



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational
Program Calendar

October 2021



Friday October 1st:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room
- *10:00am – Tech Time Class**, Topic: *Need help getting your vaccine card into the NYS Excelsior App?* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. For registration assistance, please contact Crystal Rothfuss 641-6308. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:00pm – First Friday Communion Service** with volunteers from St. Louis Church. Community Center
- 1:15pm – Pause for Peace** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Afternoon Entertainment** with the *Brad Batz Jazz Duo*. Community Center

Saturday October 2nd:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Laurelwood Activities Room
- 2:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

Sunday October 3rd:

- 9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.
- 10:30am – Communion Service** with Volunteers from St. Louis Church. Community Center



The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance.
The sign up book is located beneath the digital sign.

Monday October 4th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club

10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room

11:00am – **Program Planning Meeting**. All are welcome to discuss and evaluate outings and lectures.
Music Room

1:00pm~2:00pm – **Open Swim** with Robin Gallagher. Pool

1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer**. All are welcome. In-person only. If you are unable to attend please call Elizabeth David 641-6344 for more information.
Music Room

2:00pm – **Presentation: *Recycle Right*** with Tina Stevens from the County’s recycling education team. Do you have questions about recycling in Monroe County? Are you unsure about what to put in your recycling bin? This presentation will explain the what and why of recycling. Please save and bring any items you have questions about. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

**Tuesday October 5th:**

9:00am – **Water Fitness** with Robin Gallagher. Pool

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

*10:30am – **Windows PC Computer Class**, Topic: Learn about *Google Drive, Google Docs, and Google Sheets* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

*11:30am – **Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review: *Empire of Pain: The Secret History of the Sackler Dynasty*** by Patrick Radden Keefe. No fee to attend. Register on the Digital Calendar located on The Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 1:30pm

1:15pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

(9/5 Continues On Next Page)

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- *1:30pm-2:15pm – **Hearing Aid Checks** in the Parlor with Dr. Andrea Segmond from Ontario Hearing. Please call Elizabeth David 641-6344 to make an appointment. Parlor
- *4:30pm– **Depart for dinner at Hedges Restaurant** on Lake Ontario. Register on the Digital Calendar located on The Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 7:00pm

Wednesday October 6th:

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- *9:30am – **Depart for Middlesex, NY, home of the Rochester Folk Art Guild** for over 50 years. Tour the pottery and woodworking workshops, along with the East Hill Gallery. Lunch will not be provided, please bring a snack for the bus. Walking is required. Please call Elizabeth David 641-6344 to register. Return approx. 1:30pm
- 10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Community Center
- 2:00pm – **Food Forum**, all are welcome to discuss your dining experience. Available in-person or virtually. The Zoom link will be sent to all residents the morning of the meeting. Main Dining Room
- 3:00pm – **Line Dancing with resident Will Herzog**. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – **Happy Hour**: drink specials and appetizers. Community Center
- 7:00pm – **Evening Music** with Lukus Wells featuring piano and vocals. Laurelwood Gallery



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Thursday October 7th:

9:00am – **Water Fitness** with Robin Gallagher. Pool

*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.

*9:00am – **Depart for Letchworth State Park** for a private walking tour of the Autism Nature Trail founded by past resident Susan Herrnstein. Lunch will be at Charcoal Corral featuring a wide variety of burgers, salads, and sandwiches. Walking is required. Register on the Digital Calendar located on The Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 2:00pm

10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room

11:00am – **Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

6:00pm – **Depart for the Rochester Philharmonic Orchestra Concert: Konig Conducts Saint- Seans.** Please note transportation arrangements were made in advance. Return approx. 10:00pm

Friday October 8th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club

9:00am – **Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room

1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool

1:15pm – **Poems, Quotes, & Songs** with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – **Afternoon Entertainment** with Joe Naples featuring piano. Masks are required in Laurelwood. Laurelwood

3:00pm – **Virtual Current Events Group, Topic: *The Labor Market*.** The Zoom link will be sent to all residents via email the morning of the presentation. To learn more about the current events group, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions.



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Saturday October 9th:

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. Laurelwood Activities Room

2:30pm – Saturday Movie Matinee: The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

Sunday October 10th:

9:30am & 10:00am – Depart to local area churches. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center

Monday October 11th: Columbus Day

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

***10:30am – Resident Portal Class,** Today's topic: *Let's take a look at Everything on the Portal's Home Page* with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Registration on the Digital Calendar located on the Portal is required. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room

1:00pm~2:00pm – Open Swim with Robin Gallagher. Pool

1:00pm – Landscape Committee. Discuss the care and maintenance of the HAP campus. To learn more, please contact Russell Perrone 641-6302. This will be the last gathering of the year. Meetings will resume in the Spring of 2022. Activities Room

2:00pm – In-Person Presentation: *What's on the Ballot this Fall?* with Barbara Grosh, President of the local chapter of the League of Women Voters. Barbara will discuss who is on the ballot in Monroe County along with explaining what the League of Women Voters does to help voters prepare for upcoming elections. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center



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Tuesday October 12th:

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:00am – Resident Advisory Council Meeting. If you are interested in observing, please contact cottage resident Betty Iwan 381-0322 or bettyiwan@gmail.com. Social Room

***10:00am & 11:00am – Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to register.

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

11:00am – Friendship Committee Meeting. Committee welcomes new residents. To learn more, please contact Ann Julien 641-6388. Music Room

1:00pm – Dining Committee Meeting. Review the dining experience. To learn more, please contact Andy Trepanier 641-6334. Seneca Dining Room

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – Virtual Presentation: *The James Webb Space Telescope* with Valerie Rapson, PhD, Assistant Professor at SUNY Oneonta. Discuss the history of the telescope, the main instruments onboard, and the first round of science experiments set for 2022. The Zoom link will be sent to all residents via email the morning of the presentation. This virtual presentation is also available to view in the Community Center.



Residents visiting Jay Seaman's Workshop in Ithaca, NY

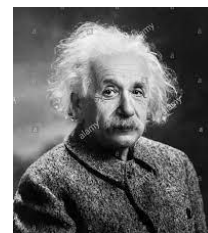
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Wednesday October 13th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:00pm – Caregivers Support Group** with Mary Walker, LPN, HAP’s Resident Service Advocate. All are welcome. Activities Room
- *1:00pm – Depart for the Memorial Art Gallery for a tour of the Rochester Finger Lakes Exhibit.**
Admission fee is \$12.00 per person. Register on the Digital Calendar located on The Portal.
Contact Elizabeth David 641-6344 for registration assistance. Return approx. 3:15pm
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Community Center
- *2:00pm – iPad/iPhone Class**, Today’s topic: *Using the Calendar* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room
- 3:00pm – Line Dancing with resident Will Herzog.** All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Happy Hour:** drink specials and appetizers. Community Center

Thursday October 14th:

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- *9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- 11:00am – Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room
- 2:00pm – University of Rochester Presentation: *Albert Einstein*** with Frank Wolfs, Ph.D., Professor of Physics, Director Undergraduate Studies at the University of Rochester. Please see page 16 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center



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Friday October 15th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

***10:30am – Windows PC Computer Class**, Topic: *Storage- How do I find out if I am low on space?* with systems specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

1:00pm-2:00pm – Open Swim with a Highlands staff member. Pool

1:15pm – Hymn Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – Eastman School of Music Presentation: *Movie Musicals Since 1980* with Mark Watters, Director, Beal Institute for Film Music and Contemporary Media at the Eastman School of Music. Available in-person & virtually. Please see page 16 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Saturday October 16th:

10:15am – Fitness: Tai Chi with Carmen Ramos. Available in-person only. Laurelwood Activities Room

***1:00pm-3:00pm – Fall Festival:** Enjoy activities, live entertainment and light refreshments with your families and friends! Join us outside of Keypad 2.

No Movie Matinee today

Sunday October 17th:

9:30am & 10:00am – Depart to local area churches. Please call the Hospitality Desk 586-7600 to be added to the transportation list.

10:30am – Communion Service with Volunteers from St. Louis Church. Community Center



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Monday October 18th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

1:00pm – Go Green Discussion Group Meeting. All are welcome. Please contact Ralph Carter 305-7563 or Mary Lynn Vickers 967-2433 to participate or for questions. Music Room

2:00pm – 2 Part Series: *Stories of the Best Land* with Susan Brewer, Emeritus Professor of History at the University of Wisconsin-Stevens Point. Susan is the daughter of resident Mary Lou Brewer. Please see page 17 for speaker information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

3:00pm – Mac Computer Class, Topic: *Open Discussion, bring ideas and desired topics to discuss with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required, space is limited. For registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

***7:00pm – Depart for Flower City Jazz Society Concert: *Rod Blumenau Dixie*.** Tickets are \$15.00, pay upon arrival. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 10:00pm

**Tuesday October 19th:**

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – 2 Part Series: *Stories of the Best Land* with Susan Brewer, Emeritus Professor of History at the University of Wisconsin-Stevens Point. Susan is the daughter of resident Mary Lou Brewer. Please see page 17 for speaker information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

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Wednesday October 20th:

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 10:00am – **Library Committee Meeting**. Committee oversees the HAP library. If you would like more information please contact Margaret Leyden 641-6387. Music Room
- 10:15am – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- *12:15pm – **Depart for the Colonial Belle Boat Tour** located in Fairport, NY. Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions. Return approx. 4:30pm
- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Community Center
- 3:00pm – **Line Dancing with resident Will Herzog**. All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – **Happy Hour**: drink specials and appetizers. Community Center

Thursday October 21st:

- 9:00am – **Water Fitness** with Robin Gallagher. Pool
- *9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.
- 10:30am-12:00pm – **Circuit Training** with Robin Gallagher. Exercise Room
- 11:00am – **Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room
- 2:00pm – **In-person Presentation: Medicare 2022 Update** with Charmel Trinidad, HIICAP Coordinator, Monroe County Lifespan. Please see page 17 for more information. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center
- 6:00pm – **Depart for the Rochester Philharmonic Orchestra Concert: Paremski + Rachmaninoff**. Please note transportation arrangements were made in advance. Return approx. 10:00pm



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Friday October 22nd:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Hymn Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm – Afternoon Entertainment** with the group Take Note featuring keyboard and vocals. Masks are required in Laurelwood. Laurelwood Gallery
- 3:00pm – Virtual Current Events Group**, Topic: *How a Coal-Fired Power Plants work and the Problems of Coal* with John Shaw from North Carolina State University, Duke Power, and Taylor Instrument Company. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more about the current events group, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions.

Saturday October 23rd:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Laurelwood Activities Room
- 2:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

Sunday October 24th: United Nations Day

- 9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.
- 10:30am – Communion Service** with Volunteers from St. Louis Church. Community Center



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Monday October 25th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Please call Robin Gallagher at 641-6316 with questions. Hahnemann Club

No Health Affairs Group Meeting today. Next meeting will be held in November

10:15am – Fitness Class with Robin Gallagher. In-person only. Fitness Room

***10:30am – Book Discussion Group Meeting**, Book Title: *American Dirt*, by Jeanne Cummins. Due to limited capacity, you must register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. Conesus Dining Room

***10:30am – Resident Portal Class**, Today's topic: *How do I log into the Portal?* with systems specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Registration on the Digital Calendar located on the Portal is required. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room

1:00pm-2:00pm – Open Swim with Robin Gallagher. Pool

2:30pm – Resident Meeting. In-person or virtual. The Zoom link will be sent to all residents via email the morning of the meeting. Community Center

**Tuesday October 26th:**

9:00am – Water Fitness with Robin Gallagher. Pool

9:00am – Fitness Class: *Stretch, Strength, and Balance* with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room

10:00am – Resident Advisory Council Meeting. If you are interested in observing, please contact cottage resident Betty Iwan 381-0322 or bettyiwan@gmail.com. Social Room

***10:00am & 11:00am – Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library. Please call the Hospitality Desk 586-7600 to register.

10:30am-12:00pm – Circuit Training with Robin Gallagher. Exercise Room

1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – Presentation: *Diversity and Inclusion* with Dr. Keith Jenkins, Vice President & Associate Provost, Professor of Communication, Division of Diversity & Inclusion at the Rochester Institute of Technology. Available in-person & virtually. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

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Wednesday October 27th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- *11:00am – Depart for lunch at the Genesee Brew House and a stop at the High Falls.** Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 1:45pm
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:00pm – Caregivers Support Group** with Mary Walker, LPN, HAP's Resident Service Advocate. All are welcome. Activities Room
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Community Center
- 3:00pm – Line Dancing with resident Will Herzog.** All are welcome. For more information, please contact Will at 381-7368. Fitness Room
- 4:00pm-6:00pm – Happy Hour:** drink specials and appetizers. Community Center

Thursday October 28th:

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- *9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza and Powers Farm Market. Please call the Hospitality Desk 586-7600 to register.
- *10:00am – iPad/iPhone Class,** Today's topic: *Using the Camera* with systems specialist Crystal Rothfuss. Registration on the Digital Calendar, located on the Portal is required. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- *10:45am – Depart to Schutt's Apple Mill in Webster.** Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items, and much more. Register on the Digital Calendar located on The Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 12:30pm
- 11:00am – Gentle Chair Yoga** with Eva Kane. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room



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Friday October 29th:

- 9:00am – Fitness Class** with Robin Gallagher. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Hahnemann Club
- 9:00am – Fitness Class: *Stretch, Strength, and Balance*** with Mark Strivings. Available in-person & virtually. The Zoom link will be sent to participants via email the morning of the class. Fitness Room
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:00pm-3:00pm – Halloween Celebration:** Join us for our annual Halloween Party! Enjoy music from Musique and refreshments. Dress in costume! Community Center
- 1:15pm – Hymn Study** with Chaplain Steve Petrovich. Laurelwood Gallery

Saturday October 30th:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Laurelwood Activities Room
- 2:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. **Music Room**



Sunday October 31st: Halloween

- 9:30am & 10:00am – Depart to local area churches.** Please call the Hospitality Desk 586-7600 to be added to the transportation list.
- 10:30am – Communion Service** with Volunteers from St. Louis Church. Community Center

Committees, Discussion Groups, and Open Forums

The Highlands' has a variety of committees and other opportunities for residents to play an active role in the community. If you find a committee or group that interests you, please contact Margaret Leyden 641-6387 for more information.

Committees: Book Discussion Group, Community Outreach Committee, Cultural Programming Forum, Dining Committee, Food Forum, Friendship Committee, Go Green Discussion Group, Health Affairs Discussion Group, Landscape Committee, Library Committee, Library Book Selection Group, and Resident Advisory Council.

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University of Rochester Lecture

Albert Einstein's Theories

Thursday, October 14th at 2:00pm

1905 will always be remembered as Albert Einstein's miraculous year. During that year, Einstein not only published his well-known theory of relativity, he also explained the photoelectric effect and developed a description of the motion of macroscopic objects in a gas or fluid. This presentation will focus on the theory of relativity and its impact on science along with other contributions Einstein made. There is little doubt that we will never again see a single individual who has as much impact on science as Einstein had.

Speaker Bio:

Professor Wolfs received his BS and MS in physics from the University of Groningen. He received his Ph.D. in physics in 1987 from the University of Chicago. He was a postdoctoral associate at Argonne National Laboratory between 1987 and 1988. Between 1988 and 1990, he was an Enrico Fermi Fellow at Argonne National Laboratory. Professor Wolfs joined the University as an Assistant Professor of Physics in 1990, was promoted to Associate Professor in 1996, and to Professor in 2000. Professor Wolfs received the University of Rochester Goergen Award for Distinguished Achievement and Artistry in Undergraduate Teaching (1997), and the Curtis Award for Nontenured Faculty Teaching Excellence (1995).

Movie Musicals Since 1980

October 15th at 2:00pm

Mark will be speaking about the following movie musicals in his presentation.

Pennies from Heaven (1981)
 Yentl (1983)
 Chicago (2002)
 Hairspray (200)
 Les Misérables (2012)
 Into the Woods (2014)
 La La Land (2016)

Speaker Bio:

Emmy Award-winning composer and conductor Mark Watters' vast resume includes music for motion pictures, television, DVD, video games, and special events such as the Olympics. In addition to serving as director of the Beal Institute, Mark oversees Eastman's newly established Master of Music degree in Contemporary Media/Film Composition and teaches graduate courses. Mark holds the distinction of serving as music director for two Olympics—the 1996 Centennial Games in Atlanta and the 2002 Winter Games in Salt Lake City—which garnered him two of his six Emmys. He has also received Emmys for Outstanding Music Direction. As a guest conductor, Mark has led many symphonies and philharmonics around the world. He has taught film scoring at UCLA and for Columbia College of Chicago.

The programs denoted with an asterisk (*) indicate it is necessary to sign up in advance.
 The sign up book is located beneath the digital sign.

Lecture Information

Stories of the Best Land

Monday & Tuesday

October 18th & 19th at 2:00pm

Susan Brewer explores the history of the farmland where she grew up in central New York. Her presentation centers on the two families of Mohawk, Oneida, and European heritage who called it home. She traces their experiences through the Dutch colonial period, English rule over the Mohawk Valley, the American Revolution, the building of the Erie Canal, the era of Indian Removal, the rise of New York State, and the Oneida land that claims controversy. The stories of loss and revival on the best land illustrate the rich complexity of the American experience. Susan is the author of *Why American Fights: Patriotism and War Propaganda from the Philippines to Iraq*.

Medicare 2022 Update

Thursday, October 21st at 2:00pm

Fall Open Enrollment, runs October 15th - December 7th every year. This is the time to review what Medicare coverage you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year. It is also an opportunity to learn updates on original Medicare costs, co-pays, deductibles, and covered services

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