



August 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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Robin Gallagher – Wellness Coach

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Office: Located on the 2nd floor of Hahnemann Square

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

Saturday, August 1st

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, August 2nd

Departure times: 8:30am 9:10am 9:30am 10:00am	Religious Services 	Depart for local churches - Christ Episcopal Church - St Paul's Evangelical Lutheran Church - First Presbyterian Church - St. Louis Church Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. Please note summer hours have begun.
10:00am	Music Room	Pray the Rosary with Darlene Hoover from St. Louis Church
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.

Monday, August 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	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	Evening Entertainment with vocalist Mike Sidoti featuring a variety of favorites such as Frank Sinatra, Chuck Mangione, James Taylor, Hall & Oates, The Temptations, Bruno Mars, and much more.

Tuesday, August 4th

9:00am–9:45am	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.
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–2:00pm	Music Room	Knitting, Crochet & Needlework Group with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>An Inside look at Bone</i> with cottage resident Dr. Ira Ames. Learn how the internal structure of bone creates its strength and hardness, and how several conditions can cause its fragility. See page 33 for additional information.
7:00pm	Community Center	Evening Music with the Fairwinds Octet featuring classical music.

Wednesday, August 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	Music Room	Fundamentals of Technology: Cubigo 101 with IT Technicians Nic and Chris
Departure: 12:15pm Return approx. 4:30pm	Fairport, NY  	Colonial Belle Boat Cruise Registration and transportation arrangements were made in advance. For questions contact Elizabeth David at 585-641-6344.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!

No Muriel's Novel Idea adult read-aloud today.

No Line Dancing with Will today.

4:00pm-6:00pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!
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Thursday, August 6th

9:00am–9:45am

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.

Departure: 9:45am
Return approx. 4:00pm

Auburn, NY



***Guided tour of the Willard Memorial Chapel/
Lunch at Prison City Pub**
Experience the beauty and history of the historic 19-th century building with one of their knowledgeable guides. This building is famous for housing the world's only complete, unaltered religious interior designed by Louis Comfort Tiffany and the Tiffany Glass and Decorating Company. **Admission fee is \$8.00 and will be collected day of. 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

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

**Great Decisions Discussion Group is taking a summer break.
They will reconvene in September.**

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.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu
5:00pm–6:30pm	Highlands Main Entrance/Music Room	Antique Car Show Enjoy culinary delights, entertainment, and of course the classic automobiles! To register, please call the Highlands Events Line at 585-641-6303. Space is limited.

Friday, August 7th

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

No religious program with Chaplain Steve Petrovich today.

2:00pm	Community Center	Virtual Presentation: <i>Probing the Early Universe with the James Webb Space Telescope</i> with Valerie Rapson, Ph.D. Join Valerie for an update on the most distant objects ever observed by JWST! See page 33 for additional information.
4:00pm–5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, August 8th

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, August 9th

Departure times: 8:30am 9:10am 9:30am 10:00am	Religious Services 	Depart for local churches - Christ Episcopal Church - St Paul's Evangelical Lutheran Church - First Presbyterian Church - St. Louis Church Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. Please note summer hours have begun.
10:30am	Music Room	Communion Service with volunteers from St. Louis Church
Departure: 1:00pm Return approx. 4:15pm	Rochester Institute of Technology	*Finger Lakes Opera: <i>The Marriage of Figaro</i> Tickets and transportation arrangements were made in advance. See previously distributed memo for additional information and registration instructions. For questions contact Elizabeth David at 585-641-6344. Please register on Cubigo through the Activities Cube.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, August 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.
1:00pm – 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
2:00pm	Community Center	Presentation: <i>Using Bacteria to Make Pests Back Off!</i> presented by University of Rochester 2026 iGEM Team VERDANT. The International Genetically Engineered Machines (iGEM) Competition challenges student teams to solve real-world problems using synthetic biology. This year's Project Verdant engineers <i>E. coli</i> to detect a natural plant stress signal (MeSA) and produce a natural insecticide only when needed, reducing pesticide use and promoting a more environmentally friendly approach to crop protection. Project Verdant aims to reduce the environmental impacts of pesticides by having the bacteria release pesticides only when necessary, allowing for a more efficient and eco-friendlier alternative!
7:00pm	Community Center	Evening Entertainment From opera to pop and everything in between join world renowned classically trained tenor vocalist George DeMott.

Tuesday, August 11th

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.
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–2:00pm	Wellness Center	Corn Hole League with Robin Gallagher

No religious program with Chaplain Steve Petrovich today.

Departure: 2:00pm Return approx. 4:00pm	Henrietta, NY  	*White Rabbit Dessert Experience Enjoy a wide variety of decadent desserts and coffees. White Rabbit began with a husband-and-wife team whose love for desserts and sharing sweet moments with loved ones inspired their business. 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.

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

Wednesday, August 12th

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: Email 101 with IT Technicians Nic and Chris
11:00am-12:00pm	Activities Room (2 nd Floor)	Alzheimer's Support Group: A welcoming group for anyone caring for a loved one with Alzheimer's. Share experiences, get support, and connect with others. All are welcome.
Departure: 11:15am Return approx. 1:15pm	East Rochester, NY (Piano Works Mall)  	*Lunch at Salty Girl Enjoy clean food that nourishes the body. Menu items include salads, bowls, wraps, sandwiches, smoothies and more. Lunch will be paid for on your own. Please register on Cubigo through the Activities cube.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog for an adult read-aloud.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Thursday, August 13th

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.
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.
Departure: 12:30pm Return approx. 5:00pm	Bristol, NY  	Bristol Valley Theater: <i>Moon over Buffalo</i> Please note tickets and transportation arrangements are made in advance. Please see previously distributed memo for additional information and registration instructions. For questions contact Elizabeth David at 585-641-6344.
1:00pm – 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. This class is mostly seated aerobics, hand weights, and stretching.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, August 14th

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

No religious program with Chaplain Steve Petrovich today.

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. 10:30pm	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, August 15th

10:00am–11:30am	Activities Room (2 nd floor)	*Art Class: <i>Collaged Cards</i> with Amy Gendrou, Art Educator. Participants will create beautiful Mixed Media collaged greeting cards to keep or share! No fee to attend. All are welcome. Please register on Cubigo through the Activities Cube.
10:15am	Music Room (room change)	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Sunday, August 16th

Departure times: 8:30am 9:10am 9:30am 10:00am	Religious Services 	Depart for local churches - Christ Episcopal Church - St Paul's Evangelical Lutheran Church - First Presbyterian Church - St. Louis Church Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. Please note summer hours have begun.
10:00am	Music Room	Pray the Rosary with Darlene Hoover from St. Louis Church
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, August 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.
Departure: 10:00am Return approx. 12:00pm	Henrietta, NY 	*Layali Coffee House Enjoy an array of organic Yemeni coffees, hot and cold along with non-coffee items and irresistible desserts! See page 34 for additional information. Please register on Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed — support is provided on a first-come, first-served basis.
1:00pm – 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:30pm	Laurelwood Gallery	Presentation: <i>Music & Life of The Mills Brothers</i> with presenter Larry Shearer

Tuesday, August 18th

No Fitness with Robin today, pool is open, just need a buddy.

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 On Your Own
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
2:00pm	Music Room	*Card Making Workshop with Laurel Parrilli, daughter of resident Grace Schneckenburger. Each participant will get to make cards in 3 designs. No previous experience required. All materials will be provided. Please register on Cubigo through the Activities Cube.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join your friends, pick a movie everyone agrees on and enjoy a fun evening together.

Wednesday, August 19th

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: Smartphones 101 with IT Technicians Nic and Chris
11:30am-1:30pm	Keypad 2 Garages	*Resident Summer Picnic Enjoy a picnic themed menu with ice cream from 9 Cone Cone, yard games, and live music from Musique. Please note that no meal points will be used for this event. Please register on Cubigo through the Activities Cube.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher

No Pittsford Highlands Chorus Practice today.

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, August 20th

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.

No Pet Therapy with Ann Julien and Lulu today.

Programs continue on next page

Departure: 1:30pm
Return approx. 3:00pm

Schoen Place
(Pittsford Village)



***Gelato and a Stroll**

Enjoy a leisure walk and a sweet treat or drink from Artisan Gelato & Espresso while on the Pittsford canal. Seating may be limited. This outing will be weather dependent. **Please register on Cubigo through the Activities Cube.**

4:00pm–6:00pm

**Community
Center**

Her Way of Seeing: The Art of Virginia Gibson

late wife of resident George Gibson. This event will feature paintings and drawings of Virginia Gibson. See upcoming flyer for additional information.

Friday, August 21st

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am–12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed — support is provided on a first-come, first-served basis.
1:00pm–2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Worship Service with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>The Rosenbergs: An American Tragedy</i> In 1953, Julius and Ethel Rosenberg were executed on the charge of Espionage. It was said that they had given the atomic bomb secrets to the Soviets. Since that time, many have said they were innocent and convinced of their political beliefs. Others argued they were guilty. Join MCC history professor, Mark Sample, when he tells the story of the case & looks at the big picture of this story.
4:00pm–5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, August 22nd

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, August 23rd

Departure times: 8:30am 9:10am 9:30am 10:00am	Religious Services 	Depart for local churches - Christ Episcopal Church - St Paul's Evangelical Lutheran Church - First Presbyterian Church - St. Louis Church Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. Please note summer hours have begun.
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.

Monday, August 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.
10:00am	Music Room	Book Discussion Group August will be the book selection meeting where participants share brief summaries of the books that have been suggested and vote on books to read during the next 11 months. Call or email Lorraine Withers or Betty Iwan with book suggestions before August 21st.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am–12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis.
1:00pm – 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
2:00pm	Community Center	Presentation: <i>The Science of Scenery: Geomorphology of Rochester</i> with Dr. Rachel Glade, Assistant Professor at the University of Rochester Earth and Environmental Sciences/Mechanical Engineering Departments. Learn about how erosional processes like rivers, landslides, and coastal erosion have shaped Rochester’s landscapes, and how these processes affect our everyday lives. See page 34 for additional information.

Tuesday, August 25th

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.
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–2:00pm	Music room	Knitting, Crochet & Needlework Group with Robin Gallagher. Please bring your own supplies: yarn is available for charity knitting. Basic knitting and crochet skills preferred.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich

Programs continue on next page

2:00pm

**Community
Center**

Presentation:

Vintage Tweets: Suffrage Era Postcards

An illustrated presentation by Carol Crossed, President and Founder of the Susan B. Anthony Birthplace Museum. Featuring authentic suffrage-era postcards from her collection, Carol explores how these images shaped conversations about women's rights, abolition, temperance, and social change. Informative, engaging, and often humorous, this presentation offers a fascinating glimpse into history through original artwork and printed materials.

7:00pm

**Community
Center**

Evening Entertainment

with The Mark Kellogg Quartet. Joining Mark for this performance is pianist, Dr. Christopher Azzara (Professor of Music Teaching and Learning at Eastman); bassist, Erin Fortune (senior Jazz Studies major at Eastman); and Dr. Eric Schmitz (Professor of Jazz Studies and Chair, Music Department at the State University of New York at Oswego). Enjoy a mix of jazz standards from the Great American Songbook and original tunes.

Wednesday, August 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.
Departure: 9:00am Return approx. 12:00pm	Webster/Penfield 	*Discover Fresh at the Farmers Market Let's spend the morning exploring some of our favorite local farmers markets! We'll make stops at Sunscape Farms, Herman's Farm Market, and Bauman's Farm Market. Please register on Cubigo through the Activities Cube. Please note that Bauman's Farm Market recently experienced a devastating fire that destroyed much of their building and inventory. Despite this tremendous loss, they continue to serve the community with resilience, operating from a tent filled with fresh vegetables, beautiful flowers, and, of course, their famous sweet corn. Join us in supporting this beloved local farm as they rebuild.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	Music Room	Fundamentals of Technology: TV 101 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!

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, August 27th

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–12:00 pm	Wellness center (2 nd Floor)	Circuit Training with Robin Gallagher
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.
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: 12:45pm Return approx. 5:00pm	Bristol, NY  	Bristol Valley Theater: <i>Pump Boys and Dinettes</i> Please note tickets and transportation arrangements are made in advance. Please wait for upcoming memo that will have additional information and registration instructions. For questions contact Elizabeth David at 585-641-6344.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, August 28th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am–12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed — support is provided on a first-come, first-served basis.
1:00pm–2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Poems, Quotes, & Songs with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>Where in the World is Svalbard?</i> with cottage resident Phyllis Miller. High above the Arctic Circle, the remote Norwegian archipelago of Svalbard is one of the world's most extraordinary destinations. Join Phyllis to view pictures from her July 2026 trip to this beautiful archipelago.
4:00pm–5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday August 29th

10:00am–11:30am	Activities Room (2 nd Floor)	*Art Class: <i>Oil Pastel Flowers</i> with Amy Gendrou, Art Educator. Participants will create beautiful floral drawings using oil and chalk pastel. 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, August 30th

Departure times: 8:30am 9:10am 9:30am 10:00am	Religious Services 	Depart for local churches - Christ Episcopal Church - St Paul's Evangelical Lutheran Church - First Presbyterian Church - St. Louis Church Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list. Please note summer hours have begun.
10:00am	Music Room	Pray the Rosary with Darlene Hoover from St. Louis Church
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.

Monday, August 31st

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed — support is provided on a first-come, first-served basis.
1:00pm – 2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
2:30pm	Community Center	Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email.

LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

An Inside look at Bone

Tuesday, August 4th – 2:00pm

Community Center

Description:

Since many of us have fallen and broken bones, I thought that there would be some interest in learning how the microanatomy of bone contributes to its strength and hardness. This will allow us to understand how several conditions can cause its fragility.

Bio:

Dr. Ira Ames was born and raised in Brooklyn, NY. He received his B.S in biology from Brooklyn College and is M.S. and PhD. in biology from New York University. Along the way he was elected to Sigma Xi and Phi Beta Kappa. After a post-doctoral position at Brookhaven National Laboratory, he joined the Department of Cell and Developmental Biology at the State University of New York Upstate Medical University in Syracuse. He spent forty-seven years in that position teaching cell biology and histology and doing research around immunological approach to the treatment of cancer. Upon his retirement, Dr. Ames was named Professor Emeritus. He moved to the Highlands at Pittsford in 2023, and he and his dog, Leah, share one of the cottages.

**Probing the Early Universe with
the James Webb Space
Telescope**

Friday, August 7th – 2:00pm

Community Center

The James Webb Space Telescope allows astronomers to peer deep into space and study objects from the very beginning of the Universe. It has captured images of galaxies that existed 13.5 billion years ago and has studied exploding stars as far back as 13.1 billion years ago. These observations help astronomers determine how stars and galaxies formed, and how the universe has evolved into what we see today. Join us for an update on the most distant objects ever observed by JWST!

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.

Bio:

Dr. Rachel Glade is a geomorphologist who studies sediment transport and landscape evolution using a combination of fieldwork, experiments, computer modeling, remote sensing, and theory. She received her bachelor's degree in Geology from The University of Pennsylvania, her PhD in Geology from The University of Colorado Boulder, and did a postdoc at Los Alamos National Lab. She is currently an Assistant Professor at the University of Rochester with a joint appointment in Earth and Environmental Science and Mechanical Engineering. In 2023 she received the prestigious Packard Fellowship for Science and Engineering to make connections between Geomorphology and Soft Matter Physics.

Outings

Layali Coffee House

**Monday, August 17th – Departing at
10:00am**

Henrietta, NY

Welcome to Layali Coffee House—a place where culture, comfort, and community meet over the aroma of freshly roasted, organic Yemeni coffee and irresistible desserts. Founded in 2024 in Rochester, NY, Layali was created to share the warmth of Arabic hospitality and the rich traditions of coffee and sweets enjoyed late into the night.

From our signature Iced Pistachio Latte and fragrant Aden tea to our famous honeycomb bites, sabaya, and viral Dubai chocolate desserts, every flavor tells a story. Each sip and bite invites you into a tradition that celebrates connection, conversation, and culture.

'Layali' means nights in Arabic—symbolizing the joy of gathering, unwinding, and indulging in something truly special.

Resident Committees & Groups

Please read below for additional information

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