



THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

March 2022





### Tuesday March 1<sup>st</sup>: Mardi Gras (Fat Tuesday)

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness 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

1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer**. All are welcome. In-person only. Community Center

1:00pm – **Knitting Group**. Please bring your own supplies; yarn is available for charity knitting. Fitness Center

\*1:00pm – **Depart for Eastview Mall, Target, and Victor Crossings** where store selection includes Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. Return approx. 4:00pm

**No Bible Study with Chaplain Steve Petrovich today.**

### Wednesday March 2<sup>nd</sup>: Ash Wednesday

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Center

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

11:00am – **Ash Wednesday Live Stream Service with St. Louis Church**. A volunteer from the parish will be at The Highlands to pass out ashes and communion during the service. Music Room

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

1:15pm – **Ash Wednesday Service** with Chaplain Steve Petrovich. Ashes will be given. Laurelwood Gallery

1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Music Room

**(Programs for 3/2 Continue on Next Page)**



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

- \*1:30pm – **Depart for Moonlight Creamery in Fairport.** Moonlight offers fair trade and certified products along with aiding global efforts to alleviate poverty and promote environmental sustainability. Menu includes ice cream, coffee, tea, and artisan chocolates. Please register on the Digital Calendar located on the Portal. Return approx. 3:00pm
- 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 – **Mardi Gras themed Happy Hour:** drink specials and appetizers. Community Center

**Thursday March 3<sup>rd</sup>:**

- 9:00am – **Water Fitness** with Robin Gallagher. Pool
- \*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza. 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. Wellness Center
- \*11:30am – **Depart for the Eastman at Washington Square Concert: *Eastman Celebrates Its Centennial:*** Eastman Chamber Music program will present this concert as part of Eastman Centennial Celebration. Please register on the Digital Calendar located on the Portal. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm
- 2:00pm – **University of Rochester 2-part Lecture Series: *What, Why, and Where of Integrated Photonics*** with Jaime Cardenas Ph.D., Assistant Professor of Optics. Jaime will look at the current challenges as well as give an overview of the newly established institute for photonics and how the Rochester Community fits in it. The Zoom link will be sent via email the morning of the presentation. Please see page 17 for more information. Music Room
- 6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Ginastera, Gershwin + Frank.*** Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 to secure transportation. Return approx. 10:00pm



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Friday March 4<sup>th</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- \*9:30am** – **Tech Time Class, Topic: *Social Media: What is It? What Platforms are Available? What are their Practical Uses?*** 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
- \*11:00am** – **Depart for Lunch at Shamrock Jack's Irish Pub.** Enjoy soups, salads and a Friday Haddock Fish Fry. Lunch will be paid for at the restaurant. Please register on the Digital Calendar located on the Portal. Return approx. 1:30pm
- 1:00pm-2:00pm** – **Open Swim** with Robin Gallagher. Pool
- 1:00pm** – **First Friday Communion Service** with volunteers from St. Louis Church. Music Room
- 1:15pm** – **Pause for Peace** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:30pm** – **Afternoon Jazz Entertainment** with the Brad Batz Duo. Laurelwood Gallery

**Saturday March 5<sup>th</sup>:**

- 10:15am** – **Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Laurelwood Activities Room
- 1:30pm** – **Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

**Sunday March 6<sup>th</sup>:**

- 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
- 11:00am** – **Asbury First United Methodist Church live stream service.** Laurelwood Gallery
- 1:30pm** – **Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Monday March 7<sup>th</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 11:00am – Program Planning Meeting.** All are welcome to discuss, evaluate, and suggest outings and lectures. Music Room
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 2:00pm – Presentation: *From Broadway With Love!*** What is your favorite Broadway love song? Feel the love of Broadway and the American Musical with Bob Sagan AKA “Broadway Bob”.  
**In-person only.** Music Room
- 2:30pm – Crosswords** with Larry Shearer. Laurelwood Gallery
- \*3:00pm – Resident Portal Class, Topic: *General Overview, Welcome to the Resident Portal*** with Systems Specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Please register on the Digital Calendar located on the Portal. For registration assistance, please call Crystal Rothfuss 641-6308. Media Center

**Tuesday March 8<sup>th</sup>: International Women's Day**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- 10:30am-12:00pm – Circuit Training** with Robin Gallagher. Exercise Room
- 1:00pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. In-person only. Community Center
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

**(Programs for 3/8 Continue on Next Page)**

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**2:00pm – Virtual Presentation with Luticha Doucette.** As a part of the Visual Studies Workshop *Chapbook Series; In This Moment: Revolution Reckoning Reparation*. Luticha is an award-winning Disability Justice Expert, Author, and Catalyst for Change. Luticha’s personal experience with disabilities paired with her evidence-based approach to intersectional equity make her as unique and informative speaker as they come. 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 Music Room.

**Wednesday March 9<sup>th</sup>:**

**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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

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

**\*12:30pm – Take-Out lunch at HAP. Due to popularity we are hosting a second “take out” meal from China King in Fairport.** The first lunch was on 2/24. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. Space is limited. Those who have registered will receive additional information on ordering and payment. Please call Elizabeth David 641-6344 for registration assistance. Community Center

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

**1:00pm – Caregivers Support Group** with Mary Walker, LPN. All are welcome. Activities Room

**1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



**Thursday March 10<sup>th</sup>:**

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

\*9:00am, 10:00am, & 11:00am – **Depart for shopping and banking** at Country Club Plaza. 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

\*11:30am – **Depart for the Eastman at Washington Square Concert: *Soulful Violin***, featuring Violinist Michael Kopelman and pianist Anna Gourfinkel as they join in performing music by Weinberg and Brahms. Please register on the Digital Calendar located on the Portal. No fee to attend, brown bag lunches are welcome. Return approx. 1:30pm

1:00pm – **Spectrum TV: *How to Use on Demand*** with Systems Specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Music Room

\*2:30pm – **Flower arranging**. Please bring your own vase, the flowers will be provided. Please register on the Digital Calendar located on the Portal. Space is limited. Please call Elizabeth David 641-6344 for registration assistance. Bistro

**Friday March 11<sup>th</sup>:**

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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, and Songs** with Chaplain Steve Petrovich. Laurelwood Gallery

**(Programs for 3/11 Continue on Next Page)**

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**2:00pm – University of Rochester 2-part Lecture Series: *What, Why, and Where of Integrated Photonics*** with Jaime Cardenas Ph.D., Assistant Professor of Optics. Jaime will look at the current challenges as well as give an overview of the newly established institute for photonics and how the Rochester community fits in it. The Zoom link will be sent via email the morning of the presentation. Please see page 17 for more information. Music Room

**3:00pm – Virtual Current Events Discussion Group, Topic: Discussion on Democracy, featuring a *TED Talk Video: Why Democracies Fail -- and Why That's Okay*** with Sheri Berman, Political Science Professor at Barnard College. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more about the Current Events Discussion Group, please contact cottage resident Edward Kokkelenberg at [edwk@pop.lightlink.com](mailto:edwk@pop.lightlink.com) or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions.

**Saturday March 12<sup>th</sup>:**

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

**1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

**Sunday March 13<sup>th</sup>: Daylight Savings: Turn your clocks AHEAD one hour before bed tonight.**

**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. Music Room

**11:00am – Asbury First United Methodist Church live stream service.** Laurelwood Gallery

**1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

Residents having lunch at Hose 22 restaurant.



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



**Monday March 14<sup>th</sup>:**

**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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

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

**\*12:45pm – Movie Matinee at Pittsford Cinema.** The Movie will be advertised as the date approaches. Admission fee is \$7.00 and will be paid for at the theatre. Please note departure and return times are subject to change. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David 641-6344 for registration assistance. Return approx. 4:00pm

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

**Tuesday March 15<sup>th</sup>:**

**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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

**10:00am – Virtual Health Affairs Group Meeting.** This group is led by cottage resident Dr. John Bennett. All are welcome to participate in an open discussion. The Zoom link will be sent out to all residents via email the morning of the meeting. Please contact Dr. Bennett 310-7617 if you have questions.

**\*10:00am – Mac Computer Class, Topic: *Storage Locations*** with Systems Specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Media Center

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

**1:00pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. In-person only. Music Room

**2:00pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery

**2:00pm – Taste of African Rhythms with the Womba Africa Drumming Group.** Please see page 17 for more information. Community Center

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Wednesday March 16<sup>th</sup>: Purim starts at Sundown**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- \*10:30am-12:30pm – Watch battery replacement with Joe Dellaria.** Replacement fee is \$5.00 per watch. Please call Elizabeth David 641-6344 for an appointment. Outside the Lilac Gift Shoppe
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:15pm – Depart for Geva Theatre: *How to Catch Creation*.** Please note ticket and transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 4:30pm
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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 March 17<sup>th</sup>: St. Patrick's Day**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- \*9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza. 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
- \*11:15am – Depart for an Irish lunch at Flaherty's in Macedon.** Please register on the Digital Calendar located on the Portal. Lunch will be paid for on your own at the restaurant. Return Approx. 1:00pm
- 2:00pm – St. Patrick's Day Afternoon Social.** Enjoy a Shamrock Shake while watching the Irish Dancers perform reels and Jigs! Highlands' Pub/Community Center



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Friday March 18<sup>th</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- 9:30am** – **Depart for the Van Gogh Exhibit at the Rochester Dome Arena.** Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 11:45am
- \*10:00am** – **Windows PC Computer Class, Topic: *What is Streaming?*** 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
- 10:15am** – **Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- 11:00am** – **Purim Celebration** with Rabbi Stein from Temple B'rith Kodesh. All are welcome. Music Room
- 1:00pm-2:00pm** – **Open Swim** with Robin Gallagher. Pool
- 1:15pm** – **Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery

**Saturday March 19<sup>th</sup>:**

- 10:15am** – **Fitness: Tai Chi** with Carmen Ramos. Available in-person only. Laurelwood Activities Room
- 1:30pm** – **Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

**Sunday March 20<sup>th</sup>:**

- 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. Music Room
- 11:00am** – **Asbury First United Methodist Church live stream service.** Laurelwood Gallery
- 1:30pm** – **Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.



**Monday March 21<sup>st</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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**. All are welcome. Music Room
- 1:30pm – **Music & Life of Peggy Lee** with Larry Shearer. Laurelwood Activities Room
- \*2:30pm – **Resident Portal Class, Topic: *Review of How to Sign Up for Events and Make Dining Reservations*** with Systems Specialist Crystal Rothfuss. Please bring your own device if you wish to follow along, but it is not required. Please register on the Digital Calendar located on the Portal. For registration assistance, please call Crystal Rothfuss 641-6308. Music Room
- \*7:00pm – **Depart for Flower City Jazz Society Concert featuring *Gordon Webster Swing Band***. Tickets are \$15.00, pay upon arrival. Please register on the Digital Calendar located on the Portal. Contact Elizabeth David for registration assistance 641-6344. Return approx. 10:00pm

**Tuesday March 22<sup>nd</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness 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
- 1:00pm-1:30pm – **Laughter Class** with Robin Gallagher. Did you know your body benefits from laughing? Laughter class incorporates fun activities, breathing, and of course laughter. You might be surprised how many muscles you use to laugh. **In-person only**. Fitness Room
- 1:00pm – **First Presbyterian Church Small Group Fellowship and Prayer**. All are welcome. In-person only. Community Center

**(Programs for 3/22 Continue on Next Page)**

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

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

2:00pm – Virtual Presentation: *Dwarf Planets in The Solar System* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. The Zoom link will be sent to all residents via email the morning of the presentation. Please see page 17 for more information. This virtual presentation is also available to view in the Music Room.

### Wednesday March 23<sup>rd</sup>:

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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

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

\*10:30am – Depart for shopping at the Purple Moon Cottage and lunch at Fairfield's Bar & Grill. Items include a variety of greeting cards, collectables, handbags, candles, jewelry, and more. Please register on the Digital Calendar located on the Portal. Return approx. 1:45pm

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

1:00pm – Caregivers Support Group with Mary Walker, LPN. All are welcome. Activities Room

1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. 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 – Join us for our first Meet our New Residents Happy Hour! drink specials and appetizers. Community Center

### Thursday March 24<sup>th</sup>:

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

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

\*10:00am – iPad/iPhone Class, Topic: *Using the Calendar* with Systems Specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. Space is limited. For questions and registration assistance, please contact Crystal Rothfuss 641-6308. Music Room

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



**(Programs for 3/24 Continue on Next Page)**

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**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

**2:30pm – Afternoon Music with Vicki Rummler**, featuring vocals and piano, daughter of resident Ed Rummler. Music Room

**6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Emperor Concerto***. Please note transportation and ticket arrangements were made in advance. Please call Elizabeth David 641-6344 to secure transportation. Return approx. 10:00pm



### Friday March 25<sup>th</sup>:

**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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. 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.

**3:00pm – Virtual Current Events Discussion Group, Topic: General Group Discussion on Democracy featuring a YouTube Video: *How to Fix Democracy*** with Larry Diamond Ph.D. Professor, by courtesy, of Sociology and of Political Science from Stanford University. The Zoom link will be sent to all residents via email the morning of the presentation. To learn more about the Current Events Discussion 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 March 26<sup>th</sup>:

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

**1:30pm – Saturday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room



The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Sunday March 27<sup>th</sup>:**

**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

**11:00am – Asbury First United Methodist Church live stream service.** Laurelwood Gallery

**1:30pm – Sunday Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room

**Monday March 28<sup>th</sup>:**

**No Fitness Classes with Robin Gallagher today**

**9:30am – Book Discussion Group Meeting, Book Title: The Warmth of Other Suns** by Isabel Wilkerson.

Due to the large group size, the book club will now be split into two consecutive sessions.

Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com to be assigned to a group. Community Center

**1:00pm-2:00pm – Open Swim** with HAP Staff member. 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 March 29<sup>th</sup>:**

**No Fitness Classes with Robin Gallagher today.**

**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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

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

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

**\*3:45pm – ACE (Architecture, Construction & Engineering) Mentoring Program Presentation:** An after-school program for high school students who are interested in the construction industry. 3 teams will present their Community Park designs for the Highlands Property. **Please Register on the Digital Calendar located on the Portal. Transportation will be provided from the main building. Space is very limited.** Please see page 17 for additional information. Return approx. 5:15pm. Hahnemann Club.

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Wednesday March 30<sup>th</sup>:**

- 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- 10:15am – Fitness Class** with Robin Gallagher. In-person only. Fitness Room
- \*11:30am – Depart for the Live from Hochstein Series: *Antara Winds*** music from Franz Danzi and Amanda Herberg. No fee to attend. Brown bag lunches welcome. Return approx. 1:30pm
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. 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 March 31<sup>st</sup>:**

- 9:00am – Water Fitness** with Robin Gallagher. Pool
- \*9:00am, 10:00am, & 11:00am – Depart for shopping and banking** at Country Club Plaza. 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 – Presentation: Pittsforward Project: *What is being worked on?*** Learn about their Community Support Project as well as be a part of a growing movement in Pittsford. Come and hear what has led town residents to share their culture, stories and experiences. **In- person only.** Music Room
- 6:30pm – Evening Entertainment with vocalist Casey Costello** featuring Broadway music from the American Songbook. Laurelwood Gallery



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## University of Rochester Lectures

### Thursday March 3<sup>rd</sup> and Friday, March 11<sup>th</sup> at 2:00pm **What, Why, and Where of Integrated Photonics**

Integrated photonics, or optics on a chip, offers solutions to many of the challenges common to traditional optics such as element alignment, stability, and size. On-chip photonic devices are aligned during fabrication and thus can't move during operation. Since the device is so small and the components are microns away from each other, the different components tend to "see" the same environment making the devices very stable. Leveraging the microelectronics industry and its fabrication techniques, integrated photonic structures can be sub-micron in size and can be densely packed in areas of only a few mm<sup>2</sup>. This talk will discuss what is integrated photonics and how do you do optics on a chip. We will look at the current challenges and answer "how come I can't buy some integrated photonics at the store?" Finally, I will give an overview of the newly established institute for photonics and how the Rochester community fits in it.

### Lecture Information

### Tuesday, March 15<sup>th</sup> at 2:00pm **Taste of African Rhythms**

Womba Africa is a cultural drum and dance group formed in the town of Nungua. The members are part of the Ga Adangbe People in greater Accra, Ghana, a tribe with a very rich history and culture quite distinct from other major ethnic groups. The Ga Adangbe tribe has their own language. As a matter of fact Ghana has 46 languages but the Ga Adangbe's speak Ga and Ada which are a bit similar in nature. The Womba Africa band typically performs with the Ga language because almost all members are from Nungua, a Ga speaking community.

### Tuesday, March 22<sup>nd</sup> at 2:00pm **Dwarf Planets in The Solar System**

Everyone is familiar with the dwarf planet Pluto, but did you know that there are other dwarf planets in the solar system too? Astronomers are actively studying five official, and multiple other candidate, dwarf planets that mostly reside beyond the orbit of Neptune. This presentation will discuss the qualities an object must have to be classified as a dwarf planet, and explore the interesting properties of Ceres, Pluto, Eris, Makemake, Haumea, and other dwarf planets in the solar systems.

### Tuesday, March 29<sup>th</sup> at 3:45pm **ACE Mentoring Program and Presentation**

This program will have 3 teams to present their Community Park designs for the Highlands at Pittsford property. ACE stands for "Architecture, Construction & Engineering". It is an after-school program for high school students who are interested in the construction industry. The program begins in October and ends in March. Students meet one day a week plus 6 trade classes. There is no cost to the students and they have awarded over \$175,000.00 in scholarships in the last 7 years. Students participating in the Community Park program come from schools all over the county.

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.

**Resident Committees and Discussion 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.

<b>Book Discussion Group</b>	Resident, Janet Steiner, Cottage 103 Phone: (585) 310-7366 Email: <a href="mailto:jes14850@gmail.com">jes14850@gmail.com</a>
<b>Community Outreach Committee</b>	Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: <a href="mailto:ann_julien@urmc.rochester.edu">ann_julien@urmc.rochester.edu</a>
<b>Current Events Discussion Group</b>	Resident, Edward Kokkelenberg, Cottage 103 Phone: (585) 310-7366 Email: <a href="mailto:edwk@pop.lightlink.com">edwk@pop.lightlink.com</a>
<b>Dining Committee</b>	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: <a href="mailto:andy_trepanier@urmc.rochester.edu">andy_trepanier@urmc.rochester.edu</a>
<b>Friendship Committee</b>	Ann Julien, Director of Sales & Marketing Phone: (585) 641-6388 Email: <a href="mailto:ann_julien@urmc.rochester.edu">ann_julien@urmc.rochester.edu</a>
<b>Go Green Discussion Group</b>	Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: <a href="mailto:rcarter56@gmail.com">rcarter56@gmail.com</a>
	Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: <a href="mailto:mvicker1@rochester.rr.com">mvicker1@rochester.rr.com</a>
<b>Health Affairs Discussion Group</b>	Resident, Dr. John Bennett, Cottage 519 Phone: (585) 310-7617 Email: <a href="mailto:john_bennett@urmc.rochester.edu">john_bennett@urmc.rochester.edu</a>
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: <a href="mailto:russell_perrone@urmc.rochester.edu">russell_perrone@urmc.rochester.edu</a>
<b>Library Committee</b>	Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: <a href="mailto:crystal_johnston@urmc.rochester.edu">crystal_johnston@urmc.rochester.edu</a>
<b>Program Planning Meeting</b>	Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: <a href="mailto:elizabeth_david@urmc.rochester.edu">elizabeth_david@urmc.rochester.edu</a>

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal.