



THE HIGHLANDS  
AT PITTSFORD

Cultural and Educational  
Program Calendar

November 2022



**Cultural Programming Staff**

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**The Highlands Review is now accepting submissions**

for the February 2023 edition

\*Articles, \*Memoir, \*Poetry, \*Fiction, \*Photography

Editing support always available

Contact: Betty Iwan [bettyiwan@gmail.com](mailto:bettyiwan@gmail.com)



**Tuesday November 1<sup>st</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

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

**11:00am – All Saints Day Communion Service** with volunteers from St. Louis Church. All are welcome. Music Room

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

**12:50pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. Seneca Dining Room

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

**2:00pm – Virtual Presentation: *Back to the Moon: NASA's Artemis Mission*** 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 19 for more information. This virtual presentation is also available to view in the Community Center.

**5:30pm – Celebration of Life Ceremony.** Gather with friends and family as we celebrate those that have gone before us. Please see flyer that has been previously distributed for additional information. Community Center and Music Room

**Wednesday November 2<sup>nd</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

**10:00am – Resident Portal Class, Topic: *Bring your Questions and we will Review*** with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 or Patrick Langton 641-6308 with questions. Music Room

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

**\*11:30am – Depart for the Live from Hochstein Concert *Then and Now: Tinkering with Mozart*.** Please register on the Digital Calendar located on the Portal. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 1:15pm

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an ♿ indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

## (Programs for 11/2 Continue on Next Page)

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

No Happy Hour today as it was combined with our Halloween Celebration.

\*4:00pm – Presentation: *Making Connections* with Evan Dawson. Evan is the popular host of Wxxi's Connections *with Evan Dawson* which airs every weekday from 12-2pm. In his lecture titled "Making Connections", Evan will share how he and his team bring a live, two-hour talk show on air five days a week. Please register on the Digital Calendar located on the portal if you wish to attend. For questions and registration assistance, contact Elizabeth David 641-6345. Space is limited. Community Center

Thursday November 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 and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.

10:00am – Perk up Coffee Hour. Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area

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


\*11:45am – Depart for lunch at Shadow Lake Golf Club in Penfield, NY. Enjoy a view of the golf course, pond, and fall foliage. Please register on the Digital Calendar located on the portal. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 1:45pm



3:30pm – Pet therapy with Ann Julian and Lulu. Laurelwood Hearth Room

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Chopin & Higdon*. Please note transportation and ticket arrangements were made in advance, but there still may be some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions contact Elizabeth David 641-6344. 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



### Friday November 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
- 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 Catholic Mass** 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 Duo. Community Center
- \*4:45pm – Depart for St. Luke & St. Simon Cyrene Church to enjoy a Jazz Vesper Service** (Prayer and worship service) featuring the Laura Dubun Trio. Please register on the Digital Calendar located on the Portal. **Please note this is not a concert but more of an evening prayer with the music being emphasized.** For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 6:30pm

### Saturday November 5<sup>th</sup>:

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Music Room
- 2:00pm-4:00pm – Memorial Service for Dr. William (Bill) Barker** located at Immanuel Baptist Church, 815 Park Avenue, Rochester. The Highlands will provide transportation to the Memorial Service. The bus will leave here at 1:30pm. **Please call the Hospitality Desk at 586-7600 to sign up for a ride. The service will also be live-streamed in the Community Center on November 5<sup>th</sup> at 2:00pm for those who wish to participate here.** Return approx. 4:30pm



The programs deno  
on the Digital Calendar located

Please Contact Elizabeth David 641-6344 for further information.

sign up in advance  
icate it is wheelchair accessible.

### Sunday November 6<sup>th</sup>: Day Light Saving Time Ends

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 Activities Room

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

### Monday November 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

1:30pm – **Crosswords** with Larry Shearer. Laurelwood Gallery


2:00pm – **Presentation: *Olmstead and the Rochester Parks*** with Master Gardener Bob Beabout. Please see page 20 for more information. Community Center

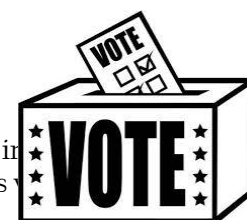
### Tuesday November 8<sup>th</sup>: Election Day

6:00am-9:00pm – **General Election Voting.** If you would like transportation, please call the Hospitality Desk 586-7600 to be added to the transportation list. **Please note transportation will only be provided between 8:30am to 3:30pm.** If you have any questions about voting, please contact Ellie Forgach 641-6379. Hahnemann Club

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

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in person on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is necessary to sign up in person. Please Contact Elizabeth David 641-6344 for further information.



## (Programs for 11/8 Continue on Next Page)

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

\*11:30am – **Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review:**



***Undelivered: The Never-Heard Speeches that Would Have Rewritten History*** by Jeff Nussbaum. Reviewed by Curt Smith Senior lecturer of English at the University of Rochester. Please register on the Digital Calendar located on the Portal. No Fee to attend. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:30pm

**12:50pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. Music Room

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

\*1:30pm-2:15pm – **Hearing Aid Battery Check & Cleaning** with Dr. Andrea Segmond from Ontario Hearing Centers. Please note this service is only for those individuals who currently wear hearing aids. Please call Elizabeth David 641-6344 to make an appointment. HAP Parlor

2:00pm – **University of Rochester presentation: *Alzheimer’s Disease: Understanding Alzheimer’s and What You Can Do About It*** with Emily Clark, DO. Please see page 19 for speaker bio. Community Center

**Wednesday November 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

10:00am – **Mac Computer Class, Topic: *Finder/General Q & A*** with the HAP Technology Team. Please contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room

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.** Cash accepted or you are welcome charge your account. Please contact Elizabeth David 641-6344 for a time slot. Please see Doretta in the Lilac Shoppe if you have any additional questions. Bistro Hallway

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


The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

## (Programs for 11/9 Continue on Next Page)

- 1:15pm – Depart for Geva Theatre for the performance of *Somewhere*. Please note transportation and ticket arrangements were made in advance, but there still may be some tickets available! Contact the Geva Theatre Center Box Office at 232-4382 if you are interested in obtaining a ticket. For questions or to secure transportation contact Elizabeth David 641-6344. Return approx. 4:30pm
- 1:30pm – **Pittsford Highlands Chorus practice**. All are welcome to participate. Music Room
- \*2:00pm – **On Your Own Flower Arranging**. Stop by and make a small floral arrangement. Please bring your own vase, the flowers will be provided. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Laurelwood Activities 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 November 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 and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.
- 10:00am – **Perk up Coffee Hour**. Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area
- 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
- \*11:30am – **Depart for the Eastman @ Washington Square Concert for the performance of *Rochester Early Music Festival I***. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:15pm
- \*1:00pm-2:00pm – **Holiday Wreath Pick up**. Come pick up your holiday wreath and start decorating for the upcoming contest that will be displayed in the Art Gallery for the month of December. See flyer for additional details. Art Gallery

The programs denoted with an asterisk (\*) indicate it is necessary to sign up in advance on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.



## (Programs for 11/10 Continue on Next Page)

3:30pm – Pet therapy with Ann Julian and Lulu. Laurelwood Hearth Room

\*4:15pm – Dinner at Rose Tavern at the Lake House on Canandaigua Lake. Enjoy a new American restaurant serving a seasonal, rustic menu inspired by local ingredients and classic cooking techniques. Please register on the Digital Calendar located on the Portal. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 7:30pm



Stop by and see our Veteran's Day Tribute Display located in the Art Gallery.

Thank you for your service.

Friday November 11<sup>th</sup>: Veteran'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

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

\*10:45am – Veterans' Day lunch in honor of those that have served our country. On Veterans' Day, Applebee's Neighborhood Grill is offering a (limited) complimentary menu for Veterans.



Please note this lunch includes a complimentary entrée only, beverage and dessert are an additional charge. If you wish to join and are not a veteran, 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, contact Elizabeth David 641-6344. Return approx. 1:15pm

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

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



The programs denoted with a wheelchair icon on the Digital Calendar located on the Portal. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

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

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center
- 3:00pm – Enjoy a Pet Therapy visit from RocDog,** a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

**Sunday, November 13<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 Activities Room
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

**Monday November 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
- 1:00pm-2:00pm – Open Swim** with Robin Gallagher. Pool
- \*2:00pm – Presentation and Wine Tasting:** Learn about the history of 3 Brothers Winery which is located on Seneca Lake with Luanne Mansfield, daughter of Laurelwood resident June Mihalov. There will also be the opportunity to try some of their wine. **Please register on the Digital Calendar located on the Portal if you wish to taste.** Tasting is optional. For questions or registration assistance, contact Elizabeth David 641-6344. Community Center

**Tuesday November 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

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are interested in receiving the Zoom link please contact Robin Gallagher 641-6316. Fitness Room  
(Programs for 11/15 Continue on Next Page)

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

\*11:30am – **Depart for the Rochester Public Library Fall ‘Books Sandwiched In’ Book Review: *Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of our Nation*** by Linda Villarosa. Reviewed by Dr. Linda Clark, MD. Please see page 20 for additional information No fee to attend. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 12:45pm

**12:50pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. Music Room

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

2:00pm – **University of Rochester Presentation: *Survival of the Fittest and Sexiest: Revisiting Darwin's Ideas with Modern Tools*** with J. Albert C. Uy, Professor in the Department of Biology. Please see page 19 for more information. Community Center

### Wednesday November 16<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

\*9:30am – **Depart for a guided tour of the Monroe County Crime Lab** with Lab Director John Clark. Please see page 20 for more information. No fee to attend. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 12:15pm

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

\*2:00pm – **Windows PC Computer Class, Topic: *File Structures, Folders vs Subfolders, How can we Stay Organized?*** with the HAP Technology Team. Please register on the Digital Calendar located on the Portal. Please contact Patrick Langton 641-6309 or Jeremy Snelgrove 641-6309 with questions. 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



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### Thursday November 17<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 and Powers Farm Market. Please call the Hospitality Desk 586-7600 to secure transportation.

10:00am – **Perk up Coffee Hour**. Enjoy a complimentary espresso beverage made by Andy, Director of Dining Services. Pub Area

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

\*1:45pm – **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. For questions and registration assistance, contact Elizabeth David 641-6344 Return approx. 3:00pm



3:30pm – **Pet therapy with Ann Julian and Lulu**. Laurelwood Hearth Room

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *Brahms Requiem***. Please note transportation and ticket arrangements were made in advance, but there may still be some tickets available! Contact the RPO Patron Services Center at 454-2100 if you are interested in obtaining a ticket. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 10:00pm




6:45pm – **Evening Entertainment** with *LoFi Cricket* featuring vocals and cello. Community Center

### Friday November 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

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## (Programs for 11/18 Continue on Next Page)

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

1:00pm – **Pathway to Pittsford Errand Bus** departs to Pittsford Plaza and Pittsford Community Library.

Please call the Hospitality Desk 586-7600 to secure transportation.

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

1:15pm – **Worship Service** with Chaplain Steve Petrovich. Laurelwood Gallery

2:30pm – **Afternoon “Oldies” Entertainment** with Pam Ernst featuring vocals and guitar. Laurelwood Gallery

Saturday November 19<sup>th</sup>:

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

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

Sunday November 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 – **St. Louis Church Live Stream Communion Service.** A volunteer from the parish will be at The Highlands to give Communion. All are welcome. Music Room

11:00am – **Asbury First United Methodist Church Live Stream Service.** Laurelwood Activities Room

\*12:45pm – **Depart for The Rochester Museum and Science *Holiday Bazaar!*** Browse ceramics, jewelry, glass, woodwork, photography, paintings, prints, sculpture, fiber arts, floral crafts and other lovely items. Limited food and beverages are available. Extensive walking is required. Admission fee is \$5.00; fee will be paid upon arrival. Return approx. 3:30pm

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

Residents on the Scenic Excursions Day trip to the Corning Museum of Glass.



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**Monday November 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

**9:30am – Book Discussion Group, Book Title: A Single Swallow by Zhang Ling.** Please register in advance by contacting Janet Steiner at 310-7366 or jes14850@gmail.com. 2<sup>nd</sup> Floor Activities Room

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

**11:00am – Pittsford Highlands Chorus practice.** All are welcome to participate. **Please note the time change.** Music Room

**\*11:15am – Depart for McArdle’s Restaurant for lunch.** Lunch will be paid for on your own. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Return approx. 1:15pm



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

**1:00pm – Go Green 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 – Presentation: *Music & Life of Frank Sinatra*** with Larry Shearer. Laurelwood Activities Room

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


**Tuesday November 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

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

**12:50pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. 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. Programs denoted with an  indicate it is wheelchair accessible. Please Contact Elizabeth David 641-6344 for further information.

**(Programs for 11/22 Continue on Next Page)**

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

**2:00pm – 3-Part Lecture Series: *Healing Pathways*, Today's Topic: *Stress and the Mind/Body Connection*** with Jennifer Klein, a Certified Holistic Stress Management Instructor with a Master's Degree in Integrative Health. Community Center

**Wednesday November 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

**10:00am-2:00pm – Fifteenth Annual Highlands Bake Sale Pre-Order Pick Up. All proceeds will go to the Ronald McDonald House.** The Ronald McDonald House provides a home away from home for families who need to be near their children while they are receiving health care at Rochester area hospitals. Come support the Bake Sale! Outside the Music Room

**10:00am-2:00pm – The Highlands at Pittsford Holiday Bazaar!** Come browse items from local vendors displaying various jewelry, lotions, soaps, holiday wreaths, ornaments, and clothing items. Community Center

**10:00am – iPad/iPhone Class, Topic: *What is an Apple ID and How-to FaceTime?*** with the HAP Technology Team. Please contact Jeremy Snelgrove 641-6309 or Patrick Langton 641-6308 with questions. Media Center

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

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

**No Pittsford Highlands Chorus practice today. Practice was rescheduled for Monday the 21<sup>st</sup>.**

**3:00pm – Line Dancing** with resident Will Herzog. All are welcome. For more information, please contact Will at 381-7368. Fitness Room

**No Happy Hour today**

**Thursday November 24<sup>th</sup>: Thanksgiving Day**


**No Fitness Classes** with Robin Gallagher today. Pool is open, you just need a buddy.

**No Shopping and Banking today**

**No Technology Classes**

**No Coffee Hour**



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No Gentle Chair Yoga with Eva Kane  
 No Pet therapy with Ann Julian and Lulu



**Friday November 25<sup>th</sup>: Black Friday**


- 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
- 2:30pm – Afternoon Entertainment** with the Tom Cometa Duo featuring piano and vocals. Laurelwood Gallery

**Saturday November 26<sup>th</sup>:**

- 10:15am – Fitness: Tai Chi** with Carmen Ramos. **In-person only.** Laurelwood Activities Room
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center
- 3:00pm – Enjoy a Pet Therapy visit from RocDog,** a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

**Sunday November 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 Activities Room
- 1:30pm – Weekend Movie Matinee:** The movie title will be announced in advance on the digital sign and Resident Portal. Community Center

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**Monday, November 28<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

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

**2:00pm – Presentation: *Name that Scam – Holiday Edition***, with Dan Lyon, Fraud and Scams Program Manager at Lifespan. **In-person only.** Community Center

**No Resident Meeting in November**

**6:45pm – Holiday Evening Music** with *Total Sound* featuring piano and vocals. Community Center

**Tuesday November 29<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

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

**\*11:00am – Cottage residents join us for our first trimming of the Hahnemann Club Christmas Tree!!**  
Eggnog and cookies will be served Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344.  
Hahnemann Club

**12:50pm – First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. Please note the time change. Music Room

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

**2:00pm – 3-Part Lecture Series: *Healing Pathways*, Today's Topic: *The Art of Relaxation*** with Jennifer Klein, a Certified Holistic Stress Management Instructor with a Master's Degree in Integrative Health. Community Center



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**Wednesday November 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
- 10:00am – Social Media Technology Class, Topic: *Twitter*** with the HAP Technology Team. Please contact Patrick Langton 641-6308 or Jeremy Snelgrove 641-6309 with questions. Music Room
- 10:15am – Fitness Class** with Robin Gallagher. **In-person only.** Fitness Room
- \*11:00am – Join us for the annual trimming of The Highlands Christmas tree.** Eggnog and cookies will be served. Please register on the Digital Calendar located on the Portal. For questions and registration assistance, contact Elizabeth David 641-6344. Highlands' Pub
- \*11:30am – Depart for the Live from Hochstein Concert: *Eastman Horn Choir: Holiday Music for Horns.*** Please register on the Digital Calendar located on the Portal. For questions and registration assistance contact Elizabeth David 641-6344. Return approx. 1:15pm
- 1:00pm~2:00pm – Open Swim** with Robin Gallagher. Pool
- 1:30pm – Pittsford Highlands Chorus practice.** All are welcome to participate. Music Room
- 2:00pm – Monthly Documentary Movie: *American Experience: Triangle Fire (2011)*.** One of the deadliest fires in U.S. history occurred at New York City's Triangle Shirtwaist Factory in 1911, killing more than 140 workers -- mostly young women who were locked inside -- and leading to profound changes in industry-labor relations. Historical documents and expert analysis detail how the resulting union strikes and government regulation advanced women's suffrage and addressed the plights of laborers in unsafe working conditions. Run time is approx. 1 hour. 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 – Meet, Mix, and Mingle Happy Hour for Newcomers:** Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Dinner at the Red Fedele Brook House with

The programs denoted with an asterisk on the Digital Calendar located on the Portal. Programs are wheelchair accessible. Please Contact Elizabeth David



advance wheelchair accessible.

residents Al Lorenzo, Muriel and Will Herzog.

### University of Rochester Lectures

**Tuesday, November 8<sup>th</sup> at 2:00pm**

**Alzheimer's Disease: Understanding Alzheimer's and What You Can Do About It**

**Bio:**

**Dr. Emily Clark** is an Assistant Professor of Psychiatry at the University of Rochester School of Medicine and Dentistry and the Associate Director of the Alzheimer's Disease Care, Research, and Education Program (AD-CARE). Dr. Clark specializes in dementia care and management, both clinically and academically, serving as a clinician at the UR Memory Care Program and as an investigator on a number of clinical research trials focused on Alzheimer's disease at the AD-CARE program.

**Tuesday, November 15<sup>th</sup> at 2:00pm**

**Survival of the Fittest and Sexiest: Revisiting Darwin's Ideas with Modern Tools**

In 1859, Charles Darwin revolutionized science by providing an elegant explanation for how plants and animals evolve through time and give rise to our planet's great diversity. Over the past century, his ideas have received wide support from the scientific community; however, many questions remain. Combining careful field observations with modern genetic techniques, we revisit a few of Darwin's important ideas by exploring how biological diversity is generated and why traits harmful to survival can evolve in nature. We test his ideas by studying the stunning birds of Australia, New Guinea and the South Pacific.

**Bio:**


**Al** was born and raised in the Philippines, moving to the US in his early teens. He received his undergraduate degree from the University of California at Berkeley, and his doctorate degree from the University of Maryland at College Park. Before joining the University of Rochester in 2020, Al held faculty positions at San Francisco State University, Syracuse University and the University of Miami. For over 25 years, Al and his team have explored the ecology and evolution of biological diversity, working in Australia, New Guinea and the Solomon Islands, as well as Ecuador, Panama and Costa Rica. His work is featured in "Islands of Creation", a documentary produced by the Smithsonian Channel and now available to stream through Paramount+.

### Lectures

**Tuesday, November 1<sup>st</sup> at 2:00pm**

**Back to the Moon: NASA's Artemis Mission**

Since the Apollo 17 astronauts left the moon in 1972, no other human being has set foot on the lunar surface. NASA's Artemis mission hopes to change this by putting the next man and the first woman on the moon by 2025. In this lesson, we'll discuss the current progress of the Artemis mission, and give you an update on NASA's Space Launch System, the Lunar Gateway, and the lunar lander being built by SpaceX.

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**Monday, November 7<sup>th</sup> at 2:00pm**  
**Olmstead and the Rochester Parks**

This presentation will provide an overview of the life and works of Frederick Law Olmsted, the pioneer landscape architect of the United States and the pioneer of the modern urban park. Learn about the history of urban parks, the early years of Frederick Law Olmsted, New York City and Central Park, Olmsted after Central Park, and the Rochester Olmsted Parks (the Monroe County Park System), as well as the Olmsted Firm.

**Outings**

**Tuesday, November 15<sup>th</sup> at 11:30am**

**'Books Sandwiched In' Book Review: Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of our Nation**

Villarosa's gripping human stories at meticulous research explains how racialism causes people of color in the U.S. how to "live sicker and die quicker" than their white counterparts, even though we have the most advance medical technology in the world and spend more on health care than any other country.

**Reviewer:**

Dr. Linda Clark who has been a practicing physician in the Rochester area for over 25 years and serves as the Chief Medical Officer for Jordan Health, where she works towards equitable health outcomes for all.

**Wednesday, November 16<sup>th</sup> at 9:30am**

**Guided tour of the Monroe County Crime Lab**

Our group will be touring Monroe County's state of the art Crime Laboratory. We will visit the Evidence section of the laboratory where all of the evidence comes in for processing, is cataloged and assigned to one or more of the forensic sections. This tour will include visiting various part of the Lab such as Firearms and Toolmark, Biology which includes DNA analysis, Trace Evidence, Drug Chemistry and finally Digital Evidence. At each section an explanation of the types of evidence examined as well as the various tests that can be performed will be discussed.


**Bio:**

**John Clark** has a Masters and Bachelors in Forensic Science as well as a Masters in Public Administration. He has held many positions such as Laboratory Director, as well as Supervisor of the Firearms & Toolmark, and Firearms Examiner for many years.

**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: jes14850@gmail.com
<b>Community Outreach Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Dining Committee</b>	Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: andy_trepanier@urmc.rochester.edu
<b>Friendship Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Go Green Group</b>	Resident, Ralph Carter, Cottage 202 Phone: (585) 267-7247 Email: rcarter56@gmail.com
	Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: mvicker1@rochester.rr.com
<b>Landscape Committee</b>	Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu
<b>Library Committee</b>	Crystal Johnston, Life Enrichment Manager Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu
<b>Program Planning Meeting</b>	Elizabeth David, Cultural Program Assistant Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu

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