

# January Calendar 2025



## Independent Living

Cultural and Educational Program Calendar

THE HIGHLANDS  
AT PITTSFORD  
ROCHESTER'S ONLY UNIVERSITY-BASED  
RETIREMENT COMMUNITY



# Life Enrichment Staff

## Crystal Johnston – Director of Life Enrichment

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Office: Located 2nd floor of Laurelwood

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## Robin Gallagher – Wellness Coach

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Office: Located 2nd floor Hahnemann Square, Wellness Center Office

# Accessibility Guide

Please use the guide below to help determine which outings are for you.

**Asterisks indicate the level of walking an outing requires.**

 Easy Going

 On Your Feet

 Keep the Pace

 Let's Go!

 The wheelchair symbol indicates handicap accessible

# Wednesday, January 1<sup>st</sup>

New Year's Day

Due to the holiday, we will not be offering the following:  
Fitness Classes with Robin Gallagher. Pool is open you just need a buddy.  
Pittsford Highlands Chorus Practice  
Muriel's Novel Idea Reading Group  
Line Dancing with Will  
Happy Hour

10:15am Wellness Center Fitness Video  
On Your Own

# Thursday, January 2<sup>nd</sup>

9:00am HAP Pool Water Fitness  
2<sup>nd</sup> Floor with Robin Gallagher

Departures: Country Club Plaza Shopping and Banking  
9:00am    Please call the Hospitality Desk at 585-586-7600 to  
10:00am secure transportation.  
11:00am

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

10:30am - Wellness Center Circuit Training  
12:00pm with Robin Gallagher

11:00am Wellness Center Gentle Chair Yoga  
with Eva Kane. Available in-person & virtually. If you  
are interested in receiving the Zoom link, contact  
Robin Gallagher at 585-641-6316. **The Zoom link will  
be sent to participants via email the morning of  
the class.**



1:00pm - 1:30pm Wellness Center Chair Fitness Workout  
with Robin Gallagher. This class is mostly done  
seated with minimal standing—seated aerobics, hand  
weights, and stretching. All are welcome.

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(\*) Indicates advanced sign-up required on the Resident Portal.  
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

<b>2:00pm</b>	<b>TBD</b>	<b>University of Rochester Presentation:</b> <b><i>Atameen: The Art of Middle Eastern Embroidery</i></b> with Fatimah Al Dulaimee, Clinical Research Coordinator at the University of Pennsylvania Perelman School of Medicine. See page 26 for additional information.
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu



**Friday, January 3<sup>rd</sup>**

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:00pm</b>	<b>Music Room</b>	<b>First Friday Catholic Mass</b> with volunteers from St. Louis Church
<b>Departure:</b> <b>1:00pm</b> Return approx. 3:30pm	<b>Memorial Art Gallery</b>  	<b>*Exhibit: <i>Drawing as Discovery</i></b> <b><i>500 Years of Drawings and Watercolors from MAG's Permanent Collection.</i></b> See page 28 for additional exhibit information. Admission fee is \$7.00 per person unless you have a MAG Membership. <b>Please register on the Portal.</b>
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Pause for Peace</b> with Chaplain Steve Petrovich

## Saturday, January 4<sup>th</sup>

<b>10:15am</b>	<b>Laurelwood Activities Room</b>	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
<b>1:30pm</b>	<b>Community Center</b>	<b>Weekend Evening Movie</b> Check the Daily Email for film title and description.
<b>Departure:</b> <b>3:15pm</b> Return approx. 6:00pm	<b>Third Presbyterian Church</b>  	<b>*15<sup>th</sup> Boars Head and Yule Log Festival</b> hosted by the Third Presbyterian Church. While there is no cost to attend, donations are appreciated as they help support Third Church's Art Programs and Outreach Ministries. See page 29 for additional information. <b>Please register on the Portal.</b>



## Sunday, January 5<sup>th</sup>

<b>Departure times:</b> <b>9:30am</b> <b>10:00am</b>	<b>Religious Services</b>  	<b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list.
<b>10:30am</b>	<b>Music Room</b>	<b>Communion Service</b> with volunteers from St. Louis Church. All are welcome.
<b>11:00am</b>	<b>Laurelwood Activities Room</b>	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
<b>1:30pm</b>	<b>Music Room</b>	<b>Weekend Afternoon Movie</b> Check the Daily Email for film title and description.
<b>TBD</b>	<b>Music Room</b>	<b>THE BILLS MAKE ME WANNA SHOUT:</b> Join us for yet another season of watching football! Enjoy light snacks and love for the Bills as they take on the New England Patriots this week!

## Monday, January 6<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
11:00am	Music Room	<b>Program Planning Meeting</b> Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
Departure: 1:30pm	Victor, NY  	<b>*Shopping at Eastview Mall, Target and Victor Crossings.</b> Store selection include Dollar Store, HomeGoods, Kohl's, Wal-Mart, and PetSmart. <b>Make holiday returns and enjoy the after-holiday sales! Please register on the Portal.</b>

## Tuesday, January 7<sup>th</sup>

9:00am	HAP Pool 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
10:00am	Highlands Pub	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	<b>Circuit Training</b> On Your Own
Departure: 11:30am Return approx. 1:30pm	Christ Church  	<b>*Tuesday Pipes Concert</b> A 25-minute organ concert performed by Eastman students, faculty, and guests. No fee to attend. <b>Please register on the Portal!</b>
12:50pm-2:00pm	Activities Room 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.

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1:00-2:00 pm	Music Room	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting.
1:15pm	Laurelwood Gallery	<b>Bible Study</b> with Chaplain Steve Petrovich
2:00pm	Community Center	<b>Afternoon Music</b> with <i>The Uptown Groove Acoustic Jazz Duo</i> featuring guitar and vocals.
7:30pm	Music Room	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature a <i>variety of films</i> . Check the Daily Email for the film title and description.

## Wednesday, January 8<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:30pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Caregivers Support Group</b> facilitated by Connie Craig, MSW and a certified Aging Life Specialist. All are welcome.
2:30pm	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	<b>Line Dancing</b> with resident Will Herzog. All are welcome.

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**Departure:**  
**3:00pm**  
Return approx.  
9:00pm

Liverpool, NY



**\*Dinner at the Retreat followed by the *Lights on the Lake Drive- Through Holiday* light Show. (Please note residents do not get off the bus)**  
Admission fee for the tour is \$2.00 per person and will be collected on the bus. Dinner will be paid for on your own. **Please register on the Portal. (Please note this outing was rescheduled from December due to weather. Those from last month's list will take priority, space is limited.)**

**4:00pm - 6:00pm**    **Community Center**

**Happy Hour**  
Enjoy drink specials, appetizers, and great conversation with your neighbors.

## Thursday, January 9<sup>th</sup>

**9:00am**

**HAP Pool**  
2<sup>nd</sup> Floor

**Water Fitness**  
with Robin Gallagher

**Departures:**  
**9:00am**  
**10:00am**  
**11:00am**

**Country Club Plaza**



**Shopping and Banking**  
Please call the Hospitality Desk at 585-586-7600 to secure transportation.

**10:00am**

**Highlands Pub**

**Perk-up Coffee Hour**  
Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.

**Departure:**  
**10:30am**  
Return approx.  
12:00pm

**Strasenburgh Planetarium**



**\*Private showing of *Black Holes Revealed* (This outing is back by popular demand.)**  
**Admission fee is \$10.00 and will be collected on the bus.** Show is approximately 45 min. See page 29 for additional show information. **Please register on the Portal.**

**10:30am - 12:00pm**

**Wellness Center**

**Circuit Training**  
with Robin Gallagher

**11:00am**

**Wellness Center**

**Gentle Chair Yoga**  
with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link will be sent to participants via email the morning of the class.**

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1:00pm - 1:30pm	Wellness center	<b>Chair Fitness Workout</b> with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching.
3:30pm	Laurelwood Gallery	<b>Pet Therapy</b> with Ann Julien and Lulu

## Friday, January 10<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:15pm	Laurelwood Gallery	<b>Poems, Quotes &amp; Songs</b> with Chaplain Steve Petrovich
2:00pm	Community Center	<b>Travelogue: <i>Puglia: The Heel of Italy</i></b> with travel expert Beth Broncato
4:00pm - 5:30pm	Community Center	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.

## Saturday, January 11<sup>th</sup>

10:00am- 11:30am	2 <sup>nd</sup> Floor Activities Room	<b>*Watercolor Workshop</b> with Amy Gendrou, Art Educator. No fee to attend. All are welcome. Unleash your creativity! <b>Please register on the Portal.</b>
10:15am	Laurelwood Activities Room	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
Departure: 1:15pm Return approx. 4:30pm	Dryden Theatre  	<b>*Film Screening: <i>The Sugarland Express</i></b> featuring Goldie Hawn, Ben Johnson, Michael Sacks and director Steven Spielberg. See page 29 for additional film information. <b>Admission fee is \$9.00 for members or \$12.00 for nonmembers. Tickets will be purchased upon arrival. Please register on the Portal</b>
1:30pm	Music Room	<b>Weekend Movie Matinee</b> Check the Daily Email for film title and description.
3:30pm	Laurelwood Gallery	<b>Pet Therapy</b> RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.

## Sunday, January 12<sup>th</sup>

Departure times: 9:30am 10:00am	Religious Services  	<b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list.
10:30am	Music Room	<b>Communion Service</b> with volunteers from St. Louis Church
11:00am	Laurelwood Activities Room	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
Departure: 1:15pm Return approx. 4:30pm	Eastman Kodak Hall  	<b>RPO Presents <i>Bruch's Romantic Violin Concerto</i></b> <b>Please note ticket and transportation arrangements were made in advance by residents individually, but there still may be some tickets available!</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

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(\*) Indicates advanced sign-up required on the Resident Portal.  
For questions or registration assistance, contact Elizabeth David at 585-641-6344.

**1:30pm**                      **Music Room**                      **Weekend Movie Matinee**  
 Check the Daily email for the film title and description

**Monday, January 13<sup>th</sup>**

**9:00am**                      **Hahnemann Club**                      **Fitness Class**  
 with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. **The Zoom link will be sent to participants via email the morning of the class.**

**10:15am**                      **Wellness Center**                      **Fitness Class**  
 with Robin Gallagher

**11:30am-1:00pm**      **Oneida Dining Room**      **\*Pizza Party Luncheon**  
 Residents only. Please note space is limited. No fee to attend. **Please register on the on the Portal.**

**1:00pm - 2:00pm**      **HAP Pool**  
 2<sup>nd</sup> Floor                      **Open Swim**  
 with Robin Gallagher

**1:30pm**                      **Laurelwood Activities Room**                      **Music of Karen & Richard Carpenter**  
 with presenter Larry Shearer


**2:00pm**                      **Community Center**                      **Presentation: *The First Americans: When did they come and how do we know that?***  
 with Cottage Resident Udo Fehn, Professor Emeritus of Geological Sciences. See page 26 for additional information.

(\*) Indicates advanced sign-up required on the Resident Portal.  
 For questions or registration assistance, contact Elizabeth David at 585-641-6344.


# Tuesday, January 14<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>Departure:</b> 10:00pm	<b>Penfield, NY</b>   	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>Departure:</b> 11:30am Return approx. 1:30pm	<b>Christ Church</b>  	<b>*Tuesday Pipes Concert</b> A 25-minute organ concert performed by Eastman students, faculty, and guests. No fee to attend. <b>Please register on the Portal.</b>
12:50pm-2:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00pm	<b>Wellness center</b>	<b>Corn Hole</b> with Robin Gallagher
1:15pm	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
2:00pm-3:30pm	<b>Community Center</b>	<b>Hub at The Highlands</b> with Miriam Weber, Ph.D, Associate Professor of Neurology, at the U of R. See page 26 for additional information. <b>This program is free. Registration is required. Please register at <a href="http://www.RocParkNet.org/events">www.RocParkNet.org/events</a>. For registration assistance, contact Alexis Ross at 585-641-6388.</b>
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature a <i>variety of</i> films. Check the Daily Email for the film title and description.

# Wednesday, January 15<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>Departure:</b> <b>10:15am</b> Return approx. 2:45pm	<b>Rochester, NY</b> 	<b>*Record Archive with lunch at The Winfield</b> Pick up the latest releases on cd and vinyls, as well as used cd's, cassettes, 8 tracks, and even 78's. They take pride in their comparable music collection. <b>Please register on the Portal.</b>
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Music Room</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>4:00pm - 6:00pm</b>	<b>Music Room</b>	<b>Happy Hour</b> Enjoy drink specials, appetizers, and great conversation with your neighbors.

# Thursday, January 16<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
Departures: 9:00am 10:00am 11:00am	<b>Country Club Plaza</b> 	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
11:00am	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
1:00pm - 1:30pm	<b>Wellness center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.
2:00pm	<b>Community Center</b>	<b>Presentation: <i>Supermarket Savvy</i></b> Learn the secrets of "smart" food shopping to save time, money, and make healthier choices with Susan Sagan Levitan, Holistic Health Coach   Wellness Speaker   Owner, ChapterU Health LLC.
2:00pm-3:00pm	<b>Music Room</b>	<b>Great Decisions Discussion Group</b> Join one of America's largest discussion programs on world affairs. The topic for January is <b><i>U.S. Changing Leadership of the World Economy - Author: Daniel Drezner</i></b> . See page 28 for additional group information. All are welcome. <b>(Please note this group will only meet once a month this year.)</b>
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu



## Friday, January 17<sup>th</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:15pm</b>	<b>Laurelwood Gallery</b>	<b>Worship Service</b> with Chaplain Steve Petrovich
<b>1:30pm</b>	<b>Community Center</b>	<b>*New Year's BINGO!</b> Come enjoy a fun game of BINGO while enjoying a holiday beverage. Great prizes will be given to winners! <b>Please register on the Portal.</b>
<b>Departure: 7:15pm</b> Return approx. 10:00pm	<b>Eastman Theatre</b> (Kodak Hall)	<b>Performance: All That Satchmo: Smooth Sounds of New Orleans.</b> <b>Please note transportation and ticket arrangements were made in advance by residents individually, but there still may be some tickets available.</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.

## Saturday, January 18<sup>th</sup>

<b>10:15am</b>	<b>Laurelwood Activities Room</b>	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
<b>2:30pm</b>	<b>Community Center</b>	<b>Afternoon Entertainment</b> with the <i>Laura Dubin Jazz Duo</i> featuring vocals and piano
<b>7:30pm</b> (note time change)	<b>Music Room</b>	<b>Weekend Evening Movie</b> Check the Daily Email for film title and description.

## Sunday, January 19<sup>th</sup>

<b>Departure times:</b> 9:30am 10:00am	<b>Religious Services</b>  	<b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list.
10:30am	<b>Music Room</b>	<b>St. Louis Live Stream Communion Service</b> Sunday service is shown on the large screen TV, and a volunteer from the parish will be giving communion. All are welcome.
11:00am	<b>Laurelwood Activities Room</b>	<b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature a <i>variety</i> films. Check the Daily Email for the film title and description.

## Monday, January 20<sup>th</sup>

### Martin Luther King Jr. Day

9:00am	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>Departure:</b> 11:30am Return approx. 1:15pm	<b>Fairport, NY</b>  	<b>*Lunch at Dalia's</b> Enjoy a combination of top pizzas and Greek cuisine in the area! <b>Lunch will be paid for on your own. Please register on the Portal.</b>
1:00pm	<b>Music Room</b>	<b>Sustainability Group</b> This group researches and discusses practices that may lead to more environmentally friendly and ecologically responsible lifestyles at HAP. All are welcome.

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1:00pm - 2:00pm	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
2:30pm	<b>Community Center</b>	<b>Afternoon Entertainment with Steve Cortese</b> featuring the piano

No Flower City Jazz Society Concert this month. They will reconvene in February.

## Tuesday, January 21<sup>st</sup>

9:00	<b>HAP Pool 2<sup>nd</sup> Floor</b>	<b>Water Fitness Class</b> with Robin Gallagher
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>Departures:</b> 9:00am 10:00am 11:00am	<b>Country Club Plaza</b>   	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:30am-12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
11:00am	<b>Community Center</b>	<b>Morning Entertainment</b> by the <i>Fairport Musicales</i> , featuring classical music, solos and chamber music performed by adult musicians.
1:00pm-1:30pm	<b>Wellness Center</b>	<b>Balance and Mobility Class</b> with Robin Gallagher
1:15pm	<b>Laurelwood Gallery</b>	<b>Bible Study</b> with Chaplain Steve Petrovich
2:00pm	<b>Community Center</b>	<b>Presentation: <i>Blood: The River of Life</i></b> presented by Resident Ira H. Ames, PhD. Retired Professor Emeritus Dept. of Cell & Developmental Biology SUNY Upstate Medical University. See page 27 for additional information.
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature a <i>variety of</i> films. Check the Daily Email for the film title and description.


# Wednesday, January 22<sup>nd</sup>

<b>9:00am</b>	<b>Hahnemann Club</b>	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>10:15am</b>	<b>Wellness Center</b>	<b>Fitness Class</b> with Robin Gallagher
<b>1:00pm - 2:00pm</b>	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>1:30pm</b>	<b>Music Room</b>	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
<b>1:30pm</b>	<b>Laurelwood Activities Room</b>	<b>*On Your Own Flower Arranging</b> Stop by and make a small floral arrangement. Please bring your own vase, the flowers will be provided. <b>Please register on the Portal.</b>
<b>2:30pm</b>	<b>HAP Library</b>	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
<b>3:00pm</b>	<b>Wellness Center</b>	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
<b>4:00pm-6:00pm</b>	<b>Community Center</b>	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.
<b>Departure:</b> <b>4:45pm</b> Return approx. 7:00pm	<b>Penfield, NY</b>  	<b>*Dinner at Michael's Valley Grill</b> Enjoy steaks, chops, seafood, burgers and their famous secret recipes using only the finest ingredients. Dinner will be paid for on your own. <b>Please register on the Portal.</b>



# Thursday, January 23<sup>rd</sup>

<b>9:00am-9:45am</b>	<b>HAP Pool 2<sup>nd</sup> floor</b>	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> <b>9:00am</b> <b>10:00am</b> <b>11:00am</b>	<b>Country Club Plaza</b> 	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
<b>10:00am</b>	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
<b>10:30am - 12:00pm</b>	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
<b>11:00am</b>	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
<b>1:00pm-1:30pm</b>	<b>Wellness Center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This Class is mostly done seated with minimal standing-seated aerobics, hand weights and stretching. All are welcome.
<b>Departure:</b> <b>1:30pm</b> Return approx. 3:00pm	<b>Pittsford Village</b> 	<b>*Pittsford Farms Dairy &amp; Bakery</b> Enjoy some Ice Cream and sweet treats. <b>Please register on the Portal.</b>
<b>3:30pm</b>	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu
<b>Departure:</b> <b>6:30pm</b> Return approx. 10:00pm	<b>Kodak Hall</b> Rochester Philharmonic Orchestra 	<b>RPO Presents: <i>Elgar's Enigma</i></b> <b>Transportation and ticket arrangements were made in advance by residents individually, but there still may be some tickets available</b> Contact the RPO Patron Services Center at 585-454-2100 if you are interested in obtaining a ticket. Contact Elizabeth David at 585-641-6344 with questions or to secure transportation.



# Friday, January 24<sup>th</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
Departure: 10:00am	Pittsford Plaza 	<b>*Pathway to Pittsford Errand Bus</b> Catch a ride to Pittsford Plaza and the Pittsford Community Library. <b>Please register on the Portal.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
<b>No Religious Program with Chaplain Steve Petrovich today.</b>		
2:00pm	Community Center	<b>Presentation: Seneca Park Zoo's ZooMobile presents <i>Why Zoos Exist</i></b> Learn the story of Seneca Park Zoo, the Zoo Society, and how we collectively save species from extinction. Learn about forest saving projects in Borneo and Madagascar, sturgeon and otter reintroductions in our own backyard, and penguin- saving science. Walk away knowing that your visit to the Zoo helps save ecosystems across the world.
4:00pm - 5:30pm	Music Room	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.

# Saturday, January 25<sup>th</sup>

10:00am- 11:30am	2 <sup>nd</sup> Floor Activities Room	<b>Watercolor Workshop Continues</b> with Amy Gendrou, Art Educator. No fee to attend. All are welcome. <b>Don't forget to bring your own Landscape photo with you. Please register on the Portal.</b>
10:15am	Laurelwood Activities Room	<b>Tai Chi</b> with Carmen Ramos. <b>In-person only.</b> Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
Departure: 12:00pm Return approx. 4:30pm	Regal Eastview Movie Theatre  	<b>*Metropolitan Opera: <i>Aida</i> LIVE</b> Tickets may be purchased the day of the performance at the movie theater box office, or by going directly to the Regal Movie Theater website. See page 29 for additional ticket purchasing instructions. <b>Please register on the Portal</b>
2:00pm	Community Center	<b>Presentation: Chinese Lunar New Year Celebration!</b> Featuring children from the Chinese School of Rochester. Enjoy drawing and Chinese handwriting demonstrations, music and dance performance, as well as a few discussions highlighting key aspects of Chinese culture.
3:30pm	Laurelwood Gallery	<b>Pet Therapy</b> RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.
7:30pm (note time change)	Music Room	<b>Weekend Evening Movie</b> Check the Daily Email for the film title and description.

## Sunday, January 26<sup>th</sup>

<p><b>Departure times:</b> 9:30am 10:00am</p>	<p><b>Religious Services</b> </p>	<p><b>Depart for local churches</b> Contact the Hospitality Desk at 585-586-7600 to be included on the transportation list.</p>
<p>10:30am</p>	<p><b>Music Room</b></p>	<p><b>Communion Service</b> with volunteers from St. Louis Church. All are welcome.</p>
<p>11:00am</p>	<p><b>Laurelwood Activities Room</b></p>	<p><b>Asbury First United Methodist Church</b> Sunday service is live streamed on the large screen TV.</p>
<p><b>Departure:</b> 2:00pm Return approx. 5:00pm</p>	<p><b>Eastman Theatre</b> (Kilborn Hall) </p>	<p><b>*Eastman Ranlet Series Presents: <i>Ying Quartet II</i></b> <b>Please note all tickets and transportation arrangements were made in advance by residents themselves. Please see upcoming flyer for additional details regarding ticket purchasing and transportation sign up.</b></p>
<p>7:30pm</p>	<p><b>Music Room</b></p>	<p><b>Weekend Evening Movie</b> Check the Daily Email for film title and description.</p>

## Monday, January 27<sup>th</sup>





<p>9:00am</p>	<p><b>Hahnemann Club</b></p>	<p><b>Fitness Class</b> with Robin Gallagher. Available in-person &amp; virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b></p>
<p>10:00am</p>	<p><b>Music Room</b></p>	<p><b>Book Discussion Group</b> Book Title: <i>The Souls of Black Folk</i> by W.E.B DuBois</p>
<p>10:15am</p>	<p><b>Wellness Center</b></p>	<p><b>Fitness Class</b> with Robin Gallagher</p>
<p>1:00pm - 2:00pm</p>	<p><b>HAP Pool</b> 2<sup>nd</sup> Floor</p>	<p><b>Open Swim</b> with Robin Gallagher</p>
<p>2:30pm</p>	<p><b>Community Center</b></p>	<p><b>Resident Meeting</b> In-person and virtual. <b>The Zoom link will be sent to all residents via the Daily Email.</b></p>
<p>7:00pm</p>	<p><b>Community Center</b></p>	<p><b>Evening Entertainment</b> with the <i>Top Brass Duo</i> featuring music and vocals from the American Song Book.</p>

## Tuesday, January 28<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departure:</b> 10:00am	<b>Henreitta, NY</b>   	<b>Shopping at Tops</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
12:50pm-2:00pm	<b>Activities Room</b> 2 <sup>nd</sup> Floor	<b>Small Group Fellowship and Prayer</b> with the First Presbyterian Church. All are welcome.
1:00-2:00pm	<b>Music Room</b>	<b>Knitting &amp; Crochet Group</b> with Robin Gallagher
1:15pm	<b>Laurelwood Gallery</b>	<b>Hymn Study</b> with Chaplain Steve Petrovich
2:00pm	<b>Community Center</b>	<b>Presentation: <i>Why Would They Want THAT?!</i>: <i>Collecting the Recent Past</i></b> with Christopher Bensch, Vice President for Collections. See page 27 for additional information.
7:30pm	<b>Music Room</b>	<b>Lights, Camera, Action—Movie Night!</b> Join us as we feature a <i>variety of films!</i> Check the Daily Email for the film title and description.

# Wednesday, January 29<sup>th</sup>

Lunar New Year

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
<b>Departure:</b> 10:15am Return approx. 2:15pm	Seneca Falls, NY  	<b>*Lunch and Shopping at Sauders Market</b> A taste of Mennonite Culture all in a unique country grocery store. <b>Please register on the Portal.</b>
<b>Opera Start Time: 12:30pm</b>	Regal Eastview Movie Theatre  	<b>Metropolitan Opera: Aida ENCORE</b> Tickets may be purchased the day of the performance at the movie theater box office, or by going directly to the Regal Movie Theater website. See page 29 for additional ticket purchasing instructions. <b>Reminder transportation is not provided.</b>
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:30pm	Music Room	<b>Pittsford Highlands Chorus Practice</b> New members are always welcome!
2:30pm	HAP Library	<b>Muriel's Novel Idea</b> Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	<b>Line Dancing</b> with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Music Room	<b>Happy Hour</b> Enjoy drink specials, appetizers and great conversation with your neighbors.



# Thursday, January 30<sup>th</sup>

9:00am	<b>HAP Pool</b> 2 <sup>nd</sup> Floor	<b>Water Fitness</b> with Robin Gallagher
<b>Departures:</b> 9:00am 10:00am 11:00am	<b>Country Club Plaza</b> 	<b>Shopping and Banking</b> Please call the Hospitality Desk at 585-586-7600 to secure transportation.
10:00am	<b>Highlands Pub</b>	<b>Perk-up Coffee Hour</b> Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	<b>Wellness Center</b>	<b>Circuit Training</b> with Robin Gallagher
11:00am	<b>Wellness Center</b>	<b>Gentle Chair Yoga</b> with Eva Kane. Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
1:00pm - 1:30pm	<b>Wellness center</b>	<b>Chair Fitness Workout</b> with Robin Gallagher. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.
2:00pm	<b>Community Center</b>	<b>Virtual Presentation: <i>Jupiter's Icy Moon Europa</i></b> with Valerie Rapson, Ph.D., See page 27 for additional information. <b>The Zoom link will be sent to all residents via the Daily Email the morning of the presentation. This virtual presentation is also available to view in the Community Center</b>
3:30pm	<b>Laurelwood Gallery</b>	<b>Pet Therapy</b> with Ann Julien and Lulu

# Friday, January 31<sup>st</sup>

9:00am	Hahnemann Club	<b>Fitness Class</b> with Robin Gallagher Available in-person & virtually. If you are interested in receiving the Zoom link, contact Robin Gallagher at 585-641-6316. <b>The Zoom link will be sent to participants via email the morning of the class.</b>
10:15am	Wellness Center	<b>Fitness Class</b> with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 <sup>nd</sup> Floor	<b>Open Swim</b> with Robin Gallagher
1:15pm	Laurelwood Gallery	<b>Name that Tune</b> with Chaplain Steve Petrovich
1:30pm	Music Room	<b>Documentary: <i>Won't You be my Neighbor</i></b> When Fred Rogers found his calling in television, his unassuming children's show was beloved by generations for his kindness, empathy and understanding.
4:00pm-5:30pm	Music Room	<b>Friday Happy Hour!</b> Join your neighbors for conversation and light snacks.

## Lectures/Music

Please read below for additional information

**University of Rochester:** Thursday, January 2<sup>nd</sup> - 2:00pm **TBD**  
**Atameen: The Art of Middle Eastern Embroidery**

Atameen is a folk-art form with various names in the Middle East. However, what doesn't differ across the region is the purpose and mode of learning. Women come together to decorate pieces of clothing for a woman to wear to weddings, ceremonies, and sometimes just to be worn at home. These clothes, often dresses, are decorated with motifs to depict where that woman is from, what her family does, what she hopes to be, and what her home is surrounded by. All of these motifs, specific to each region, are cross-stitched on the fabric causing the clothing to become a piece of history and a form of storytelling. Usually, women from the family come together to cross-stitch causing the time they spend together to be a documentation of history too. These clothes prove that at one point in history women came together, they spoke, laughed, shared stories, many gossiped too. But importantly they existed. They were people too.

### **Bio:**

**Fatimah** was born in Babylon Iraq and raised in Rochester NY, Fatimah is a fiber and multimedia artist working with photography, sound installations, video work, and cross-stitching. She graduated from the University of Rochester in 2024 with a BA in Studio Arts and BS Molecular Genetics. Currently, Fatimah is based in Philadelphia working in Clinical Research at the University of Pennsylvania.

**The First Americans: When did They Come and How do we Know That?** Monday, January 13<sup>th</sup> – 2:00pm **Community Center**

When Europeans crossed the Atlantic Ocean, they found that the “New World” was well populated. This lecture will investigate the current thinking about the origin of indigenous Americans and the methods used to determine first arrivals of humans in the Americas. The systematics of carbon (C-14) dating and the role played by members of the Nuclear Structure Research Lab (NSRL) of the UR in the development of that method will be discussed. The results from investigations using C-14 dating is then compared to results developed from genome investigations of the indigenous population.

### **Bio:**

**Udo Fehn** was born and educated in Germany before he crossed the Atlantic in 1974. After some time at Harvard, he joined the Department of Earth and Environmental Sciences at the University of Rochester in 1980. A major research area was the application of cosmogenic isotopes for tracing and dating studies, initially carried out at the accelerator of the NSRL, later at similar labs at Purdue U. and U. Toronto.

**Hub at the Highlands** Tuesday, January 14<sup>th</sup> – 2:00pm **Community Center**  
This program will focus on cognitive declines that may occur in individuals with Parkinson's Disease, strategies to manage these declines, and strategies to optimize brain health.

**Blood: The River of Life**      **Tuesday, January 21<sup>st</sup> – 2:00pm**      **Community Center**

"I believe that for you to maximize the outcome of your next visit to your provider that you become an informed patient. One thing that is frequently discussed at that appointment is your blood work. My objective is to make you more comfortable with that conversation. The plan is to tell you something about the cells that are in your blood: what they look like in a blood smear, how many there should be, and a little about their function".

**Bio:**

**Ira Ames** was born and raised in Brooklyn, NY. He attended and graduated from Poly Prep, a private school in Brooklyn. He received his undergraduate degree from Brooklyn College and his graduate degrees from NYU. In all cases he majored in biology. After a post-doctoral position in the Biology Department at Brookhaven National Laboratory in Upton, NY, he moved to Fayetteville, NY, where he and his family lived for 55 years. For 47 of those years, he worked at SUNY Upstate Medical University, where he taught medical students Cell Biology and Microscopic Anatomy and did research on the immunological approach to the treatment of cancer. He has been a resident of the Highlands for almost 2 years.

**Jupiter's Icy Moon Europa**      **Thursday, January 30<sup>th</sup> – 2:00pm**      **Community Center**

Jupiter's moon Europa is a fascinating icy world with a subsurface ocean potentially teeming with life. Various telescopes and satellites orbiting Jupiter have studied this moon in detail, capturing images of cracks and geysers spewing water from the surface. The next step in our exploration is to visit this moon up close and attempt to detect the presence of life. Two missions – the Europa Clipper and Jupiter Icy Moon Explorer – are currently on their way to Jupiter to study this moon in more detail. What have we learned about Europa so far and what might these missions find when they arrive in the early 2030's? Join us to find out!

**Bio:**

**Dr. Valerie Rapson** is an Astronomer and public outreach enthusiast who enjoys teaching people of all ages about science. A native of Rochester, NY, Dr. Rapson earned her Ph.D. in Astrophysical Sciences and Technology at RIT and is now an Assistant Professor of Physics and Astronomy at SUNY Oneonta. She conducts research in the fields of star and planet formation and exoplanet detection with undergraduate students and participates in WAMC's Vox Pop radio show with Astronomer Bob Berman. Dr. Rapson also helps run the campus planetarium and enjoys giving live and virtual public lectures on new astronomical discoveries.

**"Why Would They Want That? Collecting the Recent Past"**      **Tuesday, January 28<sup>th</sup> – 2:00pm**      **Community Center**

Around our homes, we throw things away because they're out of style, sell them at garage sales because the kids have outgrown them, or tuck them into attics or basements because we might need them "someday." But history museums need to add the objects of everyday life—from houses, malls, and landfills—to their collections to give museum visitors—now and in the future—an accurate picture of life in the United States during the last half of the 20th century. This lecture takes an informative and entertaining look at how The Strong National Museum of Play deals in a rational and realistic way with all the "stuff" that's too young to be an antique.

## Resident Committees & Groups

Please read below for additional information

**U.S. Changing Leadership of the World Economy - Author: Daniel Drezner**

**Thursday, January 16<sup>th</sup> – 2:00pm**

**Music Room**

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the video series and meeting in a Discussion Group to discuss the most critical global issues facing America today.

### **January Topic:**

Under President Biden, the U.S. has advanced new ideas about trade, technology, industrial policy, competition with China, and the organization of the world economy. For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open-world trading system, but that has apparently come to an end. What are America's options and opportunities as a leader of the world economy? How will America's "foreign policy for the middle class" and strategic competition with China impact its leadership role? How can the postwar rules and institutions of the world economy be made safe for economic nationalism and great power competition?

## Outings

Please read below for additional information

**Drawing as Discovery  
500 Years of Drawings and  
Watercolors from MAG's  
Permanent Collection**

**Friday, January 3<sup>rd</sup> departing at 1:00pm**

**Memorial Art  
Gallery**

*Drawing as Discovery: 500 Years of Drawings and Watercolors from MAG's Permanent Collection* showcases over 100 stellar works selected from the museum's holdings of over 2,000 drawings. Organized by artistic intent, the exhibition unites work across a breadth of cultures and time periods by the common principle that the very act of drawing is at the heart of artistic creativity. Significant work by well-known artists such as Lesley Dill, Edgar Degas, Georgia O'Keeffe, Francisco Goya, Rembrandt van Rijn, and Kara Walker is displayed alongside drawings by lesser-known or unknown artists whose works are of equally striking quality.

*Drawing as Discovery* embodies MAG's vision: *As the center of the conversation on creativity, MAG builds community and enriches the way we see ourselves and the world around us.* The exhibition explores diverse drawings through the lens of artistic discovery rather than through academic categories, increasing accessibility to the delight and inspiration that comes from looking at exceptional works of art. Work in a wide range of media and from diverse cultures demonstrates the richness of strategies artists use to explore line and tone, capture the nuances of the human condition, and render three-dimensional space. Visitors of all ages and abilities will make connections among the thematically grouped works and through associated programming and activities.

**Boars Head and Yule Log Festival**      **Saturday, January 4<sup>th</sup> departing at 3:15pm**      **Third Presbyterian Church**

This multi-generational pageant with over 100 cast and choir members dates to the 14th century, and blends the secular elements of a Royal Court, with sacred elements such as The Holy Family, Shepherds, and Three Kings in a visually and musically spectacular celebration of Epiphany. Enjoy pre-festival music that starts at 3:30pm with a reception following the performance.

**Black Holes Revealed**      **Thursday, January 9<sup>th</sup> departing at 10:00am**      **Strasenburgh Planetarium**

In a black hole, gravity triumphs over all other forces, bringing space and time to an end. Black holes are almost unbelievable, but multiple clues now tell us they are real. To find out about these bizarre objects, we'll fly to the center of the Milky Way, out to a dying star, and back to the early universe. Take a comfortable seat under our Planetarium dome for a simulated journey near a black hole. Projected on the Star Theater dome, this show is programmed with our best current knowledge of black holes.

**Film Screening: The Sugarland Express**      **Saturday, January 11<sup>th</sup> departing at 1:15pm**      **Dryden Theatre**

A woman attempts to reunite her family by helping her husband escape prison and together kidnapping their son. But things don't go as planned when they are forced to take a police hostage on the road. Admission fee is \$9.00 for members or \$12.00 for nonmembers. Tickets will be purchased upon arrival.

**Metropolitan Opera:**      **Saturday, January 25<sup>th</sup> departing at 11:30am**      **Regal Eastview Movie Theater**  
**Wednesday, January 29<sup>th</sup> –**  
**On Your Own**

If you are interested in obtaining a ticket for this performance, please contact the Regal Theater Website at [regmovies.com](http://regmovies.com) or purchase directly at the box office the day of the event. **For additional questions, contact resident Darlene Long at 585-662-8910.** Please register on the NEW PORTAL for transportation.

## Resident Committee & Group Information

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, Lorraine Withers Phone: (585) 381-1933 Email: withersal2016@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>	John McHugh, Director of Dining Services Phone: (585) 641-6334 Email: John_McHugh@urmc.rochester.edu
<b>Friendship Committee</b>	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
<b>Sustainability Group</b>	Resident, Mary Lynn Vickers, Apartment 224 Phone: (585) 485-0010 Email: mvicker1@rochester.rr.com
<b>Great Decisions Discussion Group</b>	Resident, Kathryn Thomas, Apt. 143 Phone: (585) 755-1341 Email: kathrynthomas2@me.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, Director of Life Enrichment Phone: (585) 641-6345 Email: <a href="mailto:crystal_johnston@urmc.rochester.edu">crystal_johnston@urmc.rochester.edu</a>
<b>Pittsford Highlands Chorus Caregivers Support Group</b>	Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: <a href="mailto:elizabeth_david@urmc.rochester.edu">elizabeth_david@urmc.rochester.edu</a>