



The Highlands Happenings

Friday, December 6



Table of Contents

Staff Directory.....	3
Welcome Home / Happy Birthday.....	4
Community News/Connection.....	5
Week At A Glance.....	9
Feature Events/Trips.....	10
Resident Clubs.....	14
Fitness At The Highlands.....	15
Dining Menus.....	16
Future At A Glance.....	18

ENGAGE Wellness

The Highlands at Wyomissing® is dedicated to fostering a wellness-centered lifestyle that empowers senior adults to embrace life to its fullest. Our comprehensive care offerings are designed to cater to all levels of needs, incorporating specialized programming that prioritizes the six dimensions of well-being, including:

- Emotional – mindful support
- Spiritual – seek meaningful connections
- Nutritional – make good food choices
- Physical – stay active
- Intellectual – keep your brain sharp
- Social – make connections

Highlands Hotlines

Front Desk

(610) 775-2300

Programming Hotline

programming@thehighlands.org

(484) 220-8268

Support Services Hotline

housekeeping@thehighlands.org

(484) 220-8290

Salon & Spa

(610) 796-1777

Maintenance Hotline

maintenance@thehighlands.org

(484) 220-8302

Notification of Absence Hotline

absence@thehighlands.org

(610) 775-2300

IT Concierge Service

(484) 220-8343

Dining Services Hotline

diningorders@thehighlands.org

(484) 220-8316

Xfinity/Comcast Support

(855) 638-2855

Physician Services

Audiology

(610) 775-2300

4th Mondays

Blood Pressure Clinic

Tuesdays at 1:30 p.m.

No appointment needed.

Podiatry

(610) 376-4880

1st, 3rd, & 5th Thursdays

Lab Courier

(610) 775-2300

Every Wednesday

Dermatology

(877) 345-5300

1st Wednesday

Laura Vedder PA-C

(717) 738-2468

3rd Tuesdays

Happening at The Highlands

A DAY OF JOY: THERAPY DOGS & TODDLERS BRING SMILES ACROSS GENERATIONS

Today's Therapy Dogs & Toddlers event was a heartwarming success! Our adorable therapy dogs brought joy to residents, toddlers, and their parents, creating unforgettable moments of laughter, cuddles, and pure happiness. Seeing generations come together to share in the joy was truly heartwarming. A big thank you to everyone who joined us—you made this event so special! Whether you were watching, playing, or simply soaking in the smiles, your presence made all the difference.

Welcome Home

Happy Birthday

Community News

MCJINGLE RETURNED!

The Highlands is excited to welcome back its Resident Elf! Join in the fun as we search for “McJingles”. The tiny elf will be somewhere different in Residential Living every day until Christmas Eve when he returns to the North Pole. Where will he be every day? It is your job to find him! **Note:** You may **not** touch McJingles... he will lose his magic!

- Dec. 1 – Main Lobby
- Dec. 2 – Gift Shop
- Dec. 3 – Dining Services
- Dec. 4 – Fitness Center Gym
- Dec. 5 – Main Lounge

HOLIDAY SPIRIT WEEK – DECEMBER 16-20!

It's time to get festive and join us for **Holiday Spirit Week!** We invite all residents to participate in a fun-filled week of themed attire to celebrate the season and spread some holiday cheer!

Here's the lineup for the week:

- **Monday, December 16:** Wear Red for Christmas
- **Tuesday, December 17:** Wear Blue and White for Hanukkah
- **Wednesday, December 18:** Wear Holiday Socks
- **Thursday, December 19:** Wear Holiday Head Gear
- **Friday, December 20:** Ugly Sweater Contest – Come in your most festive, quirky sweater for a chance to win!

Ugly Sweater Contest Details:

- Judging will take place in the Main Lounge at 2:00 p.m.
- Residents will be the judges!

2025 MUSIC EXPERIENCES

Starting in 2025, The Highlands is reimagining your musical experience with a fresh, new approach to our resident music programs! Thanks to your wonderful suggestions, we're introducing *series-based* performances that will make it easier than ever to enjoy the music that speaks to you. With this new format, residents will have the opportunity to see the full lineup of music performances for 2025, organized by series. This means you can plan ahead and choose the concerts that fit your personal musical tastes and interests.

SAFE BERKS 2024 HOLIDAY WISH LIST

This year The Highlands at Wyomissing® has partnered with Safe Berks to help those in need during the Holiday Season. Safe Berks, formerly Berks Women in Crisis, provides a safe haven and ongoing support system for victims and their families of domestic violence and sexual assault. A list of items to donate will be displayed in the mailroom and on Cubigo. There is a box in the Resident Services office where you can drop off your items. Please note that the items being donated must be new. Thank you in advance for supporting this great cause. If you have any questions, please contact Jared Martz at 484-220-8265 or martzj@thehighlands.org.

LAURA VEDDER

Laura Vedder, the PA, will not be on site on Tuesday, December 17, 2024, due to coverage at her home office in Ephrata. Residents who have appointments will be contacted by her office.

Community News

MOBILE DISHWASHER

Between December 7 and December 12, 2024, a mobile dishwashing trailer will be on site for use while kitchen renovations are being completed. The trailer is expected to arrive on December 6 and will be placed in the rear near the transportation center. There should be little or no interruption to any of the dining venues.

MEAL TAKE-OUT UPGRADE

Senior Leadership staff and Council have developed a plan to remove the display cases outside the Bistro to create a pick-up window for take-out orders. This new window will provide relief for the extra traffic in the Bistro. We look forward to making this upgrade and expect renovation to start after the new year.

OUR POINSETTIA TREE IS NOW READY FOR THE SEASON!

The holiday season has officially begun at The Highlands at Wyomissing®, and we are excited to unveil our beloved annual poinsettia tree! Known as the "winter rose," the poinsettia has long been a symbol of joy, warmth, and celebration, and this year's display is no exception. As the tree lights up our community, it will serve as a beautiful reminder of the love and connections we share, as well as a tribute to those we've lost and those who continue to fill our lives with joy. This cherished tradition is not only a way to bring festive cheer to our home but also an opportunity to honor loved ones. The names of those celebrated will be included in a commemorative book placed beside the tree for all to see and reflect upon. We invite you to come see the tree, enjoy its beauty, and share in the spirit of the season. For any questions or more information, please reach out to me at martinc@thehighlands.org or call 484-220-8508.

ELEVATOR #4 OFFLINE

While the work is being completed, Elevator #4 will be offline for the entire duration. Rest assured; The Highlands has developed a plan for those residents who utilize this elevator. At any time, should residents need assistance due to the work being completed, residents can contact the Front Desk at 610-775-2300 to receive assistance. Should a resident have concerns related to their accessibility needs, contact Lisa Boylan, Social Services Coordinator, at 484-220-8267 or boylanl2@thehighlands.org.

PS SALON OPEN HOUSE

Join us for a fun and informative Open House on Monday, December 9, at 3:00 p.m. in the Main Lounge to meet our new salon provider, learn about the services they'll be offering, and enjoy a chance to mingle with fellow residents! Whether you're looking to book a hair appointment, try out a new beauty treatment, or simply want to learn more about the services available to you, this is the perfect opportunity to meet the provider in person! Don't miss out on this exciting chance to get to know your new salon provider and discover all the amazing services now available to you!

HEALTH SERVICES RENOVATION TO ASSISTED LIVING

We are pleased to share that our planned comprehensive renovation and modernization of long-term nursing care to Assisted Living, began on November 26. This nearly \$7m initiative will be completed in three phases lasting approximately 14 months. Beginning on the week of November 25, 2024, there will be a large dumpster installed near Nursing Care in the service entrance corridor. Contractors and subcontractors will be parking near Nursing Care on Brae Circle and at the Grounds Building. The Grounds Building area will also be used to store and stage equipment and materials. During the renovation process the gate located near Nursing Care will be open during the hours of 7:30 a.m. and 5:30 p.m., Monday through Friday. If you have any questions or concerns, please contact Ashley Kirkpatrick at mesta@thehighlands.org or at 484-220-8376.

Community News

RESIDENTIAL (APARTMENTS & VISTAS) DÉCOR REMINDER:

Beginning the week of Monday, November 25, Resident Services will begin notifying residents whose décor is not in compliance with the published guidelines. As a reminder, the permitted items and display locations in the residential hallways are below.

- One (1) Decorative Sign on Your Door:
 - Acceptable options include:
 - Seasonal wreath or seasonal wooden sign
 - Display methods:
 - Wreath hanger or magnet
 - Display location:
 - Apartment door
- One (1) Small Table or Plant Stand (max size: 12" x 12" x 36") outside your apartment door:
 - Acceptable items allowed to be displayed on the table include:
 - Pictures, vases, embroidered items, decorative seasonal items, etc.
 - Display method:
 - All items must fit properly on the table and cannot be placed on the ground next to it.
 - Display location:
 - Maximum distance of 12 inches from the apartment door

CHRISTMAS CHAPEL SERVICE

Due to the Christmas holiday, Chapel Service has been rescheduled to occur on Monday, December 23 at 2:00 p.m. in the Cultural Center. The Highlands Chaplain, Mark Christy, will be hosting the service.

SPRING/SUMMER 2025 FITNESS SCHEDULE

Planning for the spring/summer exercise class schedule has begun. Several new exercise classes are being considered offering at The Highlands at Wyomissing. We want to hear from you! Your input is vital in creating the best possible exercise programs. Please contact Brenda Hugueny-Axline, The Highlands Fitness Center Coordinator at (484) 220-8266 or axlineb@thehighlands.org with any classes you would like added to the programming schedule in the future.

Community Connecton

Here, we aim to keep you informed and involved in the various threads that weave through life on The Highlands' campus. From committee meetings to council events, and Highlands-specific activities, this section serves as your compass to navigate through key events shaping our community.

Week of December 8th:

- Fitness Committee (12/10)
- Social Hour w/ Senior Leadership (12/11)
- Holiday Light Tour (12/12)
- Cooking w/ Kevin (12/12)

Week of December 15th:

- Holiday Light Tour (12/16)
- Holiday Light Tour (12/19)

Week At A Glance

Saturday, December 7

7:00pm A Christmas Story (1983) CCB

Sunday, December 8

4:00pm Christmas Carolers ML
 4:30pm Dans at Green Hill ^{Sign Up} TC
 7:00pm A Christmas Story 2 (2012) CCB

Monday, December 9

9:00am Yoga Flow FS
 10:00am Sports Talk IR
 10:00am Weis Grocery TC
 10:00am Drum n' Fun FS
 11:00am The Great Courses CCB
 1:30pm Chorus CCA
 1:30pm 92nd Street Y CCB
 2:00pm Aromatherapy MR
 3:15pm Bells CCA

Tuesday, December 10

9:00am Bone Builders FS
 10:00am Aqua Zumba FCP
 10:00am SMARTfit FCL
 1:30pm Fulton Bank, CVS, Wine & Spirits TC
 2:00pm Cornhole FS
 7:00pm Wyomissing Band Inc. CC

Wednesday, December 11

8:00am Stand n' Drum FS
 9:00am Arthritis Ability FS
 10:00am Cubigo Training CCB
 10:00am Stayin' Upright FS
 1:30pm Lancaster Ave Shopping TC
 2:00pm Chapel Service CC
 4:00pm Social Hour CC

Thursday, December 12

9:00am Bone Builders FS
 10:00am Shopping Loop TC
 10:00am Zumba Gold FS
 10:00am Knit & Crochet Connection PR
 11:00am Sea Sculpt FCP
 11:00am Community Connect TR
 1:00pm SMARTfit FCL
 1:30pm Chorus CCA
 2:00pm Sacred Heart Mass IR

Thursday, December 12

3:15pm Bells CCA
 3:30pm Cooking w/ Kevin CCB
 5:00pm Holiday Lights Tour ^{Sign Up} TC
 7:00pm Sing & Noel Concert CC

Friday, December 13

9:00am Cardio Blast FS
 10:00am Giant Grocery TC
 10:00am Arthritis Ability FS
 11:00am The Great Courses CCB
 1:00pm Shillington Farmers Market TC
 1:30pm Seated Exercise FS
 2:00pm Bocce CCB
 2:00pm Wyomissing Library LR

Saturday, December 14

2:00pm Reading Choral Society ML
 2:30pm Wheatland Chorale TC
 7:00pm Miracle on 34th Street (1947) CCB

Sunday, December 15

3:00pm Grace & Mercy Bells ML
 7:00pm Miracle on 34th Street (1947) CCB

Room Locations

B = Bistro
 CC = Cultural Center
 FCG = Gym
 FCP = Pool
 FG = Fitness Garden
 FS = Fitness Studio
 IR = Iris Room
 LR = Library
 ML = Main Lounge
 MR = Meditation Room
 PR = Parlor
 RC = Resident Clinic
 TC = Transportation
 TR = Terrace Room
 WR = Wyomissing Club Room

Feature Events

THE GREAT COURSES (MUSIC)

- **Le Concert, C'est Moi – The Concert Is Me**
Franz Liszt was an outrageous showman and a performer of musical "firsts." He was a legend before he turned 30, the embodiment of the Romantic era's vision of the artist as god. To understand Liszt, we must first learn a little history of the piano, the instrument he uniquely exploited....

December 6, 2024, | 11:00 a.m. | Cultural Center B

AMERICAN MUSIC THEATER TRIP – REGISTRATION WAS REQUIRED

Residents who are registered for the American Music Theater trip should arrive to the Transportation Center by 10:45 a.m. All meal selection tickets will be provided the morning of the trip.

December 6, 2024, | 11:00 a.m. | Transportation Center

A CHRISTMAS STORY (1983)

A Christmas Story (1983) is a heartwarming holiday film centered on Ralphie Parker, a young boy growing up in the 1940s in Indiana, who dreams of receiving a Red Ryder BB gun for Christmas. As the holiday season approaches, Ralphie faces a series of comedic challenges—whether dealing with overprotective parents, school bullies, or his quirky relatives—all while desperately trying to convince everyone, especially his mother, that the BB gun is the perfect gift. The film is filled with memorable moments, capturing the joy, mischief, and nostalgia of childhood Christmas experiences.

December 7, 2024, | 7:00 p.m. | Cultural Center B

CHRISTMAS CAROLERS

Enjoy the festive spirit of Christmas Carolers from Atonement Lutheran Church.

December 8, 2024, | 4:00 p.m. | Main Lounge

A CHRISTMAS STORY 2 (2012)

A Christmas Story 2 is a direct-to-video sequel to the beloved holiday film *A Christmas Story* (1983). Set a few years after the original, the film follows Ralphie Parker, now a teenager in 1946, as he navigates the holiday season. Ralphie is determined to get a car for Christmas, which he hopes will be the perfect gift. However, complications arise as he deals with his family's typical holiday chaos, including his relationship with his younger brother Randy, and the challenges of adulthood and growing up. The movie maintains the same nostalgic, humorous tone as its predecessor while exploring Ralphie's new set of desires and challenges.

December 8, 2024, | 7:00 p.m. | Cultural Center B

THE GREAT COURSES

- ***Time & Memory: Magritte, Hopper, & Gorky***
In Magritte's "Time Transfixed," observe how the artist calmly dislocates our sense of temporal and physical reality. In the famous "Nighthawks," study Hopper's careful, deliberate design evoking the silent separateness of the figures. Finally, trace Gorky's inspired craft in bringing to life the joyful explosion of color in "The Plough and the Song."
- ***Expressive Abstractions: Pollock & Hofmann***
Track Jackson Pollock's whole-body approach to putting paint on canvas, and tease out the layered color fields in his elemental force of nature, "Lavender Mist." Then contrast Hans Hofmann's mastery of geometry and color with his brutal, agonized creation, "to JFK." Conclude with reflections on the power of great art.

December 9, 2024, | 11:00 a.m. | Cultural Center A

Feature Events

92ND STREET Y

The 92nd Street Y, New York is a world-class cultural and community center where people all over the world connect through culture, arts, entertainment, and conversation. For over 140 years, we have harnessed the power of arts and ideas to enrich, enlighten and change lives, and the power of community to repair the world.

December 9, 2024, | 1:30 p.m. | Cultural Center B

SMARTFIT®: COGNITIVE TRAINING

SMARTfit® offers a dual tasking, neurofunctional approach to wellness, combining cognitive training with physical movement. Backed by over 30 years of research, it delivers faster and more effective results than traditional methods, offering a fun and engaging way for residents to train their brains and bodies simultaneously.

December 10, 2024, | 10:00 a.m. | Fitness Center Lobby

December 12, 2024, | 1:00 p.m. | Fitness Center Lobby

CORNHOLE

Join the fun and challenge your neighbors in a friendly Cornhole competition! It's the perfect way to connect with your community and show off your skills—come be part of the excitement!

December 10, 2024, | 2:00 p.m. | Fitness Studio

WYOMISSING BAND INC.

The Wyomissing Band Inc was formed in 1923 by two of the founders of Wyomissing, Ferdinand Thun and Henry Janssen. The Band has a great history, from playing concerts in Wyomissing, to marching in Firemen's Parades with the Hampden Firemen. While they no longer march in parades, they continue the tradition of playing concerts in the Berks County community. The band plays for civic events, church picnics, public events and church services. They also play a variety of music, from marches to Broadway, sacred music to TV theme show music; they have something for everyone!

December 10, 2024, | 7:00 p.m. | Cultural Center

CUBIGO TRAINING – General Overview

Tech Topic is a dynamic program designed to explore the latest trends and innovations in technology, from Apps to Smart Devices. Each session features a topic that residents can explore with on-hand instruction.

December 11, 2024, | 10:00 a.m. | Cultural Center B

CHAPEL SERVICE

Join us for our non-denominational chapel service, a peaceful time of reflection and community. This uplifting service will be hosted by Katie Lyon, and all are welcome to attend.

December 11, 2024, | 2:00 p.m. | Cultural Center

SOCIAL HOUR w/ SENIOR LEADERSHIP

Join us for a delightful afternoon as you will be able to engage in casual conversations with our Senior Leadership team. This is your chance to get to know the faces behind the leadership roles, share your thoughts, and enjoy the company of fellow residents.

December 11, 2024, | 4:00 p.m. | Cultural Center A

Feature Events

COMMUNITY CONNECTION - MAINTENANCE

A informal session designed to foster a sense of community and provide you with the chance to ask questions, share feedback, and gain insights into various aspects of our retirement community.

December 12, 2024, | 11:00 a.m. | Terrace Room

SACRED HEART MASS

Residents can attend a Catholic mass held by Sacred Heart Church to experience the rich Catholic traditions and engage in a community of worshippers who share similar beliefs, providing an opportunity for spiritual growth and reflection.

December 12, 2024, | 2:00 p.m. | Iris Room

COOKING w/ KEVIN – REGISTRATION REQUIRED

Join us for a fun and interactive cooking experience hosted by our CEO! Each session features a special guest Sous Chef, adding an extra layer of excitement as we prepare delicious dishes together. Whether you're a seasoned chef or just starting out, this program is a great way to learn new cooking tips, enjoy tasty food, and connect with others. Don't miss out on this unique culinary experience – we look forward to cooking with you!

December 12, 2024, | 3:30 p.m. | Cultural Center Side B

HOLIDAY LIGHTS TOUR – Registration Required

Take a leisurely tour around Wyomissing, PA, and admire the charm of locally decorated homes showcasing festive and creative designs. This relaxing journey offers a unique opportunity to appreciate the community's spirit and beautiful seasonal displays in a picturesque setting. *Note:* There is no fee for this trip.

December 12, 2024, | 5:00 p.m. | Transportation Center

SING & NOEL CONCERT

Robin Lilarose will play several flute solos and join the Bellaires for two popular carols. The Highlandaires will be singing many holiday favorites including *We Need A Little Christmas* and *Nutcracker Jingles* which includes *Jingle Bells* with a twist. Narrated by Tony Kleiner, this annual holiday program featuring over 40 residents will be a festive celebration of holiday music.

December 12, 2024, | 7:00 p.m. | Cultural Center

THE GREAT COURSES (MUSIC)

- *A Born Pianist*

Liszt was surrounded by music from infancy and began to reveal his musical gifts at about age five.

He stunned his teachers and, at his first performance at age 11, astonished reviewers and his audience.

When Liszt was 15, his father died, sending Franz into depression and apathy for three years. He was finally blasted out of his lethargy by the July Revolution of 1830

December 13, 2024, | 11:00 a.m. | Cultural Center B

WHEATLAND CHORALE: WINTER PERFORMANCE TRIP

Residents who purchased tickets in advance will receive them in their mailbox either Thursday or Friday before the concert. Residents who also registered for transportation should arrive by 2:30 p.m. at the Transportation Center.

December 14, 2024, | 2:30 p.m. | Transportation Center

Feature Trips

Residents can register on Cubigo or by calling 484-220-8268.

DANS AT GREEN HILL – REGISTRATION FULL

Dans Restaurant, originally located in downtown Reading, PA, was opened in 1989 by Dan Gallagher and Dan Smith. The two Dans shared a goal of providing a contemporary alternative to the traditional Berks County dining scene. Purchased in 2005 by Bill Woolworth and Monir, the pair continued to grow the business beyond what the dining room could hold by offering great food with good service. In October of 2012, Bill and Monir purchased Green Hills Inn at 2444 Morgantown Road and rebranded it Dans at Green Hills, its current location. It has continued to stand out as a premiere restaurant in the city of Reading, serving a contemporary American cuisine with a French influence. **Note:** There will be separate checks for guests with a reservation time of 5:00 p.m.

Registration Opens: Open Now

Registration Closes: Friday, November 29 at 12:00 p.m.

Sunday, December 8, 2024, | 4:30 p.m. | Transportation Center

HOLIDAY LIGHTS TOUR

Take a leisurely tour around Wyomissing, PA, and admire the charm of locally decorated homes showcasing festive and creative designs. This relaxing journey offers a unique opportunity to appreciate the community's spirit and beautiful seasonal displays in a picturesque setting. **Note:** There is no fee for this trip.

Registration Opens: Monday, November 18 at 9:00 a.m.

Registration Closes: No Deadline

Thursday, December 12, 16, & 19, 2024, | 5:00 p.m. | Transportation Center

WHEATLAND CHORALE – REGISTRATION HAS CLOSED

Join the Wheatland Chorale at Atonement Lutheran Church at 3:00 p.m. through a vibrant selection of traditional carols and captivating music from a diverse range of composers and genres, we delve into the celebration of the angels' rejoicing. Named after the Wheatland Hills neighborhood of founding director Robert J. Upton, the Chorale rehearses in Lancaster and performs across central Pennsylvania, including venues like St. Patrick's Cathedral and the White House, as well as tours in Europe. **Note:** Tickets can be purchased for \$20.00 in advance or \$25.00 at the door. Residents can either take Highland's transportation, for a fee, or drive themselves.

Registration Opens: Open Now

Registration Closes: Monday, December 2 at 12:00 p.m.

Saturday, December 14, 2024, | 2:30 p.m. | Transportation Center

AMERICAN MUSIC THEATER: RIVERDANCE

Join us for the phenomenon of Riverdance, brought to you by Elite Coach! We begin the day with dinner at Greenfield Restaurant & Bar in a relaxed, upscale and friendly atmosphere. Enjoy exquisite fare from Chef Moeller, a former White House Chef. After dinner, we travel to American Music Theater for the extraordinary production of Riverdance for their special anniversary tour that celebrates an incredible milestone. The New Generation is a celebration of the show's 30th anniversary. **Note:** The cost is \$194.00 which includes Motorcoach Transportation, Dinner (Inclusive of Taxes, Fees & Gratuities), Show, Driver's Gratuity, Professional Escort & Escort Gratuity.

Registration Opens: Open Now

Registration Closes: Friday, December 27 at 12:00 p.m.

Tuesday, February 25, 2025, | 2:30 p.m. | Transportation Center

Future At A Glance

Monday	Tuesday	Wednesday
<p>16 9:00am – Yoga Flow 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 5:00pm – Holiday Lights Tour ^{Sign Up} 7:00pm – Resident Town Hall</p>	<p>17 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Coffee with Chris 10:00am – Tech Topic 10:00am – SMARTfit 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball</p>	<p>18 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Fists of Fury 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Great Reading Encore Chorale</p>
<p>23 9:00am – Yoga Flow 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 2:00pm – Chapel Service 7:00pm – Lucille Jazz</p>	<p>24 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – SMARTfit 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole</p>	<p>25 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Stayin’ Upright 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service</p>
<p>30 9:00am – Yoga Flow 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses</p>	<p>31 9:00am – Bone Builders 10:00am – Coffee w/ Chris 10:00am – Aqua Zumba 10:00am – SMARTfit 1:30pm – Fulton Bank, CVS, etc 7:00pm – New Years Eve Party</p>	<p>1 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Fists of Fury 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service</p>

Future At A Glance

Thursday	Friday	Saturday
19 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt 11:00am – Community Connect 1:00pm – SMARTfit 5:00pm – Holiday Lights Tour ^{Sign Up}	20 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off	21 2:00pm – Elf (2003) 7:00pm – Elf (2003)
		Sunday 22 2:00pm – The Santa Clause (1994) 7:00pm – The Santa Clause (1994)
26 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt 11:00am – Lattes with Lisa 1:00pm – SMARTfit	27 9:00am – Cardio Blast 10:00am – Arthritis Ability 10:00am – Giant Grocery 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm - Bocce	Saturday 28 7:00pm – About Time (2013)
		Sunday 29 7:00pm – About Time (2013)
2 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt 1:00pm – SMARTfit 7:00pm – Bingo!	3 9:00am – Cardio Blast 10:00am – Arthritis Ability 10:00am – Giant Grocery 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm - Bocce	Saturday 4 7:00pm – Grumpy Old Men (1993)
		Sunday 5 7:00pm – Grumpy Old Men (1993)

Resident Clubs

Duplicate Bridge: 1:00 p.m. – Cultural Center A
Resident Contact: Warne White
Meeting Date(s): 2nd & 4th Saturdays

Pinochle: 6:30pm – Cultural Center A
Resident Contact: Susannah Sterling
Meeting Date(s): Saturdays

Marbles: 7:00pm – Cultural Center B
Resident Contact: Rose Marie Fogarty
Meeting Date(s): Fridays

Card Party: 7:00pm – Parlor
Resident Contact: Programming Hotline
Meeting Date(s): Mondays

French Group: 1:00 p.m. – Cross Over Bridge Room
Resident Contact: Pat Frankel
Meeting Date(s): 12/10 & 12/26

12-Step Meeting: 2:00 p.m. – Meditation Room
Resident Contact: Eve Kimball
Meeting Date(s): Thursdays

Psuedo Mahjong: 11:00am – Cross Over Bridge
Resident Contact: Gwen Fischer
Meeting Date(s): Mondays

Game Night: 7:00pm – Parlor
Resident Contact: Programming Hotline
Meeting Date(s): Wednesdays

Club Announcements

HIGHLANDS HAPPENINGS NEW “CLUB” SECTION

Effective November 1, 2024, a new section will be available in the Highlands Happenings and calendar on Cubigo. This section will feature resident “Clubs”. It will allow residents who run their own on campus clubs, that are not a program coordinated by the Programming department, to advertise the meeting dates/times of their group. The group’s information will only be posted in the “Club” section and not included in the “Week At A Glance” section. Additionally, it will be the responsibility of the designated club leader to report the meeting schedule to be included in the section. The Programming department will not contact each club to receive their information. Any resident wishing to take advantage of this feature in the Highlands Happenings and Cubigo should contact the Programming Hotline at 484-220-8268 or programming@thehighlands.org.