



THE HIGHLANDS
AT PITTSFORD

Cultural and Educational
Program Calendar
October 2023



Cultural Programming Staff

Crystal Johnston – Director of Life Enrichment

Phone: 641-6345

Email: Crystal_johnston@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Coordinator

Phone: 641-6344

Email: Elizabeth_david@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Use the guides below to help you determine which outings are for you.



Programs denoted with a wheelchair symbol indicate it is wheelchair accessible.

Use the asterisk below to help gauge the level of walking an outing requires.

- * Easy Going
- ** On Your Feet
- *** Keep the Pace
- **** Let's Go!



Sunday, October 1st:

9:30am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk at 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 Activities Room

1:00pm – **THE BILLS MAKE ME WANNA SHOUT:** Join us for yet another season of watching football.



Enjoy light snacks and the love for the Bills as they take on The Miami Dolphins this week!

Community Center

1:30pm – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Music Room

Monday, October 2nd:

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 at 641-6316. Hahnemann Club

*9:30am – **Depart for lunch and shopping at Sauders Market.** A taste of Mennonite Culture located in



Seneca Falls, NY. No fee to attend. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:45pm **

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

No Program Planning Meeting today. It has been rescheduled for Monday, October 9th.

Tuesday, October 3rd:

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 at 641-6316. Fitness Room

10:00am – **Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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

(Programs for 10/3 continue on next page)

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

- 1:00pm – **Knitting Group** with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Music Room
- 1:15pm – **Bible Study** with Chaplain Steve Petrovich. Laurelwood Gallery
- 2:00pm – **Presentation *New York State, Fall & Winter Getaways Near and Far*** with Mike O’Brian, The Getaway Guy. See page 21 for additional information. **In-person only.** Community Center
- 7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite **POPULAR ACTORS/ACTRESS**. The title will be announced in advance in the Daily Email. Music Room

Wednesday, October 4th:

- 9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club
- 10:00am – **Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

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

- *10:30am – Depart for the Memorial Art Gallery to see the exhibits *Lines of Sight* incorporated with highlights from *Represent: Great Women Artists*. Admission fee is \$16.00 per person unless you have a MAG Membership. Admission fee will be paid for at the museum. See page 20 for more exhibit information. **Please register on the Registration Calendar located on the portal.** For questions or registration assistance contact Elizabeth David at 641- 6344. Return approx.



12:45pm ***

- 1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool
- 1:30pm – **Pittsford Highlands Chorus practice.** All are welcome to participate. New members always welcome! Music Room
- 2:30pm – **Story Time with resident Muriel Herzog.** Join Muriel as she reads aloud to residents. All are welcome. HAP Library
- 3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. Fitness Room
- 4:00pm-6:00pm – **Happy Hour:** Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center

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



Thursday, October 5th:

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 at 586-7600 to secure transportation.

*9:30am – **Depart for a step on bus tour of Mount Hope Cemetery followed by lunch at the Distillery.** The tour will highlight local history, famous Rochester residents such as Susan B. Anthony and Frederick Douglass, as well as local horticulture, geology, architecture, and Victorian symbolism. Admission fee is \$10.00 per person and will be collected on the day of the tour. Lunch will be paid for on your own. **Please note there is minimal to no walking required for this tour. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance contact Elizabeth David at 641- 6344. Return approx. 2:00pm*

10:00am – **Perk up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

3:30pm – **Pet Therapy with Ann Julien and Lulu.** Laurelwood Gallery

Friday, October 6th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 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 at 641-6316. Fitness Room

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

11:15am – **Presentation: *Mindfulness: Impact on Day to Day Function*** with Physical Therapy Students from Nazareth University. Learn what mindfulness is and the impact it has on pain and aging as well as incorporating mindfulness practice, breathing and muscle relaxation exercises in your day. All are welcome. Exercise Room



(Programs for 10/6 continue on next page)

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

11:15am-1:00pm – Alzheimer’s Campus Walk. Enjoy food, activities, and raffle items--all to benefit a cause near and dear to our hearts. If you wish to attend, **please register on the Registration Calendar located on the Portal.** Please see previously distributed flyer for additional information. Hahnemann Club

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

1:00pm – First Friday Catholic Mass with volunteers from St. Louis Church. Music Room

1:15pm – Pause for Peace with Chaplain Steve Petrovich. Laurelwood Gallery

2:00pm – Presentation: *Alaska: Gold, Salmon, and Sea Otter* with travel expert Beth Brancato.

In 1862, Congress passed the revolutionary Homestead Act that sent thousands of Americans west in pursuit of free land. Any man 21 years of age or over was eligible to stake out 160 acres of land for less than \$20. **In-person only.** Community Center

2:30pm – Afternoon Music with the Brad Batz Duo. Laurelwood Gallery

4:00pm-5:00pm – Friday Social Hour! Join your neighbors for conversation and light snacks. Community Center



Saturday, October 7th:

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

1:30pm – Weekend Movie Matinee: The title will be announced in advance in the Daily Email. Music Room

2:30pm – Afternoon Music with the Bangers & Mash Trio featuring traditional jazz standards and some originals on the piano, bass, and drums. Community Center

Sunday, October 8th:

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

9:30am – THE BILLS MAKE ME WANNA SHOUT: Join us for yet another season of watching football.



Enjoy light snacks and the love for the Bills as they take on The Jacksonville Jaguars this week!
Community Center

10:30am – Communion Service with volunteers from St. Louis Church. Music Room

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

1:30pm – Weekend Movie Matinee: The title will be announced in advance in the Daily Email. Music Room

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



Monday, October 9th: Columbus Day

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 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: *What's on the Ballot this Fall?*** with Barbara Grosh, President of the local chapter of the League of Women Voters. Barbara will discuss what's on the ballot in Monroe County as well as all talk about all the LWV does to help voters prepare for the upcoming elections. **In-person only.** Community Center

Tuesday, October 10th:

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 at 641-6316. Fitness Room

10:00am – **Perk Up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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: *Poverty, by America*** by Matthew Desmond, Reviewed by Megan Norris, PhD, Executive Director of the Rochester Area Community Foundation's Data Initiative. No fee to attend. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641- 6344. Return approx. 1:30pm ******



12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome. 2nd Floor Activities Room

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



(Programs for 10/10 continue on next page)

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

3:30pm – Presentation: *Long-term Care Division Update* with Steve Goldstein, Senior Vice President of URMC and President of the Long-Term Care Division. Community Center.

7:30pm – Lights, Camera, Action ~ Movie Night! Join us this month as we feature your favorite **POPULAR ACTORS/ACTRESS**. The title will be announced in advance in the Daily Email. Music Room

Wednesday, October 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 at 641-6316. Hahnemann Club

10:00am – Tech Time with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

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

11:15am – Depart for the Finger Lakes Railway Train Ride located in Seneca Falls. Stay tuned for upcoming memo with registration details.

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

1:00pm – Caregivers Support Group with facilitator Connie Craig, MSW and a Certified Aging Life Specialist (Care Manager). All are welcome. 2nd Floor Activities Room

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

2:30pm – Story Time with resident Muriel Herzog. Join Muriel as she reads aloud to residents. All are welcome. HAP Library

3:00pm – Line Dancing with resident Will Herzog. All are welcome. Fitness Room

4:00pm-6:00pm – Happy Hour. Enjoy drink specials and appetizers and great conversation with your neighbors. Community Center

Resident David Strong and Staff Member Elizabeth David having fun at the Red Wings Game! GO WINGS!



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



Thursday, October 12th:

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 at 586-7600 to secure transportation.

10:00am – **Perk up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

*1:30pm – **Depart to Schutt's Apple Mill located in Webster, NY.** Shop for pumpkins, apples, cider, donuts, flowers, novelty/gift items, and much more. No fee to attend. Walking is required with limited seating. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 3:45**



3:30pm – **Pet Therapy** with Ann Julien and Lulu. Laurelwood Gallery

6:30pm – **Depart for the Rochester Philharmonic Orchestra Concert: *David Zinman Returns*.** 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. Contact Elizabeth David at 641-6344 with questions or to secure transportation. Return approx. 10:00pm**



Friday, October 13th:

8:30am – **Departing for our Fall overnight!** Residents will enjoy a fall foliage train ride from Utica, NY to Old Forge, NY and back with a stay at the Del Lago Resort & Casino. The following morning will include a cheese tasting at the Muranda Cheese Company. Residents will return Saturday, October 14th around 12:00pm. Please note tickets and transportation arrangements were made in advance.

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 at 641-6316. Hahnemann Club

(Programs for 10/13 continue on next page)



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

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 at 641-6316. Fitness Room

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

No religious program with Chaplain Steve Petrovich today.

1:30pm – **Monthly Documentary: *Fantastic Fungi***. Delve into the magical world of fungi from mushrooms that clear oil spills to underground fungal networks that help trees communicate. Music Room

4:00pm-5:00pm – **Friday Social Hour!** Join your neighbors for conversation and light snacks. Community Center

Saturday, October 14th:

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

1:30pm – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Community Center

3:30pm – **Enjoy a Pet Therapy visit from RocDog**, a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

Sunday, October 15th:

9:30am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk at 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

1:30pm – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Music Room

8:20pm – THE BILLS MAKE ME WANNA SHOUT: Join us for yet another season of watching football.



Enjoy light snacks and the love for the Bills as they take on The New York Giants this week!

Community Center

Monday, October 16th:

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 at 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 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 Donald O'Connor* with Larry Shearer. Laurelwood Activities Room

2:00pm – Presentation: *How to Choose a Medicare Plan* with Pat Wagner and David Benedict -HIICAP Medicare Counselors from Lifespan. **In-person only.** Community Center

No transportation will be provided to the Flower City Jazz Society Concert this evening. You are welcome to attend on your own.

**Tuesday, October 17th:**

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 at 641-6316. Fitness Room

10:00am – Perk up Coffee Hour. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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

11:00am – Entertainment by the *Fairport Musicales* featuring classical music, solos and chamber music performed by adult musicians. Community Center

12:50pm – First Presbyterian Church Small Group Fellowship and Prayer. All are welcome.
2nd Floor Activities Room

1:00pm – Depart for shopping at Tops Friendly Markets. Please call the Hospitality Desk at 586-7600 to secure transportation.



(Programs for 10/17 continue on next page)



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

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

2:00pm – **Presentation: *Four Costly Retirement Tax Mistakes and How to Avoid Them*** with Tammy Mogilski, Senior VP, Financial Advisor for Wealth Enhancement Group. **In-person only.** See page 21 for additional information. Community Center

7:30pm – **Lights, Camera, Action ~ Movie Night!** Join us this month as we feature your favorite **POPULAR ACTORS/ACTRESS**. The title will be announced in advance in the Daily Email. Music Room

Wednesday, October 18th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club

10:00am – **Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

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

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

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

2:30pm – **Story Time with resident Muriel Herzog.** Join Muriel as she reads aloud to residents. All are welcome. HAP Library

3:00pm – **Line Dancing** with resident Will Herzog. All are welcome. Fitness Room

4:00pm-6:00pm – **Happy Hour:** Enjoy drink specials, appetizers and great conversation with your neighbors. Community Center

*4:00pm – **Depart for Dinner at Papa Joe's Italian Eatery in Spencerport, NY. Please register on the**



Registration Calendar located on the Portal. Dinner will be paid for on your own. For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx.

6:30pm*

Residents Stewart and Barbara Agor enjoying a ride on the Captain Bill's Boat Cruise in Watkins Glenn.



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



Thursday, October 19th:

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 at 586-7600 to secure transportation.

10:00am – **Perk up Coffee Hour**. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room

*12:30pm – **Depart for a fall foliage trip to Naples, NY with a stop at Joseph’s Market and Lynn Lou’s Homemade Ice Cream shop.** No Fee to attend. **Walking is required. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 4:00pm ***



3:30pm – **Pet Therapy with Ann Julian and Lulu.** Laurelwood Gallery



Friday, October 20th:

9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 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 at 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

2:00pm – **Presentation: *Stories, Skills, and Seconds*.** Share your career stories with students from Nazareth University. See page 21 for additional information. **In-person only.** Community Center

4:00pm-5:00pm – **Friday Social Hour!** Join your neighbors for conversation and light snacks. Community Center



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

Saturday, October 21st:

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

*12:00pm-2:00pm – **Annual Fall Festival.** Enjoy some fun activities around the Highland Campus with your family including blue grass, country, and folk music from *The String Chickens*. Light refreshments will be served. **Please register on the Registration Calendar located on the Portal.**

Due to on campus events today, the afternoon movie has been moved to this evening at 7:30pm for today only.

7:30pm – **Weekend Evening Movie.** The title will be announced in advance in the Daily Email. Music Room

Sunday, October 22nd:

9:30am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk at 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

1:00pm – **THE BILLS MAKE ME WANNA SHOUT:** Join us for yet another season of watching football.



Enjoy light snacks and the love for the Bills as they take on The New England Patriots this week!

Community Center

1:30pm – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Music Room

Monday, October 23rd:

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 at 641-6316. Hahnemann Club

10:00am – **Book Discussion Group,** Book Title: *Walden* by Henry Thoreau. 2nd Floor Activities room

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

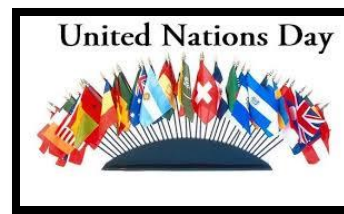
1:00pm-2:00pm – **Open Swim** with Robin Gallagher. Pool

6:45pm – **Depart for the Penfield Symphony Orchestra Concert: *American Innovation*.** Please note most



tickets and transportation arrangements were made in advance, but there still may be some available seating left on the bus. If so, you are welcome to purchase tickets at the door. For

questions contact Elizabeth David at 641-6344. Return approx. 10:00pm*



Tuesday, October 24th: United Nations 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 at 641-6316. Fitness Room

10:00am – **Perk Up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome.
2nd Floor Activities Room

*1:00pm – **Depart for the Rush Rhees Library at the University of Rochester.** Enjoy browsing/hands on opportunity of a variety of artifacts from *Over the Rainbow and Around the World: Real and Imagined Journeys in Special Collections exhibit*. Curator Jessica Lacher-Feldman has selected some materials from the collections to look at and talk about during the visit, including rare books, photographs, and manuscript materials. **Walking is required. Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 4:00pm ***



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

7:30pm – **Lights, Camera, Action - Movie Night!** Join us this month as we feature your favorite **POPULAR ACTORS/ACTRESS**. The title will be announced in advance in the Daily Email. Music Room

Wednesday, October 25th:


9:00am – **Fitness Class** with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 641-6316. Hahnemann Club

10:00am – **Tech Time** with the HAP Technology Team. Please bring general inquiries or concerns regarding technology. For questions contact Patrick Langton at 641-6308 or Jeremy Snelgrove at 641-6309. Music Room

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

(Programs for 10/25 continue on next page)

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

*11:30am – Depart for the Live from Hochstein Concert for the performance of *Slavic Masters* performed by Ekstasis Duo with Natasha Farny on cello, and Eliran Avni on piano. No fee to attend. See  page 20 for additional performance information. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641-6344. Return approx. 1:30pm*

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

1:00pm – Caregivers Support Group. Open Discussion. All are welcome. 2nd Floor Activities Room

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

2:30pm – Story Time with resident Muriel Herzog. Join Muriel as she reads aloud to residents. All are welcome. HAP Library

3:00pm – Line Dancing with resident Will Herzog. All are welcome. 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

Thursday, October 26th:

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 at 586-7600 to secure transportation.

10:00am – Perk up Coffee Hour. Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. 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 at 641-6316. Fitness Room


2:00pm – Virtual Presentation: *Galaxies and Galactic Cannibalism* with Valerie Rapson, Ph.D., Assistant Professor at SUNY Oneonta. See page 21 for additional information. **The Zoom link will be sent to all residents via email the morning of the presentation.** This virtual presentation is also available to view in the Community Center.

3:30pm – Pet Therapy with Ann Julien and Lulu. Laurelwood Gallery

(Programs for 10/26 continue on next page)

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

6:30pm – Depart for the Rochester Philharmonic Orchestra Concert: *Andreas Conducts Mahler*. 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. Contact Elizabeth David at 641-6344 with questions or to secure transportation. Return approx. 10:00pm**

8:15pm – **THE BILLS MAKE ME WANNA SHOUT:** Join us for yet another season of watching football.  Enjoy light snacks and the love for the Bills as they take on The Tampa Bay Buccaneers this week! Community Center

Friday, October 27th:

9:00am – Fitness Class with Robin Gallagher. Available in-person & virtually. **The Zoom link will be sent to participants via email the morning of the class.** If you are interested in receiving the Zoom link please contact Robin Gallagher at 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 at 641-6316. Fitness Room

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

*10:45am – Depart for Nazareth University for a campus tour and lunch in there dining hall. Walking is required with limited seating. Please register on the Registration Calendar located on the Portal. For questions or registration assistance, contact Elizabeth David at 641- 6344. Return approx. 2:00pm****



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

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

4:00pm-5:00pm – **Friday Social Hour!** Join your neighbors for conversation and light snacks. Community Center

Saturday, October 28th:

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

1:30pm – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Music Room

3:30pm – **Enjoy a Pet Therapy visit from RocDog,** a Non-Profit Therapy Dog Organization that prepares dogs and handlers for visitations. Laurelwood Gallery

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

Sunday, October 29th:

9:30am & 10:00am – **Depart to local area churches.** Please call the Hospitality Desk at 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 – **Weekend Movie Matinee:** The title will be announced in advance in the Daily Email. Music Room

Monday, October 30th:

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 at 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

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

Tuesday, October 31st: Halloween

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 at 641-6316. Fitness Room

10:00am – **Perk Up Coffee Hour.** Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member. Pub Area

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: *The Diamond Eye*** by Kate Quinn, Reviewed by Douglas Jones, a retired prosecutor and civil litigation attorney with a military background. No fee to attend. **Please register on the Registration Calendar located on the Portal.** For questions or registration assistance, contact Elizabeth David at 641- 6344. Return approx. 1:30pm**



(Programs for 10/31 continue on next page)



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

12:50pm – **First Presbyterian Church Small Group Fellowship and Prayer.** All are welcome.

2nd Floor Activities Room

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

2:30pm – **Halloween Party!** Enjoy themed snacks and beverages. Join us for some Halloween fun and live entertainment from *Musique*. Costumes are encouraged but not required. 3:00pm we will start our costume parade and contest! Community Center

7:30pm – **Lights, Camera, Action - Movie Night!** Join us this month as we feature your favorite **POPULAR ACTORS/ACTRESS**. The title will be announced in advance in the Daily Email. Music Room



Liz and Jim Martin

Residents enjoying the water and an evening out at Hedges Nine Mile Point Restaurant.



John Simonds and Barbara Osborne



Karen and Paul Francis

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

Outings

Wednesday, October 4th at 10:30am

Memorial Art Gallery Exhibits:

Lines of Sight & Represent: Great Women Artists at MAG

Lines of Sight

Crystal Z Campbell's multidisciplinary art practice centers on "public secrets"—stories known by many but rarely told. *Lines of Sight* illuminates the 1921 Tulsa Race Massacre, when white mobs attacked and killed hundreds of Black residents, destroying over 35 city blocks of the predominantly Black Greenwood district (a.k.a. Black Wall Street) in Tulsa, Oklahoma. However, rather than images of the massacre, this immersive exhibition offers an alternative narrative revealing Black communities that thrived despite the massacre.

Represent: Great Women Artists at MAG

Represent: Great Women Artists at MAG highlights exceptional artists in the museum's permanent collection. "Why Have There Been No Great Women Artists?"

Art historian Linda Nochlin's influential 1971 essay shed light on the cultural and institutional obstacles to women's success in the arts throughout history. Over fifty years later, despite the significant gains made, women are still underrepresented in the art world and in museum collections. With Represent: Great Women Artists at MAG, the museum celebrates women artists in the permanent collection as it acknowledges the remaining work to be done in collecting, exhibiting, and championing women artists.

Represent includes an exhibition of recent acquisitions in the introductory Forman Gallery, accessible activities for visitors to discover work by women artists throughout the museum's first- and second-floor galleries, and public programs that will delve deeper into the topic.

Wednesday, October 25th at 11:30am

Live from Hochstein Concert: Slavic Masters

Ekstasis celebrates Rachmaninoff's 150th birth year with the third movement of his grand cello and piano sonata, op. 19. Rachmaninoff is known for his piano concerti and in this masterful work, we hear orchestral writing on a smaller scale, displaying multiple emotions from quiet desperation to a great revelation of love and joy. The program also includes movements from the stirring and epic Sonata by Croatian late-Romantic composer Dora Pejačević; Ritournelle by the great female Czech composer Vítězslava Kaprálová, full of scampering mischief; and Prokofiev's early work, Ballade, which reveals intensely dark and mysterious characters.

The Ekstasis Duo performs music for cello and piano and their mission is to create compelling programming celebrating masterpieces alongside the secret jewels of lesser-known works. With a focus on storytelling that pinpoints an aspect of the human condition or creates an atmosphere through sound, their concerts offer solo and chamber music works. Since their debut in 2018, The Ekstasis Duo has appeared on distinguished series such as New York City's Merkin Hall and Eastman's Morning Chamber Music Series. The duo produced their first CD, "Women's Voices," in fall 2021. They are currently in the finishing stages of a second CD, "... From the Shadows," to be released in fall 2023.

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

Lectures

Tuesday, October 3rd at 2:00pm

New York State, Fall & Winter Getaways, Near and Far!

Come meet Mike “*The Getaway Guy*”, seen on Spectrum & R News, as he shares his favorite New York State, Fall & Winter Getaways, near and far! Plus... see a few exciting Getaway Guy TV episodes including one to a popular, world-famous hotel that some people love, and others...would never stay at! Mike may also share a few of his favorite Haunted Getaways too!!! It's a fun and informative hour of travel adventures with Mike O'Brian, The Getaway Guy!!!

Friday, October 20th at 2:00pm

Stories, Skills, and Seconds

Students in a career development course at Nazareth University will be coming to the Highlands to hear career stories from residents to inspire, motivate, and entertain them in order to focus on making decisions about their college major and possible career pathways. These students will bring a fun skills recognition activity for residents to think about their top skill areas in their Golden years. On Friday, October 27th, residents are invited to an on-campus tour and an all-you can-eat lunch in the Dining Commons. Make sure to go back for seconds!

Tuesday, October 17th at 2:00pm

Four Costly Retirement Tax Mistakes and How to Avoid Them

For more than 30 years, Tammy has served the needs of individuals and families seeking comprehensive financial plans and strategies and personalized asset management strategies. Tammy joined Wealth Enhancement Group in 2023 through the Legacy Financial Planning acquisition. Legacy Financial Planning was founded by Tammy along with her partner, Brian Bedford, while at MetLife. She is experienced in all areas of financial planning, including: retirement, income distribution, estate, investment and special needs estate planning. She is a member of the Financial Planning Association, National Association of Insurance and Financial Advisors and Million Dollar Roundtable. Tammy enjoys spending time with her family and traveling.

Thursday, October 26th at 2:00pm

Galaxies and Galactic Cannibalism

Astronomers believe that there are over 100 billion galaxies in the observable universe. Many of them are the classic spiral shape, while others are elliptical and look more like dense yellow clusters of stars. With telescopes like Hubble and JWST, we can explore other galaxies up close, and even catch some of them in a violent interaction called galactic cannibalism. Join us as we journey through the universe to explore the patterns and shapes of other galaxies... and try not to get eaten!

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, Nancy Hare Apt. 113 Phone: (585) 586-4769 Email: nwhare3@gmail.com |
| Community Outreach Committee | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu |
| Dining Committee | Andy Trepanier, Director of Dining Services Phone: (585) 641-6334 Email: andy_trepanier@urmc.rochester.edu |
| Friendship Committee | Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu |
| Go Green Group | 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 |
| Landscape Committee | Russell Perrone, Director of Facilities Phone: (585) 641-6302 Email: russell_perrone@urmc.rochester.edu |
| Library Committee | Crystal Johnston, Director of Life Enrichment Phone: (585) 641-6345 Email: crystal_johnston@urmc.rochester.edu |
| Line Dancing | Resident Will Herzog, Apt. 249 Phone: 381-7368 Email: track2@frontiernet.net |
| Pittsford Highlands Chorus Program Planning Meeting Support Group | Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu |

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