

February 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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Robin Gallagher – Wellness Coach

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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

Saturday, February 1st



10:15am	Laurelwood Activities Room	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
Departure: 1:15pm Return approx. 4:00pm	OFC Creations Theatre Center (Winton Plaza) 	Performance: Gypsy Transportation and ticket arrangements were made in advance by residents individually, but there still may be some tickets available. Contact the Box Office at 585-677-0954 if you are interested in obtaining a ticket. For questions or to secure transportation, contact Elizabeth David at 585-641-6344.
1:30pm	Community Center	Weekend Movie Check the Daily Email for film title and description.

Sunday, February 2nd

Groundhog Day

Departure times: 9:30am 10:00am	Religious Services 	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am	Music Room	Communion Service with volunteers from St. Louis Church. All are welcome.
11:00am	Laurelwood Activities Room	Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.


Monday, February 3rd

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
11:00am	Music Room	Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
2:00pm	Community Center	Presentation: <i>NYS Travel Getaways</i> with travel expert Mike O'Brien "The Getaway Guy".
Departure: 5:45pm Return approx. 9:00pm	Third Presbyterian Church  	Performance: St. Olaf Choir Composed of 75 mixed voices, the St. Olaf Choir is hailed as one of the nation's premier a cappella ensembles, renowned for its artistry and beauty of sound. Please note registration and transportation arrangements were made in advance. See previously distributed flyer for additional information.


Tuesday, February 4th

9:00am	HAP Pool 2 nd 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
Departure: 11:30am Return approx. 1:30pm	Christ Church 	*Tuesday Pipes Concert A 25-minute organ concert performed by Eastman students, faculty, and guests. No fee to attend. Please register on the Portal!
12:50pm-2:00pm	Activities Room 2 nd Floor	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm-2:00pm	Music Room	Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Please note this is not a learn to knit/crochet class.
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:30pm	Community Center	Afternoon Entertainment with Josh Ketchum on the guitar and vocals featuring oldies/doo-wop favorites from the 40, 50s, 60s.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature a <i>variety of LOVE</i> films. Check the Daily Email for the film title and description.

Wednesday, February 5th

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
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
Departure: 1:15pm Return approx. 4:30pm	Geva Theatre 	Performance: <i>Nina Simone: Four Women</i> Ticket and transportation arrangements were made in advance by residents, but some seats may still be available. Contact the Geva Theatre Box office at 585-232-4382 if you are interested in obtaining a ticket. For questions or to secure transportation, contact Elizabeth David at 585-641-6344.
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:00pm	Music Room	Afternoon Entertainment with Joe Miltch featuring a variety of genres on the keyboard.
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm - 6:00pm	Community Center	Happy Hour Enjoy drink specials, appetizers, and great conversation with your neighbors.

Thursday, February 6th

9:00am	HAP Pool 2 nd 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
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.
1:00pm - 1:30pm	Wellness center	Chair Fitness Workout with Robin Gallagher. Class will be mostly done seated with some standing exercises. Use of seated aerobics, hand weights and stretching.
2:00pm	Community Center	To “UR” Health Lecture Series: Health Beyond Medicine: <i>Improving the Health of the Population – Thinking Beyond Health Care Delivery</i> with Theresa Maria Green, Ph.D., M.B.A. This presentation focuses on the American health care paradox, and how we are devoting resources to health care delivery, when real solutions to health lie elsewhere.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu
Departure: 6:30pm Return approx. 10:00pm	Kodak Hall Rochester Philharmonic Orchestra  	RPO Presents: <i>Ravishing Rachmaniov</i> Transportation and ticket arrangements were made in advance by residents individually on their own, but there still may be some tickets available. 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, February 7th

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
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:00pm	Music Room	First Friday Catholic Mass with volunteers from St. Louis Church
1:15pm	Laurelwood Gallery	Pause for Peace with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>Birding Between Generations</i> with Wildlife Photographer and Educator, Tom Keegan
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Saturday, February 8th

Departure:
9:45am
Return approx.
12:30pm

**George Eastman
House**



***Dutch Connection Flower Display**

View thousands of colorful tulips, hyacinths, daffodils, amaryllis, and spring annuals, filling the historic mansion. See page 28 for additional information.

Admission fee is \$20.00 per person and will be paid for at the Museum. Please register on the portal for transportation!

**10:00am-
11:30am**

**2nd Floor Activities
Room**

***Mindful Art: *Energy Made Visible*
(Mixed Media Drawing)**

with Amy Gendrou, Art Educator. No fee to attend. All are welcome. **Please register on the Portal.**

10:15am

**Laurelwood Activities
Room**

Tai Chi

with Carmen Ramos. **In-person only.** Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

1:30pm

Music Room

Weekend Movie

Check the Daily Email for film title and description.

2:00pm

Community Center

Afternoon Entertainment

Jazz Performance with Nu Zeta featuring students from the Eastman



3:30pm

Laurelwood Gallery


Pet Therapy

RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.


Sunday, February 9th

Departure times: 9:30am 10:00am	Religious Services  	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am	Music Room	Communion Service with volunteers from St. Louis Church
11:00am	Laurelwood Activities Room	Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.
Departure: 1:15pm Return approx. 4:15pm	Jewish Community Center	Performance: <i>Hitmakers Superstars of the 70s</i> Ticket and transportation arrangements were made in advance by residents individually. For questions contact Elizabeth David at 585-641-6344.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.
6:00pm	Community Center	Super Bowl LIX Come watch the Kansas City Chiefs take on the Philadelphia Eagles. Enjoy after dinner refreshments and the game with your neighbors. Kickoff is at 6:30pm!

Monday, February 10th

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
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:30pm	Laurelwood Activities Room	Presentation: <i>Music & Life of Petula Clark</i> with presenter Larry Shearer
2:00pm	Community Center	Presentation: <i>Just for You – From Broadway with Love</i> Join “Broadway Bob”, Bob Sagan, for an afternoon filled with Romantic Moments from the American Musical Theatre. Feel the love with Broadway’s greatest hits!
Departure: 6:45pm Return approx. 10:00pm	Penfield High School (PSO) 	Penfield Symphony Orchestra Concert: <i>Nordic Landscapes</i>. Please note tickets and transportation arrangements were made in advance by residents. For questions, contact Elizabeth David at 585-641-6344.

Tuesday, February 11th

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
Departure: 10:00pm	Penfield, NY 	Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
12:50pm-2:00pm	Activities Room 2 nd Floor	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00-2:00pm	Wellness center	Corn Hole with Robin Gallagher
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
1:30pm	Community Center	*Valentine's Day BINGO! Come enjoy a SWEET game of BINGO with your friends. Please register on the Portal.
7:00pm	Community Center	Evening Entertainment featuring the Finger Lakes Opera with piano accompaniment.

No Evening Movie

Wednesday, February 12th

Lincoln's birthday

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
Departure: 11:30am Return approx. 1:45pm	Fairport, NY 	*McArdle's Restaurant Lunch will be paid for on your own. Please register on the portal!
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
1:30pm	Activities Room 2 nd Floor	Caregivers Support Group facilitated by Connie Craig, MSW and a certified Aging Life Specialist. All are welcome.
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm - 6:00pm	Community Center	Happy Hour Enjoy drink specials, appetizers, and great conversation with your neighbors.

Thursday, February 13th

9:00am	HAP Pool 2 nd 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
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.
Departure: 11:30am Return approx. 1:30pm	First Universalist Church 	*Eastman at Washington Square Concert: Love All Around Come enjoy music from the heart as love songs are played from different parts of the world. No fee to attend. Please register on the Portal.
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.
2:00pm	Community Center	To “UR” Health Lecture Series: Health Beyond Medicine: <i>When Environment Exposures Impact Health and Health Equity</i> with Elaine Hill, Ph.D. Learn about environmental exposures and their effects on health, how environmental justice can explain many health disparities, and how environmental policy is health policy.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu

Friday, February 14th Valentine's Day





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
11:00am	Music Room	*Valentine's Day Social Join Elizabeth for some holiday trivia/history along with a sweet snack and mocktail! Please register on the Portal!
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Poems, Quotes & Songs with Chaplain Steve Petrovich
2:30pm	Laurelwood Gallery	Afternoon Entertainment with <i>A Taste of Jazz Duo</i>

No Happy Hour Today

Saturday, February 15th Susan B. Anthon Birthday

10:15am	Laurelwood Activities Room	Tai Chi with Carmen Ramos. In-person only. 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  	*Film Screening: <i>The Lady Eve</i> (Slapstick/Comedy) A trio of classy card sharks targets a socially awkward brewery heir, until one of them falls in love with him. Admission fee is \$9.00 for members or \$12.00 for nonmembers. Tickets will be purchased upon arrival. Please register on the Portal.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Sunday, February 16th

Departure times: 9:30am 10:00am	Religious Services  	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am	Music Room	St. Louis Live Stream Communion Service Sunday service is shown on the large screen TV, and a volunteer from the parish will be giving communion. All are welcome.
11:00am	Laurelwood Activities Room	Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.
1:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.
Departure: 2:00pm Return approx. 4:45	Glazer Music Performance Center at Nazareth University (Beston Hall)  	*Society for Chamber Music: <i>Heroic Tchaikovsky</i> See page 28 for additional performance information. Please note transportation and ticket arrangements were made in advance by residents. See previously distributed flyer for additional details. For questions, contact Elizabeth David at 585-641-6344

Monday, February 17th



President's Day/Washington's Birthday

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
Departure: 11:30am Return approx. 1:15pm	Perinton, NY  	*Lunch at Panera Bread Enjoy a great soup and salad combo! Lunch will be paid for on your own. Please register on the Portal!
1:00pm	Music Room	Sustainability Committee The newly re-created Sustainability Committee will hold its 2025 kick-off meeting on Monday Feb-17. This will be a planning and organizing session led by our new admin support team. Please bring your topics of interest and energy. Be prepared to sign up for action teams where we can set priorities and goals for 2025.
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
2:30pm	Laurelwood Gallery	Afternoon Entertainment with Rob Gioia featuring guitar and vocals.
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel  	*Flower City Jazz Society Concert featuring <i>Smugtown Stompers</i> . Tickets are \$12.00 and paid for upon arrival. Please register on the Portal!



Tuesday, February 18th

9:00am	HAP Pool 2 nd Floor	Water Fitness Class 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am-12:00pm	Wellness Center	Circuit Training with Robin Gallagher
12:50pm-2:00pm	Activities Room 2 nd Floor	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00pm-1:30pm	Wellness Center	Balance and Mobility Class with Robin Gallagher
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>Celebrating Pittsford's Pioneering Women</i> with Pittsford Town Historian Vicki Proffit. Take a step back in time to hear about the perseverance of our female settlers. See page 27 for additional information.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature <i>a variety of LOVE</i> films. Check the Daily Email for the film title and description.

Wednesday, February 19th

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
Departure: 11:30am Return approx. 1:30pm	Chili, NY  	*Lunch at El Latino Restaurant Enjoy a buffet style meal featuring Spanish/Dominican foods. Lunch will be paid for on your own. Please register on the Portal!
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
2:00pm	Music Room	Virtual Presentation: <i>The Hubble Tension & The Age of the Universe</i> with Valerie Rapson, Ph.D., See page 27 for additional information. 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 Music Room
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors.

Thursday, February 20th

9:00am-9:45am	HAP Pool 2 nd 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
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.
Departure: 11:30am Return approx. 1:30pm	First Universalist Church 	*Eastman at Washington Square Concert: Violin and Pianist Showcase Eastman professors will perform music by Joseph Bologne, Chevalier de Saint-Georges, Debussy, and Sarasate. No fee to attend. Please register on the Portal!
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.
2:00pm	Community Center	To “UR” Health Lecture Series: Health Beyond Medicine: Achieving Health Equity Through Action-Oriented Research and Community Engagement with Edith Williams, M.S., Ph.D. Learn how the Office of Health Equity Research fosters a deeper understanding of the causes and burdens of health disparities and facilitates the translation of findings into more equitable care.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu


Friday, February 21st

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
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Worship Service with Chaplain Steve Petrovich
2:00pm	Community Center	Documentary: <i>Running to Stand Still</i> This documentary film is about the humanitarian crisis on the U.S. / Mexico border. It seeks to put a human face on the U.S. immigration "issue" by telling heartbreaking and inspiring stories about the migrants, and from the migrants themselves. The film will be 25-minutes followed by a Q&A with the producers.
2:00pm-3:00pm	Music Room	Great Decisions Discussion Group Join one of America's largest discussion programs on world affairs. The topic for February is <i>America at a Global Crossroads</i> See page 27 for additional group information. All are welcome.
2:30pm	Laurelwood Gallery	Afternoon Entertainment with Tom Cometa featuring piano, vocals and more.
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Saturday, February 22nd

10:00am-11:30am	2 nd Floor Activities Room	*Collage Landscapes with Amy Gendrou, Art Educator. No fee to attend. All are welcome. Please register on the Portal!
10:15am	Laurelwood Activities Room	Tai Chi with Carmen Ramos. In-person only. Enjoy a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
1:30pm	Music Room	Weekend Movie Check the Daily Email for the film title and description.
3:30pm	Laurelwood Gallery	Pet Therapy RocDog is a non-profit therapy dog organization that prepares dogs and handlers for visitations.

Sunday, February 23rd

Departure times: 9:30am 10:00am	Religious Services 	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:30am	Music Room	Communion Service with volunteers from St. Louis Church. All are welcome.
11:00am	Laurelwood Activities Room	Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.
2:30pm	Community Center	Afternoon Entertainment with Jackson featuring music from the American Song Book on the piano.
7:30pm	Music Room	Weekend Evening Movie Check the Daily Email for film title and description.

Monday, February 24th

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.
10:00am	Music Room	Book Discussion Group Book Title: <i>Shakespeare: The Man Who Paid the Rent</i> by Judi Dench
10:15am	Wellness Center	Fitness Class with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
2:30pm	Community Center	Resident Meeting In-person and virtual. The Zoom link will be sent to all residents via the Daily Email.






Tuesday, February 25th

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departure: 10:00am	Henreitta, NY   	Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
10:30am - 12:00pm	Wellness Center	Circuit Training with Robin Gallagher
12:50pm-2:00pm	Activities Room 2 nd Floor	Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.
1:00-2:00pm	Music Room	Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Please note this is not a learn to knit/crochet class.
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
1:30pm	Laurelwood Activities Room	*On Your Own Flower Arranging Stop by and make a small floral arrangement. Please bring your own vase, the flowers will be provided. Please register on the Portal!
Departure: 4:45pm Return approx. 7:00pm	Penfield, NY  	*Dinner at Michael's Valley Grill Enjoy steaks, chops, seafood, burgers and their famous secret recipes using only the finest ingredients. Dinner will be paid for on your own. (Please note this outing was reschedule from January due to weather. Previous list of residents have priority. Please register on the Portal!
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature a <i>variety of LOVE films!</i> Check the Daily Email for the film title and description.

Wednesday, February 26th

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
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:30pm	Music Room	Pittsford Highlands Chorus Practice New members are always welcome!
Departure: 1:30pm Return approx. 3:00pm	Fairport, NY 	*Amazing Grains Bread Co./Moonlight Creamery See page 28 for additional information. Please register on the Portal!
2:30pm	HAP Library	Muriel's Novel Idea Join resident Muriel Herzog in the HAP Library for an adult read-aloud—this experience is better than any audiobook.
3:00pm	Wellness Center	Line Dancing with resident Will Herzog. All are welcome.
4:00pm-6:00pm	Community Center	Happy Hour Enjoy drink specials, appetizers and great conversation with your neighbors.

Thursday, February 27th

9:00am	HAP Pool 2 nd 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 be added to the transportation list.
10:00am	Highlands Pub	Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.
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.
Departure: 11:30am Return approx. 1:30pm	First Universalist Church  	*Eastman at Washington Square Concert: Piano Extravaganza with Alexander Kobrin Professor Kobrin will join his students performing fabulous works for solo piano. No fee to attend. Please register on the Portal.
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.
2:00pm	Community Center	To “UR” Health Lecture Series: Health Beyond Medicine: <i>Community Health Interventions at Golisano Children’s Hospital</i>, with Laura Jean Shipley, M.D. Learn about the current Innovative Community Health Interventions in our region.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu

Friday, February 28th

Ramadan begins at sundown

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.
Departure: 10:00am	Pittsford Plaza 	*Pathway to Pittsford Errand Bus Catch a ride to Pittsford Plaza and the Pittsford Community Library. Please register on the Portal!
10:15am	Wellness Center	Fitness Class with Robin Gallagher
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
1:15pm	Laurelwood Gallery	Name that Tune with Chaplain Steve Petrovich
2:30pm	Community Center	Afternoon Entertainment with the Brad Batz Duo
4:00pm-5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.

Lectures

Please read below for additional information

Celebrating Pittsford's Pioneering Women

Tuesday, February 18th – 2:00pm

Community Center

Join Pittsford Town Historian Vicki Masters Profitt as she introduces some of Pittsford's pioneering women of the past. Take a step back in time to hear about the perseverance of our female settlers. Discover the ladies who organized the Pittsford Political Equality Club in 1902. Learn about the doctors, pharmacists and businesswomen who called Pittsford home at the turn of the 20th century.

The Hubble Tension & the Age of the Universe

Wednesday, February 19th – 2:00pm

Community Center

For many years, astronomers have been attempting to answer a simple question... how old is our Universe? Observations of distant supernova explosions and modeling of the Cosmic Microwave Background both tell us the Universe is about 14 billion years old. But as telescopes and technology have improved in recent years, the exact age of the Universe as measured by these two techniques has started to diverge. Astronomers have dubbed this uncertainty the "Hubble Tension", and it's one of the greatest debates in modern astronomy. In this lesson we'll explore these two age-measuring techniques, discuss why they currently don't agree, and share some recent theories that help ease the Hubble tension problem.

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.

Resident Committees & Groups

Please read below for additional information

America at a Global Crossroads

February 21st – 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.

February Topic: This chapter will explore the contours of the U.S. foreign policy debate as it plays out in a world of multiple and escalating crises and domestic polarization.

Outings

Please read below for additional information

Dutch Connection

Saturday, February 8th departing at 9:45am

**George Eastman
Museum**

Like a groundhog not seeing its shadow, the annual Dutch Connection display brings a bright reminder that spring is on its way. A favorite of thousands of visitors yearly, the Dutch Connection floral display offers a welcome reprieve from the doldrums of Rochester's often harsh winter season.

Every year between 1905 and 1932, George Eastman ordered tens of thousands of bulbs from Holland. The orders were mostly for tulips, narcissus, and hyacinths for his gardens, and some for indoor forcing (tricking bulbs to bloom out of season). Eastman's annual bulb orders were inspired by the flower fields he saw while bicycling through the countryside during a trip to Holland in 1895.

A nod to those original orders, the annual display features thousands of colorful tulips, hyacinths, daffodils, amaryllis, and spring annuals, filling the historic mansion. Tropical orchids, courtesy of the Genesee Regional Orchid Society, are displayed as well.

Society for Chamber Music

Sunday, February 16th departing at 2:00pm

Nazareth College

Tchaikovsky's epic *Piano Trio* anchors this eclectic program, and they are thrilled to introduce Eastman's newest cello professor, Joseph Johnson. They will also be highlighting another renowned local composer, Nazareth's Octavio Vazquez, in the first half of the concert.

Amazing Grains Bread Co./ Moonlight Creamery

**Wednesday, February 26th departing at
1:30pm**

Fairport, NY

Amazing Grains Bread Co.

We use fresh, quality ingredients and traditional methods to produce exceptional artisanal breads, pan loafs, rolls, flat bread pizzas, pizza crusts, croissants, cookies, cupcakes, cakes, pretzels, cinnamon rolls, sticky buns, danishes, and more! We bake fresh every day and would love for you to come check out the AMAZING smells and taste the AMAZING breads and sweet treats at our bakery!

Moonlight Creamery

Moonlight offers fair trade and certified products that promote environmental sustainability. Menu includes ice cream, coffee, tea, and artisan chocolates.

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.

Book Discussion Group	Resident, Lorraine Withers Phone: (585) 381-1933 Email: withersal2016@gmail.com
Community Outreach Committee	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
Dining Committee	John McHugh, Director of Dining Services Phone: (585) 641-6334 Email: John_McHugh@urmc.rochester.edu
Friendship Committee	Maria Sommerville, Director of Sales & Marketing Phone: (585) 641-6381 Email: Maria_Sommerville@urmc.rochester.edu
Sustainability Committee	Andy Trepanier, Executive Director Phone: (585) 641- 6372 Email: andy_trepanier@urmc.rochester.edu
Great Decisions Discussion Group	Resident, Kathryn Thomas, Apt. 143 Phone: (585) 755-1341 Email: kathrynthomas2@me.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: <u>crystal_johnston@urmc.rochester.edu</u>
Pittsford Highlands Chorus Caregivers Support Group	Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: <u>elizabeth_david@urmc.rochester.edu</u>