



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational
Program Calendar

April 2022



Friday April 1st: April Fool's 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. 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
- *10:00am – Tech Time Class, Topic: *Cloud Computing*** with Systems Specialist Crystal Rothfuss. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Crystal Rothfuss 641-6308. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 11:00am – Story Telling Group** with Master Story Teller Jay Stetzer. Please note registration for this program was done in advance. Please call Elizabeth David 641-6344 with questions. Music 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 Jazz Entertainment** with Standard Time featuring piano and vocals. Laurelwood Gallery

Saturday April 2nd:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **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. Community Center

Sunday April 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 – St. Louis Church Live Stream Service.** A volunteer from the parish will be at The Highlands to give out communion during the service. Music Room
- 11:00am – Asbury First United Methodist Church live stream service.** Laurelwood Gallery
Resident Portal. 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.

Monday April 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- *10:00am – Resident Portal Class, Topic: *Intro to The 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 questions or registration assistance, please contact Crystal Rothfuss 641-6308. Media Center
- 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
- 1:30pm – Crosswords** with Larry Shearer. Laurelwood Gallery
- 2:00pm – University of Rochester Presentation: *Up Against the Wall: Art, Activism, and the AIDS Poster*** with Jessica Lacher-Feldman, Exhibitions and Special Projects Manager and Curator of the AIDS Education Posters Collection. Please see page 18 for more information. The Zoom link will be sent to all residents via email the morning of the presentation. Community Center

Tuesday April 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room
- *9:15am – Shopping and lunch in Pittsford!** Shops include, One World Goods, Home Sense, and A Different Point of View. Enjoy lunch at Char Broil Family Restaurant. Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. **Walking is required.** Return approx. 1:30pm
- *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.

(Programs for 4/5 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.



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. Music Room

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

Wednesday April 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. 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

1:30pm – **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

*4:30pm – **Depart for dinner at Bocaccinis Italian Bistro and Bar**. Dinner will be paid for on your own at the restaurant. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 6:45pm

Thursday April 7th:

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



(Programs for 4/7 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.

*11:45am – Depart for Eastman at Washington Square: *Scott Joplin & Co*, featuring Pianist Howard Spindler as he plays some of his favorite African American Piano Music. No fee to attend. Brown bag lunches welcome. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm

2:30pm – **Afternoon Entertainment** with the Eastman Chamber Music Series featuring a string quartet. This ensemble is comprised of 2 violins, 1 viola, and 1 cello. Beethoven and Hayden music will be played. Community Center

Friday April 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. 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 – **iPad/iPhone Class, Topic: *Tips and Tricks*** 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

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

11:00am – **Story Telling Group** with Master Story Teller Jay Stetzer. Please note registration for this program was done in advance. Please call Elizabeth David 641-6344 with questions. Music Room

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

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

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



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



Saturday April 9th:

10:15am – Fitness: Tai Chi with Carmen Ramos. **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. Community Center

Sunday April 10th: Psalm Sunday

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. Community Center

Monday April 11th:

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

2:00pm – Presentation: *More Day to Dawn: The World of Henry David Thoreau* with resident Gil Jordan. **In-person only.** Community Center

Tuesday April 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. 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

11:00am – Passover Celebration. Please join Rabbi Hein of the Chabad of Pittsford to celebrate Passover. Light refreshments will be served. Music Room



(Programs for 4/12 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.

- *11:45am – Depart for the Books Sandwiched In Series at the Central Library of Rochester: *A Wild Idea: How the Environmental Movement Tamed the Adirondacks* by Brad Edmondson, reviewed by Douglas Jones. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm
- 1:00pm – First Presbyterian Church Small Group Fellowship and Prayer. All are welcome. **In-person only.** Music Room
- 1:15pm – Bible Study with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – Virtual Presentation: *The Hunt for Planet 9* 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. See page 18 for more information. This virtual presentation is also available to view in the Community Center.

Wednesday April 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. 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 – Caregivers Support Group with volunteer Mary Walker, LPN. All are welcome. Activities Room
- 1:30pm – Pittsford Highlands Chorus practice. All are welcome to participate. Music Room
- *2:30pm – Flower Arranging and demonstration with Sarah from Pittsford Florist. Sarah will give you some pointers on how to create a beautiful floral piece. Please bring your own vase, the flowers will be provided. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Space is limited. Bistro
- 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 April 14th:

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

*1:00pm – **Depart for Wayside Garden Center**. Shop for perennials, plants, and garden décor. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. **Walking is required**. Return approx. 3:30pm

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

Friday April 15th: Good Friday & Passover begins 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

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

11:00am – **Story Telling Group** with Master Story Teller Jay Stetzer. Please note registration for this program was done in advance. Please call Elizabeth David 641-6344 with questions. Music Room

*11:15am – **Depart for lunch at The Winfield Grill**. Lunch will be paid for on your own at the restaurant. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:00pm

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



(Programs for 4/15 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.

- *1:00pm – **Social Media Technology Class, Topic: *Facebook and How to Use it Safely*** 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
- 1:15pm – **Good Friday Worship Service** with Chaplain Steve Petrovich. Communion will be given. Laurelwood Gallery
- 3:00pm – **Good Friday Live Stream Worship Service with St. Louis Church.** A volunteer from the parish will be at The Highlands to pass out Communion. Music Room

Saturday April 16th:

- 10:15am – **Fitness: Tai Chi** with Carmen Ramos. **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. Community Center



Sunday April 17th: Easter Sunday

- 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 – **St. Louis Church Live Stream Communion Service.** A volunteer from the parish will be at The Highlands to pass out communion. 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



Monday April 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. 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



(Programs for 4/18 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 – Create Butterfly Garden Flower Labels. There are six varieties of butterfly-friendly pollinator plants in our Butterfly Garden around the gazebo. Join us in creating natural stone labels for each variety using colorful acrylic paints. Pictures of the flowers and their names, plus all materials, will be provided. Some of the plants, like Joe Pye Weed, have a story and history behind them that we can all appreciate. We might even create labels for the Community Veggie Garden if time allows! Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Music Room

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

1:00pm – Go Green Discussion Group. This group researches and discusses practices that may lead to more environmentally-friendly and ecologically-responsible lifestyles at HAP. All are welcome. Music Room

1:30pm – Larry’s Spectacular Musical Surprise with Larry Shearer. Laurelwood Activities Room

***7:00pm – Depart for Flower City Jazz Society Concert featuring *Black Diamond Express*.** Tickets are \$15.00, pay upon arrival. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 10:00pm

Tuesday April 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. 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



(Programs for 4/19 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.

*12:30pm – **Take-Out lunch at HAP from Rachael’s Mediterranean Grille** right in the Village of Pittsford. Lunch will be paid for on your own. Space is limited. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Community Center

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

Wednesday April 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. 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

1:15pm – **Depart for Geva Theatre: *Somewhere Over the Boarder.*** 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

No Pittsford Highlands Chorus practice today.

*2:00pm – **Windows PC Computer Class, Topic: *Comparing Microsoft Word to Google Docs, and Microsoft Excel to Google Sheets*** 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

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 April 21st:

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

(Programs for 4/21 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room

***1:00pm – Depart for the Memorial Art Gallery to see the Exhibit *Up Against the Wall*.** Admission fee is \$16.00 per person. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. **Walking is required.** Return approx. 3:00pm

Friday April 22nd: Earth 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. 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

9:00am – Mac Computer Class, Topic: *Using your MacBook in Conjunction with your iPad and iPhone 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

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

11:00am – Story Telling Group with Master Story Teller Jay Stetzer. Please note registration for this program was done in advance. Please call Elizabeth David 641-6344 with questions. Music Room

***11:15am – Walk for Trash, a group walk and clean up in honor of Earth Day.** The walk will take place on sidewalks near campus. Come join your friends and make our earth a cleaner place to live. **Walking is required.** Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Meet at the Hospitality Desk

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

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

(Programs for 4/22 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.

2:30pm – Afternoon Jazz Entertainment with the *Laura Dubin Duo* featuring vocals and piano.
Community Center

3:00pm – Virtual Current Events Discussion Group, Topic: *Electric Power and the Great Lakes*. The Zoom link will be sent to all residents via email the morning of the meeting. To learn more, please contact cottage resident Edward Kokkelenberg at edwk@pop.lightlink.com or 310-7366. Please call Crystal Rothfuss 641-6308 with any technical questions the day of the meeting

7:15pm – Depart for Rochester Philharmonic Orchestra POPS Concert: *Revolution: The Music of the Beatles: Symphonic Experience*. Please note transportation arrangements were made in advance. Please call Elizabeth David 641-6344 with questions or to secure transportation. Return approx. 10:30pm

Saturday April 23rd:

10:15am – Fitness: Tai Chi with Carmen Ramos. **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. Community Center

Sunday April 24th:

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. Community Center



Residents Ange Sorbello, Mary Jane Henderson, Paul Francis, Marie Ginther, Dr. John Campbell and Alex Piccirilli enjoying a St. Patrick's Day Lunch at Flaherty's

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It's time for spring cleaning!

Electronic Recycling and Paper Shredding Week

Please drop off paper shredding, small electronic recycles, and clothing (new/gently used) to Key Pad 1 from April 25th-29th. For larger electronic recyclables, please call the hospitality desk 586-7600.

Monday April 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club
- 9:30am – Book Discussion Group Meeting, Book Title: The Immortal Life of Henrietta Lacks** by Rebecca Skoorts. Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com to be assigned to a group. Conesus Dining Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- 11:00am – Health Affairs Group Meeting.** This group is led by cottage resident Dr. John Bennett. All are welcome to participate in an open discussion. **In-person only.** Please contact Dr. Bennett 310-7617 if you have questions. Music Room
- 11:00am – Pittsforward Art Project.** Participate in a community art project in support of LGBTQIAP+ in our town. Create a sign of WELCOME to contribute to the community art piece. Materials will be provided. No previous art experience required. Community Center
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- *1:00pm – Windows PC Computer Class, Topic: *Tips and Tricks of Windows 10*** 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
- 1:15pm – Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 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



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



Tuesday April 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. 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

10:30am – Resident Portal Class, Topic: *Editing your Profile and Updating your Bio 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 questions or registration assistance, please contact Crystal Rothfuss 641-6308. Music Room

11:45am – Depart for the Books Sandwiched In Series at the Central Library of Rochester: *Betrayal: The Final Act of the Trump Show by Jonathan Karl reviewed by Sanford Shapiro, Senior Litigation Counsel for Forsyth, Howe O’Dwyer, Kalb & Murphy P.C. Please register on the Digital Calendar located on the Portal. No fee to attend. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm

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

No Bible Study today with Chaplain Steve Petrovich

2:00pm – University of Rochester Presentation: *The Anatomical Gift Program: What it Means and How to Donate* with Associate Professor in Neuroscience and Director of the Anatomical Gift Program, Dianne Piekut. Please see page 18 for speaker information. The Zoom link will be sent via email the morning of the presentation. Community Center

Wednesday April 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. 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

(Programs for 4/27 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.

*11:30am – Depart for the Live from Hochstein Series: *Geneseo Chamber Singers*. These performers have chosen music in honor of SUNY Geneseo’s 150th anniversary and to highlight women choral composers from past to present. No fee to attend. Brown bag lunches welcome. Please register on the Digital Calendar located on the Portal For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 1:30pm

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

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

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

2:30pm – Presentation: *Tour of Brighton* with Town Historian Mary Jo Lanphear. The Zoom link will be sent to all residents via email the morning of the presentation. 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 – New Residents Happy Hour! drink specials and appetizers. Community Center

Thursday April 28th:

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

*1:00pm – Depart for a guided tour of the Rochester Bahi Center located on East Avenue. Learn about their religious faith and practices. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions or registration assistance, please contact Elizabeth David 641-6344. Return approx. 3:30pm

Residents enjoying Chinese take-out at HAP.



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Friday April 29th: Arbor 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. If you are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Hahnemann Club

No *Stretch, Strength, and Balance* with Mark Strivings today.

*10:00am – **iPad/iPhone Class, Topic: *Using Contacts*** 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

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

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

1:15pm – **Sing along** with Chaplain Steve Petrovich. Laurelwood Gallery.

2:00pm – **Educational Cooking Demonstration** with a member of the HAP Dining Services Team. No fee to attend. Community Center

Saturday April 30th:

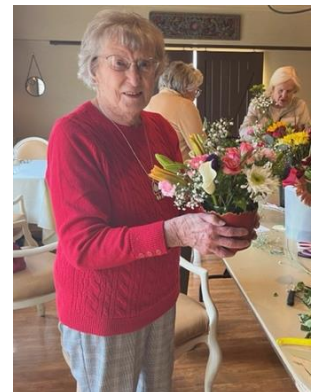
10:15am – **Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room

1:30pm – **Afternoon Entertainment** with the *Flower City Cello Duo* featuring classical and pop favorites. Community Center

1:30pm – **Saturday Movie Matinee.** Music Room



Residents Annette Satloff, Karen Francis, Therese Lynch, and Nancy Robbins making floral arrangements.



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Cultural Programming Staff

Crystal Johnston – Life Enrichment Manager

Phone: 641-6345

Email: crystal_johnston@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Assistant

Phone: 641-6344

Email: Elizabeth_david@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

University of Rochester Lectures

Monday, April 4, 2022 at 2:00pm

Up Against the Wall: Art, Activism, and the AIDS Poster

Jessica Lacher Feldman will speak about the collaborative exhibition currently on view in the Docent Gallery at the Memorial Art Gallery, the new book of the same name, published by RIT Press, and a discussion about the scope, history, and complexity of the AIDS crisis as reflected in the University of Rochester's AIDS Education Posters. This is one of the largest collections of its kind in the world, which were donated beginning in 2007 by the late Dr. Edward C. Atwater to the River Campus Libraries Department of Rare Books, Special Collections, and Preservation.

Tuesday, April 26th, 2022 at 2:00pm

The Anatomical Gift Program: What it Means and How to Donate

Diane Piekut is committed to maintaining extensive responsibilities in the medical school curriculum through participation in development and administrative functions as well as leadership roles in several key courses. She is involved particularly in teaching medical human anatomy throughout years 1-4 of their medical school curricula and several residency programs. Diane is involved in the development and implementation of clinical human anatomy elective courses. Additionally, she is the Director of the Anatomical Gift Program at the University of Rochester.

Lectures

Tuesday, April 12th at 2:00pm

The Hunt for Planet 9

Since Pluto's demotion to dwarf planet status in 2006, our solar system has officially contained 8 planets. But in 2016, two Harvard astronomers reported some unique observations of Kuiper Belt objects that suggest another massive planet may exist in our solar system that is far beyond the orbit of Neptune. This lesson will explore the Planet 9 theory and provide an update on some searches that have attempted to find this elusive distant object.

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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.

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

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