

July 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

Wednesday, July 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.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am	Community Center	Geva Theatre 2026-2027 Informational Meeting Come to learn about Geva Theatre's thrilling 54 th season lineup! Transportation to Wednesday matinee shows will be provided by The Highlands, though space is limited. To reserve a seat on the bus, please fill out your recently distributed Transportation Request Form.
11:00am-12:00pm	Music Room	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-3:00pm	Oneida Dining Room	250th Anniversary Buffet Meal!! Residents only. Reservations are required. See previously distributed flyer for additional information.

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.
3:00pm-4:00pm	Bistro Patio	Happy Hour: Let's Celebrate 250 Years of America! Come enjoy drink specials, tasty apps, friends and live music with <i>A Taste of Jazz Trio</i> .

Thursday, July 2nd

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	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.
1:30pm	Community Center	*Red, White & Blue BINGO! Come enjoy a fun game with your friends. Great prizes will be given to winners! Walk – In’s welcome if there is room. Please register on Cubigo through the Activities Cube.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu

Friday, July 3rd

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

9:00am	Hahnemann Club	Fitness Video–On Your Own
Departure: 10:00am	Pittsford Plaza  	*Pathway to Pittsford Errand Bus Catch a ride to Pittsford Plaza and the Pittsford Community Library. Please register on Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Video– On Your Own
1:00pm–2:00pm	HAP Pool (2 nd Floor)	Open Swim –On your own You need a buddy.
1:00pm	Music Room	First Friday Catholic Mass with volunteers from St. Louis Church
4:00pm–5:30pm	Music Room	Let’s Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, July 4th

Independence Day

10:15am	Community Center	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures.
1:00pm–3:00pm	Oneida Dining Room	4th of July Buffet Meal!! Residents only. Reservations are required. See previously distributed flyer for additional information.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Sunday, July 5th

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.

Monday, July 6th

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

Departure: 9:00am
Return approx. 11:00am

Penfield, NY



***Elvio's Coffee Shop**

A place that focuses on serving great coffee, hosting live music, and fostering a sense of community. Enjoy a smooth, bold European-style blend along with pastries made fresh daily. **Please register on Cubigo through the Activities Cube.**

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
(2nd Floor)

Open Swim

with Robin Gallagher

7:00pm

Community Center

Evening Entertainment

with Katherine Marx and Gerardo Miranda featuring Hispanic heritage music along with the history of the tango on the flute and guitar.

Tuesday, July 7th

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>Ground Truth</i> with former CIA member Dan Caster. This talk will explain current world events that are related to National Security as seen from the eyes of an Intelligence officer. See page 35 for additional information.
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, July 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.
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!
1:30pm	Music Room	Summer Social! Kick off the summer by sharing your plans, catching up with friends, and enjoying a few tasty snacks.
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, July 9th

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: 9:30am
Return approx. 12:30pm

Victor, NY

***Ganondagan State Historic Site**
Learn about the culture, art, agriculture, and government of the Seneca people. Visit includes the full-size Seneca Bark Longhouse and the Seneca Art & Culture Center. **Admission fee is \$5.00 and will be collected on the bus. Walking is required. 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.**

**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.**

Programs continue on next page

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

1:00pm - 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
6:30pm	Highlands Gazebo	Summer Gazebo Concert Series Experience the <i>RPO Brass Quintet</i> — This multi-talented ensemble presents a captivating mix of classic standards, fan favorites, jazz, and blues. Refer to the postcard for additional information or call the Highlands Events Line at 585-641-6303 to register.

Friday, July 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.
Departure: 11:00am Return approx. 2:00pm	Charlotte Beach  	*Beach Walk /Lunch at Hose 22 Enjoy a leisure walk along Lake Ontario taking in the beautiful scenery and luxury homes followed by lunch that will be paid for on your own. See page 37 for additional historical information. Please register on Cubigo through the Activities Cube.
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
4:00pm–5:30pm	Music Room	Let’s Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, July 11th

10:00am–11:30am	Activities Room (2 nd Floor)	*Art Class: <i>Painting Your Happy Place!</i> with Amy Gendrou, Art Educator. Participants will recreate a favorite landscape in acrylic paints 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.
3:30pm	Laurelwood Gallery	Pet Therapy RocDog is a non-profit dog therapy organization that prepares dogs and handlers for visits.
7:00pm	Community Center	Evening Entertainment with Laura Dubin, jazz pianist and composer.



Sunday, July 12th

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.

Monday, July 13th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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	Virtual Presentation: <i>The Cosmic Microwave Background</i> with Valerie Rapson, Ph.D. See page 35 for additional information.
7:00pm	Community Center	Evening Entertainment Finger Lakes Opera joins us again, this time with 2026 Summer Festival Young Artists. The singing talent for the evening will be soprano Lora Bashmakian, mezzo-soprano Caitlyn Babcock, and baritone Zinnia Frank, accompanied by Gregory Smith. You can expect to hear thrilling renditions of some of opera’s most cherished arias and ensembles, as these singers live Life. Out loud!

Tuesday, July 14th

9:00am	HAP Pool (2 nd Floor)	Water Fitness with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	Country Club Plaza (East Rochester)   	Wegmans Grocery Shopping/Chase Bank Please 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
Departure: 10:45am Return approx. 12:00pm	White Haven Memorial Park    	*Butterfly Walk with The Bird House Let's explore the beautiful grounds of the park, while looking for monarchs and other butterflies. Steady walking is required. Please register on Cubigo through the Activities Cube.
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
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich

Programs continue on next page

2:00pm	Music Room	<p>Center For Youth Presentation with Abby Preston, Center for Youth Coordinator. Learn about what the center offers and the vital roll community support plays in the lives of young people. This talk is presented by The HAP Community Outreach Community.</p>
7:30pm	Music Room	<p>Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.</p>

Wednesday, July 15th

Geva single tickets go on sale today!

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
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:00pm	Music Room	3-Part Lecture Series: <i>Reclaiming and Reimagining Democracy</i> with Sarah Hodgson, Social Studies teacher in the Greece Central School District. This week's Discussion: How does the telling of history shape democracy, highlighting the work of Friedrich Nietzsche, Michel Foucault, and Hayden White. See page 36 for additional information.
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, July 16th

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

Programs continue on next page

1:00pm–4:00pm	Music Room	<p>Mobile DMV at the Highlands</p> <p>A Mobile DMV offers various services on-the-go. These services often include but are not limited to driver's license renewals, enhanced licenses, and address changes. Additionally, they aid with vehicle registrations, renewals, and duplicate titles. If you wish to utilize this service, please note that appointments must be made in advance and are limited. To schedule an appointment, please contact Elizabeth David at 585-641-6344 to receive an available time slot.</p>
3:30pm	Laurelwood Hearth Room	<p>Pet Therapy</p> <p>with Ann Julien and Lulu</p>
6:30pm	Highlands' Gazebo	<p>Summer Gazebo Concert Series</p> <p>Enjoy <i>Indigo Breeze</i> – Western New York's premier band with a full seven-piece ensemble, bringing you jazz-influenced, pop, R&B, and blues songs. Refer to the postcard that was placed in your in-house mailbox for additional information or call the Highlands Events Line at 585-641-6303 to register.</p>

Friday, July 17

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. 4:00pm	Fairport, NY 	*Let's Go Shopping! Bargen's are always a win! Venture to <i>Anything Goes Consignment Shop</i> , followed by <i>Lu's Back Door</i> in Fairport, and the <i>NEW Goodwill</i> in East Rochester! There is something for everyone. Please register on Cubigo through the Activities Cube.
1:15pm	Laurelwood Gallery	Worship Service with Chaplain Steve Petrovich
4:00pm–5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, July 18th

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, July 19th

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, July 20th

9:00am	Hahnemann Club	Fitness Class with Robin Gallagher. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The Zoom link will be sent via email.
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 Nat King Cole</i> with presenter Larry Shearer
Departure: 2:00pm Return approx. 3:30pm	Penfield, NY  	*What's 'Ur Scoop Ice Cream Enjoy a variety of flavors that include hard and soft ice cream, along with non-dairy and sugar free options. Please register on Cubigo through the Activities Cube.

Tuesday, July 21st

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: 11:00am Return approx. 1:30pm	Henrietta, NY  	*Lunch at Philips European Enjoy a bountiful menu along with decadent desserts. 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	Bible Study with Chaplain Steve Petrovich
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Check the Daily Email for title and description.

Wednesday, July 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
1:30pm	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!
2:00pm	Music Room	3-Part Lecture Series: <i>Reclaiming and Reimagining Democracy</i> with Sarah Hodgson, Social Studies teacher in the Greece Central School District. This Week's Discussion: Exploring the human condition through the political philosophy of Hannah Arendt. See page 36 for additional information.
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, July 23rd

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.
2:00pm	Community Center	Music and Presentation: <i>The Fabulous Fifties</i> with music enthusiasts, John Williams. Listen and learn about music of the 1950's including popular favorites, Broadway shows tunes, and movie songs.

Programs continue on next page

3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu
6:30pm	Highlands' Gazebo	<p>Summer Gazebo Concert Series</p> <p>Go back in time with <i>Croc Roc</i>— Celebrate Elton John’s “Rocket Man” era with a high-energy tribute packed with dazzling piano, sing-along hits, and the iconic sound that defined his legendary career.</p> <p>Refer to the postcard that was placed in your in-house mailbox for additional information or call the Highlands Events Line at 585-641-6303 to register.</p>

Friday, July 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.
Departure: 9:00am Return approx. 3:30pm	Seneca Falls, NY   	*Women's Hall of Fame/Lunch at Parkers A docent will be available to provide an introduction and answer questions as patrons are encouraged to discover and learn at their own pace. Tour fee is \$9.00 per person and will be collected day of. Lunch will be paid for on your own. Please register on Cubigo through the Activities Cube.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
11:00am-12:00pm	HAP Pub	Walk-Up IT Support Drop by and get one-on-one assistance from our IT staff. No appointment needed – support is provided on a first-come, first-served basis.
1:00pm-2:00pm	HAP Pool (2 nd Floor)	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Pause for Peace with Chaplain Steve Petrovich
4:00pm-5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

Saturday, July 25th

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, July 26th

Departure Times:	Religious Services	Depart for local churches
9:30am	 	- First Presbyterian Church/ United Church of Pittsford
10:00am		- 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.

Monday, July 27th

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

9:00am	Hahnemann Club	Fitness Video- On Your Own
10:00am	Music Room	Book Discussion Group Book Title: <i>Orbital</i> by Samantha Harvey led by resident Joan Graham.
10:15am	Wellness Center	Fitness Video- 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.
1:00pm - 2:00pm	HAP Pool (2 nd Floor)	Open Swim-on Your Own You need a buddy
2:00pm	Community Center	Presentation: Ambulance Service in Pittsford, NY with Chief/CEO John Smith. John will give an overview of Pittsford Volunteer Ambulance, and their Service to the Pittsford Community.

**No Resident Meeting today.
The July and August meeting will be combined and held on
Monday, August 31st.**




Tuesday, July 28th

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

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-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.
1:00pm-2:00pm	Music room	Knitting, Crochet & Needlework Group Please bring your own supplies.
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: Learning the Monroe County Library System with Robin Avery, Events and Outreach Librarian at the Pittsford Public Library.
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, July 29th

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

9:00am	Hahnemann Club	Fitness Video- On Your Own
10:15am	Wellness Center	Fitness Video- On Your Own
Departure: 10:15am Return approx. 2:00pm	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.
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	Open Swim-On Your Own

Caregivers Support Group will not be gathering going forward.

If you have any questions or need support, contact resident David Strong at 585-586-6370






1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:00pm	Music Room	3-Part Lecture Series: <i>Reclaiming and Reimagining Democracy</i> with Sarah Hodgson, Social Studies teacher in the Greece Central School District. This Week's Topic: Patriotism, Democracy, and Authoritarianism in today's polarized America. See page 36 for additional information.

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, July 30th

No fitness classes with Robin today, the pool is open, just need a buddy.

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-On Your Own
11:00am	Wellness Center	Gentle Chair Yoga with Eva Kane. Available in-person & virtually. For the Zoom link, contact Robin Gallagher at 585-641-6316. The zoom link will be sent via email.
Departure: 12:30pm Return approx. 5:00pm	Bristol, NY  	Bristol Valley Theater: <i>Dial M for Murder</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.
3:30pm	Laurelwood Hearth Room	Pet Therapy with Ann Julien and Lulu
6:30pm	Highlands' Gazebo	Summer Gazebo Concert Series Get moving with Uptown Groove— Their energetic mix of Motown, R&B, and Funk/Soul guarantees you'll be dancing in the streets. Refer to the postcard that was placed in your in-house mailbox for additional information or call the Highlands Events Line at 585-641-6303 to register.

Friday, July 31st

No Fitness classes with Robin today, pool is open, just need 2 people.

9:00am	Hahnemann Club	Fitness Video- On Your Own
10:15am	Wellness Center	Fitness Video-On Your Own
Departure: 10:30am Return approx. 12:45pm	Memorial Art Gallery   	Back by Popular Demand *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>
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- On Your Own Just need a buddy
1:15pm	Laurelwood Gallery	Sing a Long with Chaplain Steve Petrovich
4:00pm-5:30pm	Music Room	Let's Get Social Come enjoy drink specials, tasty apps, and friendly conversation with neighbors and friends!

LECTURE AND PERFORMANCE DETAILS

Please read below for additional information

Ground Truth

Tuesday, July 7th – 2:00pm

Community Center

Bio:

Dan Caster grew up in Greece and joined the US Air Force out of high school. His first tour of duty entailed instructing both US and foreign military personnel at a "joint" US Military technical school. After completing his 4 years of active service, he went on to serve in the USAF Reserves for an additional 7 years.

Mr. Caster attended the Art Center College of Design and graduated from RIT in 1989. While at RIT, Dan was recruited by the CIA and went on to serve from 1990 until his retirement in 2012. He spent the first 4 years at CIA Headquarters as a Visual Information Specialist (artist) before attending the Agencies Career Training Program (CIA academy). Upon graduating from the CT program, he spent the next 18 years under cover supporting special mission programs that spanned the Intelligence Community. He spent just under 12 years deployed overseas serving in a covert capacity in over 30 countries. After 9/11, he specialized in supporting offensive Counter Terrorism military and paramilitary operations.

The Cosmic Microwave Background

Monday, July 13th – 2:00pm

Community Center

The universe began with a bang... a hot Big Bang! And when the Universe eventually expanded and cooled enough, light from the early universe was released into the cosmos. This light, called the Cosmic Microwave Background (CMB), has been a crucial piece of evidence supporting the Big Bang theory, and it also helps astronomers understand how our universe got its current structure. But what exactly is the CMB? How was it discovered? What observations do we have? And how does it tell us anything about galaxy formation and distribution? Join us to find out!

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.

**Reclaiming and Reimagining
Democracy**

**Wednesdays at 2:00pm
July 15th, July 22nd, 29th**

Music Room

Since 2016, we, as Americans, have faced fundamental shifts not only in what is considered the political sphere of governance but also in our interactions and relationships, in the ways we define ourselves as Americans, or in the ways we shy away from that definition, and perhaps most importantly, in the ways we dare to hold hope for the future. Our media, however, we consume it, is filled with terms like authoritarianism, totalitarianism, illiberal democracy, Christian Nationalism, as well as derogatory terms for the opposite political party, dog whistles, gaslighting, lies, and fear mongering. These terms and tactics can be found regardless of your algorithm or which *side* it is connected to. This reality, or perhaps these realities, have left many of us questioning where we go from here. This lecture series will grapple with this question and the question of how we reclaim and reimagine democracy by exploring the theoretical foundations we might build on.

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.

Outing

Lunch at Hose 22

Friday, July 10th – departing at 11:00am

Rochester, NY

The Hose 22 Firehouse has been standing on Stutson Street since 1916, built right next to the already existing Charlotte police station. The groundbreaking took place on April 4th, and the official opening ceremonies were on October 25th, 1916, some 93 years ago. The City of Rochester paid \$1,800 for the lot, with a projected construction cost of \$18,000. This new brick firehouse was the crown jewel of Stutson Street, with its intricate facade and grand architecture. Just down the unpaved road would eventually be the Stutson Street Bridge, built a year later in 1917.



The Baldwin Engine and Hose Company combined with Charlotte Hook and Ladder Company under the name Hose Company No. 22 and resided on Stutson Street until 1962. When the R.F.D. Hose 22 closed, it moved Engine 19 and Truck 11 down the road to their new home across from Charlotte High School, a much more modern facility.

For the last 47 years the building has virtually stood empty, occasionally leased out by the city to groups such as Rochester Helping Hands, or access provided to firemen to work on fire apparatus in their spare time and reminiscing about the glory days. Later it provided some protection for the homeless and vandals who stripped the building clean. Then a fire broke out in the vacant building, severely damaging all the floors, ceiling and roof in front of the building. You could actually stand inside the front door and look up at the stars. Evidence of this still can be seen on some scorched bricks on the second floor. The building was then boarded up and the pigeons took over.



Fast forward to November 2007, when local contractor Craig Ristuccia fought hard to win the bid to purchase the firehouse and convert it into the restaurant it is today. He was determined to see the building brought back to its original beauty by restoring it the right way. Over a two-year period the building has been gutted, every window and door painstakingly replaced, with tin ceilings added and floors

repaired and refinished, all while paying attention to the tiniest details. A new slate roof and copper gutters were added, the fire



(* 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.

poles replaced, even the wrought iron balcony out front has been meticulously replicated. All the restorations were done based off old photos of the building.



An outreach to the community has yielded some incredible donations of historical photos and memorabilia. Most importantly some fascinating stories of the glory days of Hose Company 22 have been shared. It has been a labor of love, and the community interest and support has been extremely motivating. So here's a tribute to the men who served here, the people they protected, and Charlotte . . . a community rich in history.



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