.00 each and may be purchased in advance at the Hospitality Desk or on the day of the event in the Oneida Dining Room, pending availability. Their mission is to create opportunities for young people, including programs like the Young Tigers Soccer Club. This event is hosted by Community Outreach Committee.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.
7:00pm	Community Center	Evening Entertainment Enjoy the <i>Honors Scholarship String Quartet</i> , a group of advanced high school string students from the Hochstein School's Chamber Music Connection program, along with an <i>Adult Duet Ensemble</i> who will both be performing movements by Beethoven.

Sunday, June 7th

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

Join Bob Sneider and Paul Hofmann for an afternoon of jazz guitar and piano featuring favorites by Chuck Mangione along with selections from Stevie Wonder. Bob Sneider is Associate Professor of Jazz Studies at the Eastman School of Music and Chair of the Jazz Department at the Eastman Community Music School, while Paul Hofmann serves as Senior Instructor of Jazz Piano at Eastman.




7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, June 8th

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. 1:30pm	Seneca Falls, NY   	*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.
10:15am	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	*Card Making Workshop with Laurel Parrilli, daughter of resident Grace Schneckeburger. Each participant will get to make cards in 3 designs. No previous experience required. All materials will be provided. Please register in Cubigo through the Activities Cube.

Tuesday, June 9th

9:00am–9:45am	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 register on Cubigo through the Activities Cube or call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
Departure: 9:30am Return approx. 3:00pm	Watkins Glen  	Captain Bills Boat Cruise and Lunch Tickets and transportation arrangements were made in advance. Please see previously distributed memo for additional information.
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.
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	Corn Hole with Robin Gallagher
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
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, June 10th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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-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.
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.
Departure: 3:15pm Return approx. 7:30pm	Webster, NY 	*Dinner at Hedges Restaurant on Lake Ontario Serving the best of land and sea, with the finest cuts of steak with the freshest seafood dishes. Enjoy some extra time taking in the peaceful scenery before our 5:00pm dinner reservation. Please register on Cubigo through the Activities Cube. Space is limited.
4:00pm-6:00pm	Community Center	Let’s Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

(*) 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.

Thursday, June 11th

8:45am	Community Center	<p>*Annual Men's Breakfast/Presentation <i>The History and Championships of Oak Hill Country Club</i> with guest speaker Fred Beltz, current Oak Hill Foundation, Inc. president and past historian. A suggested donation of \$5.00 will be collected at the breakfast. Stay tuned for this year's chosen organization. Please register on Cubigo through the Activities Cube.</p>
9:00am-9:45am	HAP Pool (2 nd Floor)	<p>Water Fitness with Robin Gallagher</p>
<p>Departures: 9:00am 10:00am 11:00am</p>	<p>Country Club Plaza (East Rochester) </p>	<p>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.</p>
10:00am	Highlands Pub	<p>Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.</p>
10:30am - 12:00pm	Wellness Center	<p>Circuit Training with Robin Gallagher</p>
11:00am-12:00pm	HAP Pub	<p>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.</p>
11:00am	Music Room	<p>Great Decisions Discussion Group This month's Topic: <i>The Nuclear Age</i> led by resident Barb Eltinge. Watch a DVD presentation which summarizes the situation and then share our thoughts and experiences on said topic. See page 35 for additional group information.</p>

Programs continue on next page




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	Pittsford Highlands Chorus Concert: <i>Can you feel the Love?</i> Sing and tap along in this participatory concert of familiar tunes, including Broadway, The Beatles, and other favorites. Come support your neighbors!
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, June 12th


No Fitness Class at the Hahnemann Club today.

10:15am	Wellness Center	Fitness Class with Robin Gallagher. Cottage residents come join!
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	Travelogue: China Join travel expert Beth Brancato as you take a journey across one of the oldest and most fascinating civilizations in the world. It's a land where ancient traditions meet cutting-edge technology, where 4,000 years of history live side by side with a fast-paced modern society.

No Religious Program today with Chaplain Steve.

4:00pm-5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
Departure: 6:00pm Return approx. 10:00pm	ESL Ballpark   	Rochester Red Wings Baseball Game Ticket and transportation arrangements were made in advance, but there still may be some space left. Please see previously distributed memo for additional information and registration details. Contact Elizabeth David for questions at 585-641-6344.

Saturday, June 13th

10:00am–11:30am	Activities Room (2 nd Floor)	*Art Class: <i>Sketching and Watercolor</i> with Amy Gendrou, Art Educator. Participants will continue investigating the color and growth of the season using pencil and watercolor to create light-infused colorful works of art! 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.
12:30pm	Main Building Front Entrance	*Bus Decorating for the Pittsford Pride Parade Join your neighbors in decorating the HAP Bus for the Parade. Please register on Cubigo through the Activities Cube.
Departure: 1:30pm Return approx. 3:30pm	Village of Pittsford 	*Pittsford Pride Parade Participate in the parade with a stop at the Port of Pittsford located behind the Pittsford Library. Enjoy the outdoor gathering from 2:30pm–3:30pm celebrating the LGBTQIA Community. Please register on Cubigo through the Activities Cube.
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, June 14th

Flag 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

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

7:00pm

Community Center

Evening Entertainment






with the *Chapel Brass* featuring trumpets, French horns, trombone and tuba, playing old hymns, carols, fanfares, pop ballads and more.

Monday, June 15th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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	Highlands Front Entrance/Flagpole	*Flag Day Ceremony accompanied by <i>Top Brass</i> . Wear your red, white, and blue! Following will be a free hotdog lunch for residents only. Please no guests. The ceremony will be weather dependent. Please register on Cubigo through the Activities Cube.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Laurelwood Gallery	Presentation: <i>Music & Life of Barbra Streisand</i> with presenter Larry Shearer
2:00pm	Community Center	Presentation: <i>Broadway and the Jukebox Musical!</i> Jukebox musicals are a popular genre of musical theater that use pre-existing songs to tell a story. Each type brings its own style and storytelling approach. Join Bob Sagan, aka Broadway Bob, as you look for the familiarity of the songs and the innovative ways they're woven into theater narratives.
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel  	*Flower City Jazz Society Concert featuring <i>Gordon Webster Band</i> . Tickets are \$12.00 and paid for upon arrival. Please register on Cubigo through the Activities Cube.

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For questions or registration assistance, contact Elizabeth David at 585-641-6344.

Tuesday, June 16th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 10:00am	Penfield, NY   	Shopping at Tops Please register on Cubigo through the Activities Cube or 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: 12:00pm Return approx. 1:30pm	Fairport, NY  	*Lunch at Dalia's/ Abbott's Frozen Custard Enjoy a combination of authentic Lebanese and Mediterranean flavors, followed by an after lunch dessert. Lunch will be paid for on your own. 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
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
7:00pm	Community Center	Evening Entertainment with <i>Clarinet Collection</i> . A spin-off of the Perinton Concert Band. Enjoy a variety of styles, ranging from classical to show tunes and old favorites.

No Evening movie

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For questions or registration assistance, contact Elizabeth David at 585-641-6344.

Wednesday, June 17th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	HAP Pub	Fundamentals of Technology: <i>Ordering Food Online</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>Anastasia</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, or to secure transportation contact Elizabeth David at 585-641-6344.
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
1:30pm	Laurelwood Gallery	Afternoon Entertainment with Rob Gioia featuring guitar and vocals.
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!

(* 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.

Thursday, June 18th

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
9:00am		Please register on Cubigo through the Activities Cube or call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
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-12:00pm	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	Afternoon Entertainment with Chrissy Ferraraccio featuring a variety of classics.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Programs continue on next page

7:00pm	Community Center	Evening Entertainment with <i>Kodachrome</i> , a saxophone quartet. Enjoy a range of classical and contemporary pieces along with some pieces written specifically for the saxophone quartet. One member from the group is an Eastman Alumni, however they have all studied music extensively and met as graduate students studying performance at Arizona State University.
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Friday, June 19th
Juneteenth

No fitness class or open swim with Robin today. The pool is open, just need a buddy.
No IT Support
No Religious Program with Chaplain Steve

1:00pm-2:00pm	HAP Pool (2 nd Floor)	Open Swim-on your own, you just need a buddy
2:30pm	Community Center	Afternoon Entertainment with the Brad Batz Duo featuring jazz music.
4:00pm-5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

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For questions or registration assistance, contact Elizabeth David at 585-641-6344.

Saturday, June 20th

10:00am–11:30am	Activities Room (2 nd Floor)	*Art Class: <i>Relaxing with Zentangle</i> with Amy Gendrou, Art Educator. Participants will create a beautifully patterned drawing using drawing materials and Zentangle patterns. 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.

Sunday, June 21st

Father's Day/First Day of Summer

Departure Times: 9:30am 10:00am	Religious Services  	Depart for local churches <ul style="list-style-type: none">- 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.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, June 22nd

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
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-1:45pm	Music Room	Documentary: <i>History & Evolution of the American Flag</i> The history and evolution of the American flag— from colonial beginnings to the current 50-star design.
2:00pm-3:00pm	Highlands Main Entrance	9 Cone Cone Ice Cream Truck Enjoy a complimentary ice cream! Residents only, no guests please.

Tuesday, June 23rd

Departure: 8:30am
Return approx. 11:45am

Charlotte Beach



***Beach Walk and Breakfast**

Enjoy breakfast at Parkside Diner followed by a leisure walk near Beach Ave along Lake Ontario. Take in the beautiful scenery and luxury homes.

Please register on Cubigo through the Activities Cube.

9:00am

HAP Pool
(2nd Floor)

Water Fitness

with Robin Gallagher

Departures:

9:00am

10:00am

11:00am

Country Club Plaza
(East Rochester)



Wegmans Grocery Shopping/Chase Bank

Please register on Cubigo through the Activities Cube or 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.**

12:50pm-2:00pm

Activities Room
(2nd 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

1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.

Wednesday, June 24th

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
Departure: 1:00pm Return approx. 3:15pm	Memorial Art Gallery 	*Guided Tour: <i>Desire and Abundance: American Culture and the Still Life</i> <i>As we celebrate the 250th anniversary of the signing of the Declaration of Independence, this display features a selection from MAG's collection of American still life's, spanning from the 1800s to the present. Taken together, these artworks present an array of items that underscore shifting tastes in American art, commerce, and daily life. The admission fee is \$7.00 and will be collected day of. This tour will be led by resident Ronna Grimes. Please register on Cubigo through the Activities Cube.</i>

Programs continue on next page

1:30pm	Activities Room (2 nd Floor)	Caregivers Support Group with facilitator Connie Craig, MSW, Certified Aging Life Specialist (Care Manager). All are welcome.
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 and welcome NEW RESIDENTS! Enjoy some raw jazz vocals by Roz Menachof while enjoying specialty drinks, tasty apps, and friendly conversation with neighbors and friends!

Thursday, June 25th

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 register on Cubigo through the Activities Cube or 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.
Departure: 1:30pm Return approx. 3:30pm	The Woodlands Senior Living	*Pittsford Highlands Chorus Members Spring performance. Chorus members please register on the Cubigo through the Activities Cube for transportation.

Programs continue on next page

1:30pm	Music Room	*Mindful Coloring 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.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, June 26th

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 (2nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Worship Service with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>The War of 1812</i> with Dan Cody, staff member at the Rundel Memorial Library and adjunct American history instructor at three local colleges. Explore the causes and key events of this often-overlooked conflict in a concise and engaging historical overview.
4:00pm–5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, June 27th

9:00am –11:00am	Oneida Dining Room	Resident Breakfast Buffet Enjoy a complimentary breakfast for residents only.
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.
3:30pm	Laurelwood Gallery	Pet Therapy RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.

Sunday, June 28th

Departure: 9:15am

Return approx. 12:45pm

**Canandaigua,
NY**



*** Arts at the Gardens 25th Anniversary**

Enjoy the day at Sonnenberg Gardens. Shop for fine art and craft items hand made by skilled artisans. Enjoy music & access to the gardens and mansion. Food & drinks are available for purchase. **Tickets are \$10.00 and will be purchased onsite. Heavy walking is required with limited access to seating. Please register Cubigo through the Activities Cube. Please note this outing is whether permitting.**

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**

Evening Entertainment

with the *Traveling Cabaret* featuring Song, Dance, and Comedy!

7:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

Monday, June 29th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:00am	Music Room	Book Discussion Group Book Title: <i>The Lost and Found Bookshop</i> by Susan Wiggs
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.
7:00pm	Community Cener	Evening Entertainment with music from <i>Rochester Rhapsody</i> featuring a cappella harmony vocals.

Tuesday, June 30th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departure: 10:00am	Penfield, NY   	Shopping at Tops Please register on Cubigo through the Activities Cube or 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.
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	Hymn Study with Chaplain Steve Petrovich
Departure: 1:30pm Return approx. 3:30pm	Rochester, NY  	*Shopping at Craft Company No. 6 Enjoy a variety of unique, handcrafted American & Canadian artisan jewelry, gifts and decorative accessories. Please note there is a second floor that does require stairs. 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.

LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

The Lifecycle of our Sun and the Fate of Earth

Monday, June 1st – 2:00pm

Community Center

Our sun is a classic medium-sized star in the middle of its stellar lifecycle. Currently fusing Hydrogen into Helium, our sun should have enough “fuel” to shine for 10 billion years. But eventually the sun will die out, causing drastic changes to our home planet. There’s even a possibility that the Earth will be swallowed whole by the aging sun! In this lesson will discuss the entire lifecycle of the sun, and how its changing properties have affected the Earth- past, present and future.

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.

Resident Committees & Groups

Please read below for additional information

Great Decisions Discussion

Thursday June 11th – 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

Bethany Creager, Sales and Marketing Assistant

Phone: (585) 641-6388

Email: Bethany_Creager@urmc.rochester.edu

Dining Committee

Andy Trepanier, Executive Director

Phone: (585) 641- 6372

Email: andy_trepanier@urmc.rochester.edu

Friendship Committee

Bethany Creager, Sales and Marketing Assistant

Phone: (585) 641-6388

Email: Bethany_Creager@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 **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 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

Mah Jongg

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 1:00pm