

April 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

Phone: 585-641-6345

Email: crystal_johnston@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Elizabeth David – Cultural Programming Coordinator

Phone: 585-641-6344

Email: elizabeth_david@urmc.rochester.edu

Office: Located 2nd floor of Laurelwood

Robin Gallagher – Wellness Coach

Phone: 585-641-6316

Email: robin_gallagher@urmc.rochester.edu

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






**It's time for spring cleaning!
Electronic Recycling and Paper Shredding Week
Please drop off paper shredding, small electronic recyclables, and
clothing (new/gently used) to Keypad 1
from April 21st - 25th.**

**For larger electronic recyclables,
please call the Hospitality Desk at 585-586-7600.**



Tuesday, April 1st

April Fool's Day

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. Basic knitting and crochet skills needed.
1:15pm	Laurelwood Gallery	Hymn Study with Chaplain Steve Petrovich
2:00pm	Community Center	Presentation: <i>The Great American Songbook</i> with John Williams. Enjoy piano selections, about popular songs from the 1920's to the 1950's, music from the Hit Parade, films, and Broadway shows.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature Musicals New and Old! Check the Daily Email for the film title and description.

Wednesday, April 2nd



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	Community Center	Pittsford Highlands Chorus Practice New members are always welcome!
1:30pm	Music Room	Documentary: <i>Buy Now the Shopping Conspiracy</i> Pulls back the curtain on the world's top brands, exposing the hidden tactics and covert strategies used to keep all of us locked in an endless cycle of buying, no matter the cost.
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.
Departure: 3:45pm Return approx. 7:30pm	Greece, NY  	*Dinner at the Red Fedele Brook House Come enjoy an Italian dinner and view the beautiful Easter décor. Dinner will be paid for on your own. Please register on the Portal!
4:00pm - 6:00pm	Community Center	Happy Hour Enjoy drink specials, appetizers, and great conversation with your neighbors.

Thursday, April 3rd

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departures: 10:00am	Perinton, NY   	Grocery Shopping at Aldi Find some unique foods at a great price 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: An Afternoon with Strings Come enjoy music from the Lazuli String Quartet as they play a variety of unique selections. No fee to attend. Please register on the Portal!
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.
1:30pm	Laurelwood Gallery	Afternoon Entertainment with <i>Schubert Piano Trio</i> featuring Eastman students in the Music for All Program.
2:00pm	Community Center	Pre-Passover Celebration with Rabbi Mendel Vogel from Chabad of Rochester. This program will contain a piano performance featuring classic Jewish and Passover melodies intermingled with thoughts and insights about the upcoming Passover holiday. All are welcome.

No Pet Therapy with Ann Julien and Lulu

Friday, April 4th

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
1:00pm-3:00pm	HAP Pub	Support in the Pub Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions answered or any issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary.
1:15pm	Laurelwood Gallery	Pause for Peace with Chaplain Steve Petrovich
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.
Departure: 6:15pm Return approx. 8:45pm	Nazareth University (Wilmot Recital Hall)  	*Happy Birthday Bob Hesselberth!! Bob and his family have invited the residents from the Highlands to help celebrate Bob's 90 th birthday! Join bandleader Charlie Barnett, as he has assembled a top-notch group of local professionals musicians. They will perform a broad genre of music from Americana, and classic favorites from the mid-1900's. This is a FREE event. Please register for transportation on the portal!

Saturday, April 5th

10:00am-
11:30am

2nd Floor Activities
Room

***Mindful Arts: Drawing workshop**
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.

Departure:
12:30pm
Return approx.
4:00pm

Rochester, NY



***Black Button Distillery Guided Tour**
The tour at Black Button starts at the very beginning
and takes you on a fermentation and distillation
journey for the following twelve years. Learn about
how Jason, the owner, got his inspiration to open the
first distillery since Prohibition and how members of
the company had a hand in creating some of the first
products that were released. **Once tour is over, we
will stay to enjoy some food. Admission fee is
\$15.00 per person and will be collected day of.
Please register on the Portal!**

Departure:
1:15pm
Return approx.
4:00pm


OFC Creations
Theatre Center
(Winton Plaza)



Performance: *Anything Goes*
**Transportation and ticket arrangements are made
in advance, 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.

No Weekend Movie, as we prepare for tomorrow campus event.

Sunday, April 6th

<p>Departure times: 9:30am 10:00am</p>	<p>Religious Services  </p>	<p>Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be added to the transportation list.</p>
<p>10:00am - 12:00pm</p>	<p>Community Center</p>	<p>Staff and Resident Easter Eggstavanza See previously distributed flyer for additional details.</p>
<p>10:30am</p>	<p>Laurelwood Gallery</p>	<p>Communion Service with volunteers from St. Louis Church</p>
<p>11:00am</p>	<p>Laurelwood Activities Room</p>	<p>Asbury First United Methodist Church Sunday service is live streamed on the large screen TV.</p>
<p>Departure: 2:00pm Return approx. 4:45pm</p>	<p>Glazer Music Performance Center at Nazareth University (Beston Hall)  </p>	<p>*Society for Chamber Music: <i>Romance and Reflection</i> See page 33 for additional performance information. Please note transportation and ticket arrangements are made in advance. See previously distributed flyer for additional details. For questions, contact Elizabeth David at 585-641-6344</p>
<p>7:30pm</p>	<p>Music Room</p>	<p>Weekend Movie Check the Daily Email for film title and description.</p>


Monday, April 7th

No Fitness classes with Robin today.






<p>11:00am</p>	<p>Music Room</p>	<p>Program Planning Meeting Join us to discuss, evaluate, and suggest outings and lectures. All are welcome.</p>
<p>1:00pm - 2:00pm</p>	<p>HAP Pool 2nd Floor</p>	<p>Open Swim On your own pool is open, just need 2 people</p>
<p>2:00pm</p>	<p>Community Center</p>	<p>University of Rochester 3-part Lecture Series: <i>Optics, Vision, and Glasses in Antiquity</i> with John Lambropoulos Professor in the Department of Mechanical Engineering and Materials Science. See page 28 for additional information.</p>

Tuesday, April 8th

No Fitness classes with Robin today! Pool is open, just need 2 people

<p>Departure: 9:00pm</p>	<p>Henrietta, NY</p> 	<p>Shopping at Tops Please call the Hospitality Desk at 585-586-7600 to be added to the transportation list.</p>
<p>10:00am</p>	<p>Highlands Pub</p>	<p>Perk-up Coffee Hour Enjoy conversation and a complimentary espresso beverage made by a Dining Services Team Member.</p>
<p>11:00am- 12:00pm</p>	<p>2nd Floor Activities Room</p>	<p>Alzheimer's Association Caregivers Support Group: The Highlands has partnered with the Alzheimer's Association to offer support to individuals caring for loved ones with Alzheimer's disease. This initiative welcomes all caregivers, including spouses and family members, providing a space to share experiences, gain practical advice, and connect with others facing similar challenges.</p>
<p>Departure: 11:30am Return approx. 1:30pm</p>	<p>Downtown Public Library</p> 	<p>*Books Sandwiched In Book Review: <i>There's Always This Year: On Basketball and Ascension</i> by Hanif Abdurraqib Abdurraqib's personal storytelling and historical exploration of excellence is "... not only the most original sports book I've ever read but one of the most moving books I've ever read, period" - Steve James, director of <i>Hoop Dreams</i>. Please register on the Portal!</p>
<p>12:50pm-2:00pm</p>	<p>Activities Room 2nd Floor</p>	<p>Small Group Fellowship and Prayer with the First Presbyterian Church. All are welcome.</p>
<p>1:15pm</p>	<p>Laurelwood Gallery</p>	<p>Bible Study with Chaplain Steve Petrovich</p>
<p>1:30pm</p>	<p>Laurelwood Activities Room</p>	<p>*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!</p>
<p>2:00pm</p>	<p>Music Room</p>	<p>Asbury First United Methodist Church Communion Service for Lent All are welcome.</p>
<p>7:30pm</p>	<p>Music Room</p>	<p>Lights, Camera, Action—Movie Night! Join us as we feature musicals new and old! Check the Daily Email for the film title and description.</p>

Wednesday, April 9th

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-12:00pm	Highlands Living Center   	Open House! Join us for delicious breakfast snacks and drinks while getting a tour of the building. Staff will be available to answer any questions. Please call the Hospitality Desk if you need transportation.
10:15am	Wellness Center	Fitness Class with Robin Gallagher
Departure: 11:30am Return approx. 1:30pm	Hochstein Performance Hall  	*Live from Hochstein performance: <i>Singing Sisters: Our Story of Lineage, Love, and Legacy with the Concentus Women's Chorus.</i> No fee to attend. See page 33 for additional performance information. 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.

Programs continue on next page

7:00pm

Community Center

Evening Entertainment: Off-Monroe Players' Gilbert and Sullivan Revue Group

Enjoy the witty lyrics and tuneful melodies of Gilbert and Sullivan. Listen or discover songs, sung with piano accompaniment, from HMS Pinafore, Pirates of Penzance, the Mikado and other favorites.

Transported back to Victorian England and learn how Gilbert and Sullivan were the very model of modern musical composers! See page 29 for additional information.

Thursday, April 10th

9:00am

HAP Pool
2nd 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:
10:30am
Return approx.
12:00pm

Pittsford, NY



***The Bird House**
Spring is in the air! Start gathering your supplies for those outdoor bird feeders. **Please register on the Portal.**

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: Ying Quartet!**
As quartet-in-residence at the Eastman school of music, the Ying Quartet occupies a position of unique prominence in the classical music world combining communicative performances with a fearlessly, imaginative view of chamber music in today's world **No fee to attend. Please register on the Portal.**

Programs continue on next page

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.
1:30pm	Community Center	Afternoon Entertainment with <i>Lazuli String Quartet</i> featuring Eastman students in the Music for All Program.
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>Dvořák in Love</i> Transportation and ticket arrangements are made in advance by contacting the box office directly, 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, April 11th

No Fitness classes with Robin Today.

1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim On your own- pool is open, just need 2 people.
1:00pm-3:00pm	HAP Pub	Support in the Pub Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions answered or any issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary.
1:15pm	Laurelwood Gallery	Poems, Quotes, & Songs with Chaplain Steve Petrovich
2:00pm	Community Center	In-Person Presentation!!!!: <i>The Hubble Space Telescope- 35 years of Science!</i> with Valerie Rapson, Ph.D., See page 29 for additional information.
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.


Saturday, April 12th

Passover begins at sundown

10:00am-11:30am	2 nd Floor Activities Room	*Oil pastel Drawing/Flowers 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	Community Center	Weekend Movie Check the Daily Email for 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, April 13th

Palm Sunday

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.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.


Monday, April 14th

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 Frank Sinatra</i> with presenter Larry Shearer
2:00pm	Community Center	University of Rochester 3-part Lecture Series: <i>Water Management in Antiquity</i> with John Lambropoulos Professor in the Department of Mechanical Engineering and Materials Science. See page 28 for additional information.

Tuesday, April 15th

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	Hymn Study with Chaplain Steve Petrovich
2:00pm	Community Center	Afternoon Entertainment with The Pearlz Band, a 3-piece acoustic trio known for their vocal harmonies. Enjoy a wide variety of instruments featuring guitars, 5-string banjo, mandolin, harmonica & ukulele.
5:00pm	Community Center	Let's Celebrate Passover with a Seder Dinner Please see previously distributed flyer for additional information and registration details.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature musicals new and old! Check the Daily Email for the film title and description.

Wednesday, April 16th

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: 1:30pm Return approx. 4:00pm	Rochester, NY 	*ARTISANworks Guided Tour Learn the history of ARTISANworks and information about the collection. Admission fee is \$10.00 and will be collected on the bus. Please register on the Portal!
1:30pm	Community Center	Pittsford Highlands Chorus Practice New members are always 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, April 17th

Maundy Thursday

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 Video with Eva In Person Only.
Departure: 11:30am Return approx. 2:15pm	Village Gate  	*Selena's Mexican Restaurant Enjoy some authentic cuisine. Lunch will be paid for on your own. 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-3:00pm	Music Room	Great Decisions Discussion Group Join one of America's largest discussion programs on world affairs. The topic for April is India: Between China, the West, and the Global South Author: Leslie Vinjamuri . See page 32 for additional group information. All are welcome.
3:30pm	Laurelwood Gallery	Pet Therapy with Ann Julien and Lulu

Friday, April 18th

Good Friday


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-3:00pm	HAP Pub	Support in the Pub Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions answered or any issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary.
1:15pm	Laurelwood Gallery	Good Friday Service with Chaplain Steve Petrovich
1:30pm	Community Center	*Let's HOP into Easter with BINGO! Come enjoy a fun game with your friends. Please register on the Portal!
4:00pm - 5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.
7:00pm	Community Center	Evening Classical Music with The Maple Quartet, featuring students from the Eastman School of Music. See page 30 for additional group information.

Saturday, April 19th


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.
11:00am	Music Room	Paper Folding with resident Hans Ruhland. Learn how to make different animals with step-by-step instruction. All are welcome.
1:30pm	Music Room	Weekend Movie Check the Daily Email for the film title and description.

Sunday, April 20th

Easter Sunday/ Passover ends at sundown








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.
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, April 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
2:00pm	Community Center	University of Rochester 3-part Lecture Series: <i>Structures in the Ancient World: From Mud to Concrete</i> with John Lambropoulos Professor in the Department of Mechanical Engineering and Materials Science. See page 28 for additional information.
Departure: 7:00pm Return approx. 10:00pm	Double Tree Hotel 	*Flower City Jazz Society Concert Featuring the <i>Musician's Gamble</i> . Tickets are \$12.00 and paid for upon arrival. Please register on the Portal!

Tuesday, April 22nd

Earth Day

9:00am	HAP Pool 2 nd Floor	Water Fitness with Robin Gallagher
Departure: 10:00am	Penfield, 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.
10:00am	Hospitality Desk    	*Group Walk and Clean Up! The little snow that we had has now melted, and waste and debris have gathered on the sidewalk along Rt. 31. Gather with neighbors, participate in a healthy exercise, and clean up the earth! The walk will take place on campus and surrounding campus sidewalks. Short and long walk-distance options are available. Dogs are welcome to join too! This activity is weather permitting. Please register on the Portal!
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-2:00pm	Music Room	Knitting & Crochet Group with Robin Gallagher. Please bring your own supplies; yarn is available for charity knitting. Basic knitting and crochet skills needed.
1:15pm	Laurelwood Gallery	Easter Celebration with Chaplain Steve Petrovich
2:30pm	Community Center	Afternoon Music with Casey Costello featuring Broadway music from the American Song book with piano accompaniment.
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature musicals new and old! Check the Daily Email for the film title and description.

Wednesday, April 23rd



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	Hochstein Performance Hall  	*Gateways Brass Collective - Live from Hochstein The nation's only all-Black professional brass quintet, Gateways Brass Collective brings its dynamic blend of classical, jazz, and contemporary music to WXXI's Live from Hochstein series. No fee to attend. Please register on the Portal!
1:00pm - 2:00pm	HAP Pool 2 nd Floor	Open Swim with Robin Gallagher
No Pittsford Highlands Chorus Practice today.		
2:00pm	Community Center	Documentary: National Geographic An excavation of a 2,300-year-old Greek shipwreck off the coast of Cyprus. David and Susan Owen participated and are in the film. See page 30 for additional information.
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, April 24th



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. This class is mostly done seated with minimal standing—seated aerobics, hand weights, and stretching. All are welcome.
2:00pm	Community Center	“UR” In Tune Lecture Debussy, Poe, and Baudelaire: <i>La Boîte à jujoux</i>, Arabesques, and Grotesques with Matthew Brown, Professor of Music Theory at the Eastman School of Music. See page 31 for additional information.
No Pet Therapy with Ann Julien and Lulu		
7:00pm	Community Center	Evening Entertainment with The Rochester Mandolin Orchestra

Friday, April 25th





Arbor 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.
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
1:00pm-3:00pm	HAP Pub	Support in the Pub Join us for a walk-in IT support session! Simply sit with one of our IT staff members to get your questions answered or any issues resolved. Please note that support is provided on a first-come, first-served basis, and no appointment is necessary.
1:15pm	Laurelwood Gallery	Sing- a-long with Chaplain Steve Petrovich
1:30pm	HAP Pub	Spring Social!! Join your friends for conversation, a light refreshment and some Arbor Day Facts!
4:00pm-5:30pm	Community Center	Friday Social Hour! Join your neighbors for conversation and light snacks.
Departure: 7:15pm Return approx. 10:00pm	Eastman Theatre (Kodak Hall) 	Pops Concert: <i>Swonderful: A Tribute to George Gershwin</i> Transportation and ticket arrangements are made in advance by contacting the box office directly, 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.

Saturday, April 26th

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: 12:30pm Return approx. 4:15pm	Regal Eastview Movie Theatre  	*Metropolitan Opera: <i>Le Nozze di Figaro</i> LIVE 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 33 for additional ticket purchasing instructions. Please register on the Portal for transportation!
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, April 27th

Departure times: 9:30am 10:00am	Religious Services  	Depart for local churches Contact the Hospitality Desk at 585-586-7600 to be included on 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	Community Center	Afternoon Entertainment: Woodwind Quintet featuring students from the Eastman
Departure: 6:45pm Return approx. 10:00pm	Eastman School of Music (Kilbourn Hall)  	*Holocaust Remembrance Concert Admission is free with general seating arrangements. Please register on the Portal!
7:30pm	Music Room	Weekend Movie Check the Daily Email for film title and description.

Monday, April 28th

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: Killers of the Flower Moon by David Grann
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, April 29th

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	Downtown Public Library 	*Books Sandwiched In Book Review: <i>I Heard Her Call My Name: A Memoir of Transition by Lucy Sante</i> Sante's memoir of late-in-life gender transition "is moving for many reasons, but primarily for its observations about aging and vanity ... Her sharpness and sanity, moodiness and skepticism are the appeal." — <i>The New York Times</i> . Please register on the Portal!

Programs continue on next page

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

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	Wellness Center	Corn Hole Game with Robin Gallagher
1:15pm	Laurelwood Gallery	Bible Study with Chaplain Steve Petrovich
7:30pm	Music Room	Lights, Camera, Action—Movie Night! Join us as we feature musicals new and old! Check the Daily Email for the film title and description.

Wednesday, April 30th

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	Pittsford Village  	*Lunch at Pittsford Pub 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!
2:30pm	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.

Programs continue on next page

7:00pm

Community Center

Evening Entertainment

with students taught by Eva Regan featuring the flute, bassoon, clarinet and piano.

Lectures/Music

Please read below for additional information

U of R Lecture Series:

Monday, April 7th, 14th, 21st –
2:00pm

Community Center

April 7th – Optics, Vision, and Glasses in Antiquity

Identifying what vision, light, and the process of “seeing” entail has perplexed humanity since antiquity. This talk will briefly describe how ancient scientists, engineers, and physicians understood light and vision. The time framework of antiquity ranges from 2000 BCE to about 1700 CE, i.e. over more than thirty centuries. The three views of light and vision range from scientists (“what is vision?” “what is light?”) to engineers (how can light be manipulated, for example, to produce “death rays?”) to physicians (what part of the eye/brain is responsible for vision? How can vision be corrected?) There are absolutely no prerequisites for attending this lecture, simply a curiosity to explore and learn how humanity over the centuries has dealt with vision and optics.

April 14th - Water Management in Antiquity

Antiquity covers the period from prehistoric times to the beginning of the industrial revolution, approximately from 2000 BCE to 1700 CE. Every human culture in antiquity needs plentiful access to water for drinking, washing, and irrigation.

In this lecture, designed for a 1st year course for humanities students at the University of Rochester, we will discuss simple devices for lifting water from sources such as rivers and lakes to sophisticated methods such as aqueducts and water mills, and for transporting water from springs to cities over distances as long as 50 miles or even longer by using ingenious methods ranging from open channels to pipe systems above or underground. Emphasis is on human imagination for management of water, and the persistence of water access and transportation.

John will discuss fundamental methods such as taking advantage of waterpower and transportation, presented in the archaeological record and in written ancient sources, and compare these methods to modern water management systems in large metropolitan areas. One important question that he will address is how technical knowledge for water management was transmitted in antiquity across centuries.

April 21st - Structures in the ancient world: From mud to concrete

How did ancient engineers ensure that walls were vertical, and that floors were horizontal when building structures such as houses, buildings, temples, streets, harbors? What is the best material for constructing a wall to withstand rain and or fire?

John will describe the materials used in antiquity to make structures, both at the residential and the monumental scales. The fundamental structural materials are essentially timber, limestone, sand, or sandstone. At the earliest times, structures were made from mud bricks, sun-dried or fired. The advantage is low cost, but the disadvantages include weathering by rain or burning by fire. The next

(*) Indicates advanced sign-up required on the Resident Portal.

For questions or registration assistance, contact Elizabeth David at 585-641-6344.

structural materials include lime to protect the structural surface. The highlight of the ancient technology is the development of structural concrete, a material that is hydraulic (i.e. can set under water) and fireproof. He will discuss many examples of ancient structures from the Mediterranean world, including the tools for construction and the structural materials used.

Bio:

John Lambropoulos has taught at the University of Rochester since 1986, after degrees from Brown and Harvard Universities, following his childhood in Athens, Greece. He has served as Chairperson of the Dept. of Mechanical Engineering and as Director of the Materials Science Program at UR and is currently Associate Director of the Center for Freeform Optics. He has received many awards for excellence in teaching, as well as the Lifetime Achievement Award from the School of Engineering at UR. John is the father of three adult sons who have been raised in Pittsford. In his spare time, John is a voracious reader, and a professional soccer referee officiating more than 120 matches every season, for more than 25 years, in Monroe County, at the youth, adult, and high school levels.

Off-Monroe Players' Gilbert & Sullivan Revue **Wednesday, April 9th – 7:00pm** **Community Center**

This group was formed in 1989 in response to requests to hear Gilbert & Sullivan "on-the-road". It was also a means to introduce "G&S" to new segments of the community, and to provide a service to charitable institutions. Since its debut, the Revue has performed for a wide range of cultural, residential, and civic organizations for all types of occasions in a variety of venues across Monroe County - and beyond!

The Hubble Space Telescope- 35 Years of Science! **Friday, April 11th – 2:00pm** **Community Center**

When Hubble launched in 1990, astronomers had great expectations for what this telescope would teach us about the Universe. From examining nearby star forming regions to probing the deepest depths of the early universe, the Hubble Space Telescope has transformed our understanding of the cosmos. As we celebrate Hubble's 35th anniversary in space, we'll look back at some of its historic photos, explore some recent discoveries, and look towards the future to see what Hubble might reveal to us next.

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.

Evening Entertainment with The Maple Quartet **Friday, April 18th – 7:00pm**

Community Center

The Maple Quartet was formed in 2022 at the Eastman School of Music, by members Isabel Chen, Magali Pelletey, John Crowley, and Gabriel Hennebury. The four are currently seniors in the undergraduate program pursuing degrees in music performance.

In 2024, the Maple Quartet was awarded the Eastman School's annual Celentano String Quartet Award for the second time, which acknowledges an undergraduate quartet with outstanding ability and provides funding for professional development. This award financially supports the Quartet's numerous performances and community outreach initiatives throughout Rochester, NY. These include concerts at senior living communities, the Eastman at Washington Square Series, and chamber music demonstrations at local schools. The Maple Quartet was also invited to present a recital through the Musicale: Performance Plus series at the George Eastman Museum. Previously, they were selected twice to perform in Eastman's Honors Chamber Recitals. In addition to regular performances, the quartet were finalists at the 2025 Coltman Chamber Music Competition and are finalists in the 2025 Saint Paul String Quartet Competition.

While the ensemble were fellows at the 2024 Credo String Quartet Institute and Lutheran Summer Music Festival, they studied intensively with the Verona Quartet, Peter Salaff, and Peter Slowik. At Credo, they expanded on their community outreach with performances at the Grafton Rehabilitation Center, Oberlin Early Childhood Center, and the Murray Ridge Center. Engagements for the summer of 2025 include a residency with Voce Velata and fellowships at the ENCORE and Madeline Island Chamber Music festivals.

In pursuit of their studies, the Quartet has been privileged to receive guest coachings and masterclasses with prominent chamber musicians such as the Takács Quartet, Belcea Quartet, JACK Quartet, Peter, Oundjian, Itamar Zorman, and Jesse Mills.

The group's primary coaches include members of the Ying Quartet and professors David Bowlin, Masumi Per Rostad, and Mimi Hwang. Recent performances include collaborations with Robin Scott and Chiao-Wen Cheng on Eastman's Faculty Artist Series. The Maple Quartet is especially grateful to the Ying Quartet for inspiring their passion, commitment, and growth as an ensemble.

Documentary: National Geographic

Wednesday, April 23rd – 2:00pm

Community Center

This is a documentary film about an excavation of a sunken ancient Greek shipwreck off the North Coast of Cyprus. National Geographic provided photographic coverage during the summers of 1968 and 1989 for an article for their magazine. David Owen was the assistant director of the project. Both David and Susan spent 2 5-month seasons excavating and restoring the remains of the 2,300-year-old ship.

Arabesques and grotesques were central components of Symbolist aesthetics and to Debussy's approach to musical composition. This presentation will describe some of the ways in which Debussy used them in one of his most delightful compositions: his children's ballet *La Boîte à joujoux* or *The Toybox* from 1913.

Bio:

Professor Matthew Brown has taught at the Eastman School of Music off and on since 1986; during that time, he worked in the departments of musicology and music theory. Dr. Brown was born in London and studied violin with Montagu Cleeve, legendary string teacher and expert on super heavy artillery. After winning a scholarship to the Preparatory Division of the Royal College of Music in London (1968-1975), he studied as an undergraduate at King's College, London, where his interest in music theory was developed under the guidance of Arnold Whittall. Brown graduated with a First and came to Cornell to begin a Ph. D. in musicology. Before he completed his dissertation, he was elected to the Society of Fellows, Harvard University (1983-1986) and it was there that his professional interests really took shape. Dr. Brown accepted a position in musicology at the Eastman School of Music in 1986.

After teaching at Louisiana State University for a few years, Professor Brown returned to Eastman in 1997. Since then, he has also served as a faculty member at the Mannes Institute for Advanced Studies in Music Theory (2002), as a Visiting Professor at the University of Texas at Austin (2003), the University at Buffalo (spring 2019) and received the first Provost's Interschool Interdisciplinary Award from the University of Rochester in 2007. Over the past thirty years, Dr. Brown has supervised eighteen Ph. D. dissertations; his students have not only won numerous accolades (e.g., Presser, Fulbright, and Chateaubriand awards), but they have also become tenured faculty members at major music departments, such as New York University, the University of Minnesota, the University of Arizona, the University of Western Ontario, and the Eastman School of Music. He has also authored or co-authored five books (*Debussy's 'Ibéria': Studies in Genesis and Structure* (Oxford, 2003), *Explaining Tonality: Schenkerian Theory and Beyond* (Rochester, 2005), *Debussy Redux. The Impact of His Music on Popular Culture* (Indiana, 2012), *Heinrich Schenker's Conception of Harmony* with Robert Wason (Rochester, 2020), and *Ariane & Bluebeard: From Fairy Tale to Comic Book Opera* with Th. Emil Homerin (Indiana, forthcoming), and over fifty articles/reviews in such periodicals as the *Journal of the American Musicological Society*, *Music Theory Spectrum*, *Cool and Strange Music!* and *Science*. He served as editor for the journal *Theory and Practice* from 2012 until 2015. Brown's work has been featured in interviews with BBC Radio 3, WXXI, and the Boston Globe.

In 2011, Prof. Brown founded TableTopOpera, a chamber ensemble that specializes in multi-media projects. The group brings together a group of distinguished faculty, friends, and alumnae of the Eastman School of Music. Their projects combine powerful visual images and texts drawn from comic books, photographs, and film with newly composed music or new arrangements of existing music. TTO has collaborated with an impressive array of artists and institutions: comic book artist P. Craig Russell, photojournalist Paolo Pellegrin, choreographer/film maker Betty Jenkins, dancer Leanne Rinelli, Hollywood film composer Jeff Beal, archivists at the George Eastman Museum, and URM. The group has received two major grants from the University of Rochester's Humanities Project has been described by eminent critic Laurence Vitte as the "world's greatest 8-member

operatic comic book ensemble.” Dr. Brown’s work with TableTopOpera has also led to research projects at URM and there is a patent pending for a mobile App for delivering individualized mental health therapies via networked computing devices with members of URM’s Health Lab. Prof. Brown is currently involved with a project sponsored with the NSF: “Exploring Creative Design at the Human-Technology Frontier Through the Emerging ‘Artist-Technologist’ Occupation.”

Resident Committees & Groups

Please read below for additional information

Great Decisions: India: Between China, the West, and the Global South	Thursday, April 17th – 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.

April Topic: India is an emerging major power in world affairs, occupying a pivotal position between China, the United States, and the Global South. Its population size, economy, and geopolitical location ensure that it will be an influential voice in debates and political struggles over global order. What are India’s choices and opportunities for regional and global leadership? How will it maneuver between China and the United States, and what is its role as a voice of the Global South? What opportunities exist for Washington to work with India?

Outings

Please read below for additional information

Society for Chamber Music: Romance and Reflections **Sunday, April 6th departing at 2:00pm** **Nazareth College**

Rachmaninoff's rapturous *Cello Sonata* completes this romantic concert and we also welcome new ESM violin professor, David Bowlin, to the SCMR stage for the first time. The program features one of today's most ascendant composers, Clarice Assad with her *Synchronous* quartet for oboe and strings; a fascinating work that seeks to warp time and expose the juxtaposition of modern life.

Live from Hochstein: *Singing Sisters: Our Story of Lineage, Love, and Legacy* **Wednesday, April 9th- departing at 11:30am** **Hochstein School of Music**

From the Latin meaning "singing together, harmony," Concentus Women's Chorus was conceived and founded in 2000 and is devoted to exploring the wide variety of classical music – ranging from medieval chant through contemporary compositions – written specifically for women's voices.

This program – "Singing Sisters: Our story of lineage, love, and legacy" – celebrates the group's 25th season and features many of their favorite pieces, including music by Cary Ratcliffe, Eric Whitacre, and Ysaye Barnwell.

Metropolitan Opera: *Le Nozze di Figaro LIVE* **Saturday, April 26th - departing at 12:30pm** **Regal Movie Theater**

Conductor Joana Mallwitz makes her Met debut leading an extraordinary cast in Mozart's comic masterpiece. Bass-baritone Michael Sumuel stars as the clever valet Figaro, opposite soprano Olga Kulchynska as his betrothed, the wily maid Susanna. Baritone Joshua Hopkins is the skirt-chasing Count, with soprano Federica Lombardi as his anguished wife and mezzo-soprano Sun-Ly Pierce as the adolescent page Cherubino.

If you are interested in obtaining a ticket for this performance, please contact the Regal Theater Website at 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 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.

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
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: crystal_johnston@urmc.rochester.edu
Pittsford Highlands Chorus Caregivers Support Group	Elizabeth David, Cultural Program Coordinator Phone: (585) 641-6344 Email: elizabeth_david@urmc.rochester.edu
Sustainability Committee	Andy Trepanier, Executive Director Phone: (585) 641- 6372 Email: andy_trepanier@urmc.rochester.edu