The mission of The Highlands at Wyomissing is to enrich the lives of senior adults through sponsorship of a high quality, not-for-profit, continuing care retirement community.

Vision Statement: Our community sets the standard of excellence in retirement living by providing exceptional quality of life, security, and value.

SUNDAY, JUNE 19, 2016

BUS TO LOCAL CHURCHES. Schedules are available at the Concierge Desk. Please register by noon on Friday if you would like to go to church.

11:30 a.m. “HAPPY FATHER’S DAY!” ELLEN WALTER will be playing piano in the Main Lounge from 11:30 a.m. - 1:30 p.m.

2:00 p.m. CHANNEL 24 MOVIE MATINEE – “KISMET” (1955), Tune in to Channel 24. Alexander Borodin’s soaring music fashioned by Robert Wright and George Forrest into “Stranger in Paradise,” “Baubles, Bangles and Beads” and more evergreens. Kismet turned the Broadway stage into a glittering gleaming Arabian Nights’ dream. Ideal material, in fact, for the dream factory. To Hollywood, and director Vincent Minnelli, Kismet was kismet. The lavish musical follows one fateful, fabulous day as a beggar-poet (Howard Keel) and his daughter (Ann Blyth) cross paths with a wicked wizard, a wily temptress, a handsome prince, a magical curse, opulent sets and exotic adventure. “Princes come, princes go,” sings the beggar, Glorious Kismet endures!

Rated – (NR) Running time – 113 minutes

4:00 p.m. CHURCH SERVICE with Highlands’ Chaplain, CARL WENZEL, will be held in the Cultural Center – Side A.

6:00 p.m. SUNDAY SPECIAL FEATURE – “JOHNNY CARSON SHOW with BETTE MIDLER and ROBIN WILLIAMS” (1992) in the Cultural Center. Regarded by Time magazine as one of the most “unforgettable moments in television history,” this Emmy award-winning episode of The Tonight Show is an emotional tribute to the King of Late Night. In anticipation of Johnny’s final appearance the following evening, the fortunate few with tickets were treated to Robin Williams and Bette Midler’s performances that brought down the house.

Running Time – 35 minutes Bring a pillow for comfort!

DON’T FORGET TO TUNE IN TO CHANNEL 24 EACH WEEKDAY MORNING AT 9:00 A.M. FOR ANNOUNCEMENTS OF THE DAY’S EVENTS!
MONDAY, JUNE 20, 2016

**NOTE:** REGISTRATION DEADLINE for the BLUE MARSH PICNIC. Register at the Concierge Desk. (See flyer for details.)

9:00 a.m. **YOGA FLOW** in the Berkshire Room.

10:00 a.m. **BUS TO WEIS MARKET.** Register at the Concierge Desk for transportation.

10:00 a.m. **ZUMBA GOLD** with JOY GOLT in the Berkshire Room.

10:00 a.m. **DEMENTIA CAREGIVERS SUPPORT GROUP,** 10:00 a.m. to 11:00 a.m. in the Meditation Room.

10:30 a.m. **MAHJONG** will be in the Crossover Bridge Room from 10:30 a.m. – 12:30 p.m.

1:00 p.m. **AMERICAN CONTRACT BRIDGE LEAGUE** with SUE WESSERT, lesson and game, in the Berkshire Room.

1:30 p.m. **AQUA TONE** will be held in the Fitness Center Pool.

1:30 p.m. **BUS TO CVS and THE WINE & SPIRITS STORE.** Register at the Concierge Desk for transportation.

2:00 p.m. **SEATED EXERCISE** will be held in the Fitness Center Lobby. These exercises are designed to improve muscle strength, circulation, coordination, and flexibility. All of the exercises are performed while sitting in a chair. No registration required.

2:15 p.m. **WATER WALKING** will be held in the Fitness Center Pool.

2:30 p.m. **Wii GAMES** in the Fitness Center Lobby following EXERCISE CLASS.

3:00 p.m. **FRIENDS OF BILL,** meets every Monday at 3:00 p.m. in the Personal Care Lower Level Sunroom. This group, which is Resident-led with confidentiality, supports individuals who wish to stop letting alcohol take control of their life. Anyone is welcome to attend. For more information call (610) 463-8775.

4:30 p.m. **SUMMER BEGINS TODAY!** To celebrate summer and to continue our OUTDOOR MUSIC SERIES, Guitarist, KEN GEHRET will be performing in the Courtyard, weather permitting.

7:00 p.m. **CARD PARTY** in the Berkshire Room. Form your group in advance.

TUESDAY, JUNE 21, 2016

9:00 a.m. **STRETCH & FLOW** in the Berkshire Room. No registration required.

9:00 a.m. **WALKING GROUP – “FRESH AIR CLUB,”** meets in the Main Lounge by the Concierge Desk; walk will be outdoors, weather permitting.

10:00 a.m. **BUS TO THE MOHNTON POST OFFICE** and WYOMISSING LIBRARY. Register at the Concierge Desk for transportation.

10:15 a.m. **BIBLE STUDY** will be held in the Berkshire Room with Chaplain DAVE HERLAN. All are welcome to attend!
12:30 p.m. **DR. WINANS**, 12:30 p.m. – 3:30 p.m., in the Health & Wellness Office. Contact Health & Wellness to make an appointment.

1:30 p.m. **BUS TO K-MART SHOPPING CENTER, THE DOLLAR STORE, AMELIA’S GROCERY OUTLET AND WELLS FARGO BANK.** Register at the Concierge Desk for transportation.

1:30 p.m. **AQUATIC BALANCE: CORE & MORE** in the Fitness Center Pool.

2:00 p.m. **92nd STREET Y SERIES, “THE STATE OF THE ECONOMY,”** in the Cultural Center Side B. As one of the world’s leading economists, Professor Paul Krugman’s work as an Op-Ed columnist for the New York Times, has so often explained in clear and concise terms the economic issues that affect us all. As we head towards the election, hear his views on the economic issues the candidates should be focusing on, what the outcomes are likely to be, and what our key challenges will be in the next four years.

2:15 p.m. **SUPERVISED SWIM**, 2:15 p.m. – 3:15 p.m., in the Fitness Center Pool.

4:30 p.m. **ELLEN “DASH” WALTER** on piano, 4:30 p.m. – 5:30 p.m., in the Main Lounge.

7:00 p.m. **OUTDOOR SUMMER SERIES MUSIC CELEBRATION,** the EASTERN ECHO CHORUS will perform for us in the Courtyard, weather permitting. This Acapella Chorus is a faith based Christian Ensemble of 40 vocalists between the ages of 18-25. Members are part of the Eastern Mennonite Church and sing in 4 to 8 voice parts.

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**WEDNESDAY, JUNE 22, 2016**

**NOTE:**

**REGISTRATION DEADLINE** for MUHLENBERG SUMMER CONCERT SERIES – “RED HILL BAND.” Register at the Concierge Desk with your $5.00 transportation fee. **NOTE:** There is a $3.00 admission fee at the door.

9:00 a.m. **TONE & TIGHTEN** in the Fitness Center Lobby. This class will improve core strength, flexibility, posture, and overall physical strength.

10:00 a.m. **FRESH START** – a midweek workout from the comfort of your home. Tune to Channel 24 and enjoy these simple, safe exercise moves, and get your Wednesday off to a “FRESH START.”

10:00 a.m. **AQUA CLASS** in the Fitness Center Pool.

10:45 a.m. **WATER WALKING** will be in the Fitness Center Pool.

11:00 a.m. **BUS DEPARTS** for the “BLUE MARSH PICNIC.” Please be sure to wear sturdy shoes, hat, sunglasses, and sunscreen. Enjoy an afternoon of fun in the sun, and shade!

1:00 p.m. **TAI CHI CLASS** with JAN GYOMBER in the Cultural Center – Side B.

4:00 p.m. **DR. MICHAEL EAGER** will play piano in the Main Lounge during Social Hour.
WEDNESDAY, JUNE 22, 2016 (cont.)

7:00 p.m.  JUNE CLASSIC FILM CLUB – “GENTLEMEN PREFER BLONDES” (1953) in the Cultural Center. A blonde showgirl is unknowingly tracked by an investigator hired by her fiancé’s father. But the detective only has eyes for her brunette friend.

  Cast – Marilyn Monroe, Jane Russell and Charles Coburn.

  Running Time – 91 minutes  Bring a pillow for comfort!

THURSDAY, JUNE 23, 2016

9:00 a.m.  STRETCH & TONE exercise class in the Berkshire Room.

10:00 a.m. - 11:00 a.m.  WELLNESS CLINIC. Stop by the Health & Wellness Office for blood pressure screenings and weight check at no charge. The office is located on the Second Floor across from Apt. #297.

10:00 a.m.  KNITTING GROUP will meet in the Parlor.

10:00 a.m.  AQUA TONE in the Fitness Center Pool.

10:45 a.m.  WATER WALKING in the Fitness Center Pool.

1:00 p.m.  HEARING SCREENINGS AND HEARING AID CLEANINGS with DR. LESLIE SONDAY, 1:00 p.m. – 3:00 p.m. in the Health & Wellness Office. Register at the Concierge Desk.

1:00 p.m.  BEAN BAG BASEBALL in the Berkshire Room.

1:30 p.m.  BUS TO GIANT MARKET. Register at the Concierge Desk for transportation.

4:30 p.m.  TOM SCHLEGEL will play piano from 4:30 p.m. – 5:30 p.m. in the Main Lounge.

6:15 p.m.  BUS DEPARTS for the trip to MUHLENBERG HIGH SCHOOL to enjoy the “RED HILL BAND.” Register at the Concierge Desk with your $5.00 transportation fee. NOTE: There is a $3.00 admission fee at the door.

7:00 p.m.  HISTORY PROGRAM – Pastor PHIL SMITH will talk about TROLLEY CARS IN READING AND BERKS COUNTY in the Cultural Center.

FRIDAY, JUNE 24, 2016

9:00 a.m.  YOGA FLOW in the Berkshire Room.

10:00 a.m.  BUS TO GIANT MARKET. Register at the Concierge Desk for transportation.

10:00 a.m.  SEATED EXERCISE CLASS will be held in the Fitness Center Lobby. These exercises are designed to improve muscle strength, circulation, coordination and flexibility. All of the exercises are performed while sitting in a chair. No registration required.

10:00 a.m.  CELEBRITY GOLF at The Putting Green with Dining Services Manager, SCOTT McCOOL, weather permitting.
FRIDAY, JUNE 24, 2016 (cont.)

10:30 a.m.  **Wii GAMES** in the **Fitness Center Lobby** following **EXERCISE CLASS**.

11:00 a.m.  **LINE DANCING** in the **Berkshire Room**.

1:00 p.m.  **READING MUSEUM TOUR & LECTURE** – Gallery Lecture Series Topic: “**SELECTIONS OF EUROPEAN ART.**” Register at the **Concierge Desk** for transportation. Bus departs at 1:00 p.m. for a 1:30 p.m. lecture.

1:30 p.m.  **FRIDAY MATINEE** – “**CAN-CAN**” (1960) in the **Cultural Center – Side B**. Based on the hit Broadway show, this rollicking romantic musical with its spirited dance numbers, lavish costumes and memorable Cole Porter songs is truly high-kicking entertainment. The naughty can-can is against the law in 19th century Paris, but a vivacious café owner (Shirley MacLaine) lets her girls perform it anyway. With the help of her clever boyfriend/lawyer (Frank Sinatra), she manages to keep a corrupt judge (Maurice Chevalier) looking the other way – until a new judge (Louis Jourdan) vows to end the shocking behavior.

    Rated – (NR)  Running time – 131 minutes
    Bring a pillow for comfort!

1:30 p.m.  **SUPERVISED SWIM** in the **Fitness Center Pool**.

5:00 p.m.  **ART RECEPTION** with **Artist TED THOMAS** entitled “**MEMORIES,**” 5:00 p.m. – 7:00 p.m. in the **Cultural Center – Side B** and **Pre-function Area**.

SATURDAY, JUNE 25, 2016

10:00 a.m.  **TRANSPORTATION TO KESHER ZION SYNAGOGUE.** Bus departs at 10:00 a.m. and will pick up at 12:00 p.m. Register at the **Concierge Desk** by Friday at 12:00 p.m. for transportation.

10:00 a.m.  **WEEKEND WELLNESS: QIGONG CLASS** in the **Berkshire Room**.

11:00 a.m.  **WEEKEND WELLNESS: ZUMBA GOLD** in the **Berkshire Room**.

1:00 p.m.  **DUPLICATE BRIDGE** in the **Berkshire Room**.

1:30 p.m. – **WELLNESS CLINIC.** Stop by the **Health & Wellness Office** for blood pressure screening and weight check, at no charge. The office is located on the **Second Floor across from Apt. #297**.

7:00 p.m.  **NOTE:** **NO SATURDAY NIGHT AT THE MOVIES.**

7:00 p.m.  **MATTHEW BENGSTON**, piano recital in the **Cultural Center**. Matthew is a pianist, harpsichordist, analyst and composer. He is a 3-handicap golfer, a chess FIDE master, a Steinway Artist and son of Residents Bruce and Ruth Anne Bengtson.
FUTURE EVENTS

Monday, June 27  BILL MOYER will play piano in the Main Lounge at 4:45 p.m. for your listening entertainment.

Monday, June 27  NOTE TIME: BERKS ENCORE – MEDICARE UPDATE, 6:30 p.m. in the Cultural Center.

Tuesday, June 28  BIBLE STUDY, 10:15 a.m. with Chaplain DAVE HERLAN in the Berkshire Room.

Tuesday, June 28  GRIEFSHARE, 2:30 p.m. – 4:00 p.m. in the Meditation Room. This group confidentially provides tips, information and support through your grief of loss which can be more healing together, than attempting to do so alone.

Tuesday, June 28  “JUNE” GAME NIGHT with JEN EVANS, 7:00 p.m. in the Berkshire Room. Refreshments will be served.

Wednesday, June 29  NOTE: REGISTRATION DEADLINE for MUHLENBERG SUMMER CONCERT SERIES – featuring “JILL HALEY.” Register at the Concierge Desk with your $5.00 transportation fee. NOTE: There is a $3.00 admission fee at the door.

Wednesday, June 29  “FACEBOOK TECHNOLOGY,” 10:00 a.m. – 12:00 p.m. in the Cultural Center – Side A. Have you heard about Facebook? Want to learn what it’s all about? Want to connect with your kids, grandkids, friends, etc? Learn the basics of Facebook and also how Facebook can help promote The Highlands!

Wednesday, June 29  MATTER OF BALANCE CLASS, (Session #7) 1:30 p.m. in the Berkshire Room.

Wednesday, June 29  JAZZ AT THE MOVIES “THE FIVE PENNIES,” 7:00 p.m. in the Cultural Center – Side B. A 1959 loose biography of famed cornet jazz player Loring “Red” Nichols portrayed by Danny Kaye, but with the actual sound of Nichols’ playing dubbed in. Co-stars Barbara Bel Geddes (as Red’s wife) and Louis Armstrong (as himself). Program starts with a brief 1929 film clip of Red and his small band called “The Five Pennies.”

Thursday, June 30  BOOK CLUB, 11:00 a.m. in the Library. Book of Discussion: “LEAVING TIME,” by JODI PICOULT. Everyone is welcome to attend!

FUTURE EVENTS (cont.)

Thursday, June 30  BUS DEPARTS at 6:15 p.m. for the “CONCERT FEATURING JILL HALEY” at MUHLENBERG HIGH SCHOOL. NOTE: There is a $3.00 admission fee at the door.

“HAPPY INDEPENDENCE DAY” – STAFF HOLIDAY

Monday, July 4  ELLEN “DASH” WALTER will play patriotic music, 11:30 a.m. – 1:30 p.m. in the Main Lounge.
<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday, July 4</td>
<td><strong>AMERICAN CONTRACT BRIDGE LEAGUE</strong> with SUE WESSNER, lesson and game, 1:00 p.m. in the Berkshire Room.</td>
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<td>Monday, July 4</td>
<td><strong>HOLIDAY MOVIE SPECIAL FEATURE</strong>, 6:00 p.m. in the Cultural Center.</td>
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<td>Monday, July 4</td>
<td><strong>CARD PARTY</strong> in the Berkshire Room. Form your group in advance.</td>
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<td>Tuesday, July 5</td>
<td><strong>REGISTRATION DEADLINE</strong> for the “JULY” OUT-TO-DINNER TRIP to “CHEERS AMERICAN BISTRO.” Register at the Concierge Desk with your $5.00 transportation fee.</td>
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<td>Tuesday, July 5</td>
<td><strong>PENN STATE EXTENSION MASTER GARDENERS</strong> invite you to “ACT TWO IN THE GARDEN” – A free guided tour at 6:30 p.m. Bus departs at 6:00 p.m. Register at the Concierge Desk.</td>
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<td>Tuesday, July 5</td>
<td><strong>NOTE</strong>: JULY BINGO! is being held a day early this month, on a Tuesday in lieu of a Wednesday, 7:00 p.m. in the Berkshire Room.</td>
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<td>Wednesday, July 6</td>
<td><strong>MATTER OF BALANCE CLASS</strong>, (Final Session) 1:30 p.m. in the Berkshire Room.</td>
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<td>Wednesday, July 6</td>
<td><strong>FRENCH GARDEN SLIDE SHOW</strong> with BEN SOFFER, 2:30 p.m. in the Berkshire Room.</td>
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<tr>
<td>Wednesday, July 6</td>
<td><strong>RESIDENT TOWN HALL</strong>, 7:00 p.m. in the Cultural Center.</td>
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<td>Thursday, July 7</td>
<td><strong>“JULY” OUT-TO-DINNER TRIP</strong> to “CHEERS AMERICAN BISTRO” at the new Hilton Double Tree Hotel. Bus departs at 4:30 p.m. for a 5:00 p.m. dinner reservation.</td>
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<td>Friday, July 8</td>
<td><strong>CELEBRITY GOLF</strong> at The Putting Green with Marketing Director, JODI GIBBLE, weather permitting.</td>
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<tr>
<td>Friday, July 8</td>
<td><strong>SPECIAL SHOPPING TRIP</strong> to the Wyomissing Farmers Market. Bus departs at 1:30 p.m. Register at the Concierge Desk for transportation.</td>
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Upcoming Community Events at The Highlands

The week of: Sunday, June 19, 2016 to Saturday, June 25, 2016

Wednesday, June 22       7:00 a.m.       United Way Board (42) Cultural Center
Thursday, June 23         9:00 a.m.       Christian Women’s Club (40) Terrace Room

Planning is set to begin for The Highlands Children’s Book Drive to support Ready.Set.READ! and for our annual Food Drive to support the Greater Berks Food Bank.

Residents interested in volunteering or finding out more about the committees should contact Lorena Lazarchick 484-628-7701 lazarchickl@thehighlands.org

Together we can make a difference.

THE LIBRARY NEEDS YOUR HELP!

There are many books and DVD’s missing from the Highlands Library. Please check your homes; did you use one of these resources and forget to return it? Thank you for your assistance.