



The Highlands Happenings

Friday, July 26



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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

Physician Services

For appointments, call the designated phone number

Audiology
610-775-2300
4th Mondays

Blood Pressure Clinic
Tuesdays at 1:30 p.m.
No appointment needed.

Podiatry
610-376-488
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

Staff Directory

Carly Bingaman

Life Plan Advisor

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Manager of Residential Living Programming

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Happening at The Highlands

EMPLOYEE SPOTLIGHT #7 OUT OF 35: CARLY BINGAMAN

Carly Bingaman has been a Life Plan Advisor in the Marketing Department at The Highlands at Wyomissing® for 12 years, but she first began her Highlands career in dining, where she worked for six years throughout high school and college. As a Life Plan Advisor Carly assists prospective residents with the process of moving to The Highlands, which includes providing them with information, giving tours, and assisting with the application process for residency. Carly feels honored for the opportunity to help future residents with one of the biggest decisions of their lives and loves hearing from new residents who are so glad that they made the move to The Highlands. “I also love coming to this scenic campus every day, working with wonderful people in a pleasant, upbeat, beautiful place.” In her free time, Carly can be found on the sidelines of a basketball court or soccer field with her husband Jordan, cheering on their twin daughters Autumn and Addie, who are 10. She also enjoys reading and home improvement projects.



Welcome Home

Happy Birthday

Community News

HOLLERAN SURVEY SUPPORT

The Resident Council will offer support to residents who lack electronic devices or need assistance using them to complete the Holleran Survey. Devices will be provided, and assistance with navigating the survey will be available. No appointments are necessary; residents stop by Resident Services Conference Room A anytime during the scheduled dates, see below.

Week of August 5: Monday (8/5) through Thursday (8/8) from 10:00 a.m. to 1:30 p.m.

Week of August 12: Monday (8/12) through Thursday (8/15) from 10:00 a.m. to 1:30 p.m.

Week of August 19: Monday (8/19) through Thursday (8/22) from 10:00 a.m. to 1:30 p.m.

HIGHLANDS HAPPENINGS UPDATE

The Highlands Happenings has been updated to better serve you. The upcoming week's information will be featured at the top of the newsletter for quick access. Additionally, pre-dinner music, such as performances by Tom Witman, will now be listed under Event Topics. For any questions or further details, please contact Ashleigh Vogt, RL Programming Manager, at 484-220-8284 or email danielsa@thehighlands.org.

WELLNESS TIP

Aqua Zumba offers a dynamic aquatic workout combining the fun of Zumba with water exercise benefits. Ideal for those with arthritis or limited mobility, it reduces joint stress while improving cardiovascular health, muscle strength, and flexibility. The water's resistance boosts calorie burn and muscle tone, all to rhythmic music in a supportive group atmosphere. Stay fit, cool off, and have fun with Aqua Zumba!

HONORING ASPIRE SKILLED NURSING AND ASPIRE STAFFING AGENCY

From August 5 to August 9, we will be celebrating the dedication and hard work of Aspire Skilled Nursing and Aspire Staffing Agency. To show our gratitude, a board with thank you letters from residents and staff will be displayed. We invite you to fill out a card to express your appreciation. Please visit the main lounge between July 22 and July 31 to contribute your message of thanks. If you have any questions, please reach out to Ashleigh Vogt at 484-220-8284 or danielsa@thehighlands.org.

CERAMIC END OF SUMMER PALOOZA – REGISTRATION REQUIRED

Join Adam, a ceramic teacher at Goggleworks, for an afternoon with ceramics! Use ceramic tools from the 50s and 60s to create your own piece from Adam's collection. Upon registering, you'll receive a surprise gift! After class, Adam will take your piece to Goggleworks for heat-treating and return it to The Highlands. Registration is required on Cubigo or via the Programming Hotline. Registration closes on Tuesday, August 20th at 12:00 p.m. The class costs \$35 per resident and is limited to 30 residents. Register today!

AUGUST FITNESS CENTER CHALLENGE

Join the August Fitness Center Challenge starting August 1 through August 31. This individual challenge invites residents to embark on an exciting scavenger hunt adventure. Search for answers to clues found in our Residential Living common areas, with some even located outside. Each week, you'll tackle five questions, accumulating points based on the information you provide. The resident with the highest number of points at the end of the month will win the challenge, with first, second, and third place prizes up for grabs! Submit your answers to Brenda or drop them off in the RL Programming Suite by 4 PM each Friday. The first set of questions will be available in the mailroom starting Week 1, and new questions will be provided when you hand in your answers. Don't miss out on the fun and the chance to win fantastic prizes! For any questions, please contact Brenda at 484-220-8266 or email her at AxlineB@thehighlands.org. Happy hunting!

Community News

DUTCH APPLE DINNER THEATER TRIP – REGISTRATION REQUIRED

We are excited to present a delightful evening at the Dutch Apple Dinner Theatre featuring "Jersey Boys: The Story of Frankie Valli & The Four Seasons" on Thursday, September 19th. The itinerary for the evening includes a departure at 4:30 PM, arriving at 5:15 PM. Dinner will be served at 5:30 PM, and the show will start at 7:30 PM, and arrive back at The Highlands at 11:20 PM. This package includes motorcoach transportation, driver gratuity, dinner and show (inclusive of taxes, fees, and gratuities), a professional tour escort, and escort gratuity. The cost per person is \$153.00. The deadline to register is Friday, August 2nd at 12:00 p.m. You can register directly on Cubigo or contact the RL Programming Hotline.

DISPLAY CASE

Join us in making a visible impact at The Highlands! We're seeking enthusiastic individuals to coordinate our Display Case outside the Bistro. This role offers a unique opportunity to collaborate with Resident Services and fellow residents to showcase diverse displays that inspire our community. If you're passionate about creativity and community engagement, this is your chance to make a difference right here at home. Step forward and help us bring vibrant and engaging displays to life for everyone to enjoy! Contact Ashleigh Vogt at 484-220-8284 or danielsa@thehighlands.org.

MOVIE SCHEDULE TRIAL STARTING AUGUST 1ST

Exciting news for all movie lovers at The Highlands! After receiving resident feedback, we are thrilled to announce a revamped Movie Night experience starting this August. Movies will be shown twice a week, with one evening show and one matinee. Snacks and drinks will be available, making your movie experience even more enjoyable. Don't miss out on this upgraded cinematic adventure!

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 July 28th:

- No events

Week of August 11th:

- Fitness Committee Meeting (8/13)
- Twisted Pretzel Day (8/13)
- Social Hour with Senior Leadership (8/14)
- Community Connect: Residential Living (8/15)

Week of August 4th:

- Dining Enhancement Committee Meeting (8/5)
- Grounds & Maintenance Committee Meeting (8/7)
- Hospice Educational Session (8/7)
- Community Connect: Security (8/8)
- Financial Statement Presentation (8/8)

Week of August 18th:

- Cooking with Kevin ^{Sign Up} (8/22)
- Lunch & Learn (8/22)
- Resident Town Hall (8/22)

Please note that dates, times, and locations are subject to change. As we work continuously to expand and enhance this section, its appearance may be altered from week to week.

Week At A Glance

Saturday, July 27

1:00pm	Duplicate Bridge	P
1:30pm	Sound of Music: Youth ^{Sign Up}	TC
6:30pm	Pinochle	CCA
7:00pm	The Theory of Everything (2014)	CCB

Sunday, July 28

7:00pm	The Theory of Everything (2014)	CCB
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Monday, July 29

9:00am	Yoga Flow	FS
10:00am	Drum n' Fun	FS
10:00am	Sports Talk	IR
10:00am	Weis Grocery Store	TC
11:00am	Supervised Lap Swim	FCP
11:00am	Great Courses	CCB
2:15pm	Aromatherapy	PR
7:00pm	The Greatest Show on Earth	CC
7:00pm	Card Party	PR

Tuesday, July 30

9:00am	Bone Builders	FS
10:00am	Reading Phillies Trip ^{Sign Up}	TC
10:00am	Aqua Zumba	FCP
10:00am	Coffee with Chris	TR
10:00am	Stayin' Upright	FS
10:30am	Stand n' Drum	FS
11:00am	Supervised Gym	FCG
1:30pm	Blood Pressure Clinic	RC
1:30pm	Fulton Bank & CVS	TC

Wednesday, July 31

9:00am	Reading Hospital Foundation	CC
9:00am	Arthritis Ability	FS
10:00am	Fists of Fury ^{Sign-Up}	FS
11:00am	Supervised Swim	FCP
1:30pm	Lancaster Ave Shopping	TC
2:00pm	Chapel Service	CC
7:00pm	Game Night	PR

Thursday, August 1

9:00am	Bone Builders	FS
10:00am	Zumba Gold	FS
10:00am	Helping Hands	PR
10:00am	Shopping Loop	TC
11:00am	Supervised Gym	FCG
11:00am	Sea Sculpt	FCP
11:00am	Jay T. Vonada	MLC
1:00pm	12 Step Meeting	MR
7:00pm	Bingo	CCA

Friday, August 2

9:00am	Fists of Fury ^{Sign-Up}	FS
10:00am	Giant Grocery Store	TC
10:00am	Arthritis Ability	FS
11:00am	Supervised Swim	FCP
11:00am	The Great Courses	CCB
1:00pm	Wyomissing Farmers Market	TC
2:00pm	Wyo Library Pickup/Drop	LR
2:00pm	Discovery Hour	CCA
7:00pm	Marbles	CCB

Saturday, August 3

6:30pm	Pinochle	CCA
7:00pm	Arthur The King (2024)	CCB

Sunday, August 4

Room Location

B = Bistro	FCG = Gym
CC = Cultural Center	FS = Fitness Studio
FCP = Pool	LR = Library
IR = Iris Room	PR = Parlor
ML = Main Lounge	TC = Transportation
RC = Resident Clinic	GS = Gift Shop
TR = Terrace Room	MR = Meditation Room
WR = Wyomissing Room	FG = Fitness Garden
PCP = Personal Care Patio	MLC = ML Courtyard

Feature Events

SERVANT STAGE – SOUND OF MUSIC: YOUTH EDITION—REGISTRATION REQUIRED

The Servant Stage Company is excited to present "The Sound of Music: Youth Edition" at Conestoga Valley High School. The show will begin at 3:00 p.m. This production, known as one of the most beloved musicals of all time, takes place in Austria in 1938 and follows an exuberant young governess who brings music and joy back to a broken family, only to face danger and intrigue as the Nazis gain power. Tickets for the show are free, but registration is required. Transportation will be provided for those who need it, with a \$12.50 fee charged to the resident's account. The bus will depart from the Transportation Center at 1:30 p.m. Registration closes on Thursday, July 25, at 12:00 p.m. To register, visit Cubigo or contact the Programming Hotline. The address for the event is 2110 Horseshoe Road, Lancaster, PA, 17601.

July 27, 2024, | 1:30 p.m. | Transportation Center

THE THEORY OF EVERYTHING (2014)

"The Theory of Everything" is a 2014 biographical romantic drama directed by James Marsh, focusing on the life of physicist Stephen Hawking at the University of Cambridge. Based on Jane Hawking's memoir, the film charts Stephen's rise in physics amidst his diagnosis of ALS and his relationship with Jane. Starring Eddie Redmayne and Felicity Jones, the film explores Stephen's groundbreaking theories, his physical decline, and his enduring bond with Jane. Praised for its performances and nominated for numerous awards, including an Academy Award win for Redmayne, it showcases the resilience of the human spirit and the power of love.

July 27, 2024, | 7:00 p.m. | Cultural Center Side B

July 28, 2024, | 7:00 p.m. | Cultural Center Side B

JOHN MAIETTA PRESENTS THE CIRCUS IN AMERICA

Join us for another wonderful presentation by John Maietta! The presentation will be on the circus in America: Remembering "The Greatest Show on Earth." In 2017 the curtain came down on "the greatest show on earth": the Ringling Bros. and Barnum & Bailey Circus. This program takes a nostalgic look back at Ringling's 146-year history, when the circus thrilled generations of Americans with a three-ring mix of acrobats, clowns, and performing jungle beasts. Laid low by high costs and changing public tastes, the vanishing world under the "big top" lives on in some of our fondest childhood memories.

July 29, 2024, | 7:00 p.m. | Cultural Center Side B

READING PHILLIES TRIP—REGISTRATION REQUIRED

Come join us to a wonderful day at FirstEnergy Stadium to enjoy a buffet and watch the Reading Phillies take on the Hartford Yard Goats in the beautiful picnic area! Don't worry about transportation—Elite Coach will be providing travel, ensuring a smooth journey to and from the game. You'll be dropped off at the Main Entrance of First Energy Stadium and picked up right at the entrance when the game concludes. The bus will depart the Transportation Center at 10:00 am sharp for the game at 11:00 am. But wait, there's more! Get ready to indulge in a delicious picnic experience like no other. Imagine yourself relishing the experience of sitting at picnic tables situated in an exceptional location adjacent to third base. The buffet will be available until 12:30 pm, offering a mouthwatering spread of BBQ ribs, BBQ chicken, BBQ sandwiches, hot dogs, hamburgers, and more!

July 30, 2024, | 10:00 a.m. | Transportation Center

Feature Events

READING HOSPITAL FOUNDATION: MEDICAL HUMANITIES

Bring your friends and join us for an informative discussion about the Medical Humanities Curriculum at Reading Hospital. Learn how you can participate in this relatively new curriculum to help shape our medical students, residents, and fellows into more humanistic physicians through the study of biomedical ethics, medical history, communication skills, art and medicine, and much more! We will discuss the field of narrative medicine, which uses storytelling to bond with our patients and one another as physicians. We hope you can join us to learn more about how your experiences over your career as a physician can help to make this curriculum and event as fruitful as possible. Please email Caitlyn Moss, MD at caitlyn.moss@towerhealth.org with any questions.

July 31, 2024, | 9:00 a.m. | Cultural Center

JAY T. VONADA

Join us for a live trombone performance by Jay Vonada, "the hardest working trombonist in central PA," in the Main Lounge Courtyard (or indoors if weather turns). Jay, a renowned jazz musician, performs across diverse venues and has studied jazz at Mansfield University. Don't miss this musical treat!

August 1, 2024, | 11:00 a.m. | Main Lounge Courtyard

ARTHUR THE KING (2024)

"Arthur the King" is a 2024 American adventure film directed by Simon Cellan Jones and written by Michael Brandt. Starring Mark Wahlberg, Simu Liu, and Juliet Rylance, the film draws inspiration from Mikael Lindnord's book, depicting an adventure racing team led by Michael Light (Wahlberg) as they navigate a challenging 435-mile race in the Dominican Republic. Their journey takes an unexpected turn when they befriend Arthur, a stray dog who becomes an integral part of their team. As Arthur displays remarkable resilience and loyalty, the group confronts numerous challenges, resulting in a heartwarming story of courage, camaraderie, and the enduring bond between humans and animals. Scheduled for release on March 15, 2024, "Arthur the King" promises an uplifting adventure suitable for all audiences.

August 3, 2024, | 7:00 p.m. | Cultural Center B

August 5, 2024, | 2:00 p.m. | Cultural Center B

Event Topics

The Great Courses (Mythology)

- Mother Goddess / Celtic Myths (7/29)
- Norse Tales of Odin and Thor / Norse Magic (8/7)

Tech Topic

- Uber/Lyft (8/6)
- Uber/Lyft (8/13)

The Great Courses (Music)

- Tchaikovsky-Violin Concerto (8/2)
- Bedrich Smetana-Ma Vlast (8/9)

Pre-Dinner Music

- Tom Witman (8/14)
- Jim Correnti (8/19)
- Tom Witman (8/28)

Chapel Service

- Corrine Dautrich (7/31)
- Bonnie Oplinger (8/7)

Discovery Hour

- Lunch Hour (8/2)

Cubigo Training

- Account Settings (8/8)

Future At A Glance

Monday	Tuesday	Wednesday
<p>5 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Strings in Time Duo 11:00am – Lap Swim 2:00pm –Matinee Movie (Arthur the King) 2:15pm – Aromatherapy 5:00pm – Table Temptations ^{Sign Up} 7:00pm – Card Party</p>	<p>6 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Stayin’ Upright 10:00am – Tech Topic 10:30am – Stand N’ Drum 11:00am – Supervised Gym 11:00am – Rabbi Michelson 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 3:00pm – LEGO Building ^{Sign Up} 7:00pm – Exeter Band</p>	<p>7 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 11:00am – Supervised Swim 11:00am – The Great Courses 11:00am – Hospice Education Session 11:00am—Juliana’s Luncheon ^{Sign Up} 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Game Night</p>
<p>12 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 11:00am – The Great Courses 1:30pm – 92nd Street Y 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Movie Night: Wonka</p>	<p>13 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Stayin’ Upright 10:00am – Coffee with Chris 10:00am – Tech Topic 10:30am – Stand N’ Drum 11:00am – Supervised Gym 1:00pm – Movie Matinee: Wonka 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole 7:00pm – Josh Duo Concert</p>	<p>14 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 4:00pm – Social Hour w/ Sr. Leadership 7:00pm – Game Night</p>
<p>19 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 11:00am – The Great Courses 2:15pm – Aromatherapy 7:00pm – Card Party</p>	<p>20 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Stayin’ Upright 10:30am – Stand N’ Drum 11:00am – Supervised Gym 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 2:00pm – Movie Matinee: Barbie</p>	<p>21 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Game Night 7:00pm – Animal Rescue League</p>

Future At A Glance

Thursday	Friday	Saturday
8 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Shopping Loop 10:00am – Cubigo Training 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Community Connect 1:00pm – 12 Step Meeting 2:00pm – Quarterly Financial Statements 4:30pm – Night in Paris Patio Party ^{Sign Up} 7:00pm – History Alive: Music of the Civil War	9 9:00am – Fists of Fury ^{Sign Up} 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am – The Great Courses 1:00pm – Shillington Farmers Market 1:00pm – Seated Exercise Class 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce 7:00pm – Marbles	10 1:00pm – Duplicate Bridge 3:30pm – Violin Recital (Bartholomew Shields) 6:30pm – Pinochle
		Sunday
		11
		Saturday
15 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Shopping Loop 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Community Connect 1:00pm – 12 Step Meeting 1:30pm – Jewish Federation of Reading 2:00pm – Fitness Workshop	16 9:00am – Fists of Fury ^{Sign Up} 10:00am – Genealogy Club 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Discovery Hour 2:00pm – Wyo Library Pickup/ Drop Off 7:00pm – Marbles	17 6:30pm – Pinochle
		Sunday
		18 7:00pm – Movie Night: Barbie
		Saturday
22 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Shopping Loop 10:00am – TED Talk 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Lattes with Lisa 1:00pm – 12 Step Meeting 3:00pm – Cooking with Kevin ^{Sign Up} 7:00pm – Resident Town Hall	23 9:00am – Fists of Fury ^{Sign Up} 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am – The Great Courses 1:00pm – Shillinton Farmers Market 1:00pm – Seated Exercise Class 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce 7:00pm – Marbles	24 1:00pm – Duplicate Bridge 6:30pm – Pinochle
		Sunday
		25

Future Events

STRINGS IN TIME DUO

“Strings in Time” is a duet made up of Joe Todaro and Fred Bernardo. Featured on the mandolin is Joe Todaro. Joe plays engagements on classical guitar and mandolin, both solo and with various groups in the Philadelphia area. Joe is also the founder and leader of both the Reading and Philadelphia mandolin orchestras. Fred Bernardo is a Berks native. Now retired, Fred was the owner/operator of Fred’s Music Shop in Shillington for 45 years. Fred also has spent over 60 years being a professional guitarist playing everything from R&B to Musical theater, big bands, and ethnic orchestras. Strings in Time plays musical selections from all genres, including, but not limited to: Italian and other traditional ethnic styles, Big Band / Swing, Beatles, Country & Western, Folk, R&B, Musical Theater and contemporary selections. This program will be held in the Main Lounge if there is inclement weather.

August 5, 2024, | 11:00 a.m. | Main Lounge Courtyard

TABLE TEMPTATIONS WITH CHEF JUSTIN – REGISTRATION REQUIRED

Join us for another exquisite Table Temptations with Chef Justin on Monday, August 5th, in the Terrace Room. This upscale dining event offers a special experience with dishes crafted tableside before your eyes. The cost is \$40.00 Declining Balance or a \$20.00 upcharge for the Meal Point Plan. Doors open at 5:00 p.m., and seating is limited, so reservations are required. The menu features a Grilled Stone Fruit Salad with Collard-Hazelnut Pesto, Pan-Seared Duck Breast with a Syrah and Blackberry Reduction, and a delectable Chocolate Cherry Espresso Cake. Register directly on Cubigo or contact the Dining Hotline to secure your spot. Don’t miss this opportunity for a memorable dining experience!

August 5, 2024, | 5:00 p.m. | Terrace Room

LEGO BUILDING WITH MAX AND NATHAN FRANKEL – REGISTRATION REQUIRED

In this last session of LEGO building with Max and Nathan, the group will wrap up the final masterpiece. The final result will be proudly displayed at a special location.

August 6, 2024, | 3:00 p.m. | Cultural Center Side A

EXETER BAND

The Exeter Community Band is a nonprofit band made up of about 40 members. Exeter Community Band’s mission is to have fun playing music and provide quality entertainment for community events.

August 6, 2024, | 7:00 p.m. | Cultural Center

HOSPICE EDUCATION/INFORMATIONAL SESSION

Join us in an informational session on Hospice at The Highlands. Come join us to learn more about what Hospice at The Highlands offers and ask questions to the Hospice team!

August 7, 2024, | 11:00 a.m. | Cultural Center Side A

JULIANA’S LUNCHEON – REGISTRATION REQUIRED

Join us for a luncheon at Juliana's Italian Restaurant! Located in Sinking Spring, Juliana's is an Italian Restaurant that serves Authentic NY Style Pizza & Homemade Italian Cuisine. Reservations are at 11:30 a.m. and registration is required. Sign up directly on Cubigo or by calling the Programming Hotline. Registration closes on Monday, August 5th at 12:00 p.m. Transportation will be provided to those who need it for a \$10.50 charge to resident’s account. The address to Juliana’s is 776 Fritztown Rd, Sinking Spring, PA 19608.

August 7, 2024, | 11:00 a.m. | Transportation Center

Future Events

COMMUNITY CONNECT: SECURITY/TRANSPORTATION

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. Join us for an engaging and informative session where residents can connect directly with Jim and ask questions regarding Transportation and Security.

August 8, 2024, | 11:00 a.m. | Terrace Room

QUARTERLY FINANCIAL STATEMENT PRESENTATION

Experience an Insightful Financial Overview with CFO Rick Melcher. Delve into the financial heartbeat of The Highlands as CFO Rick Melcher provides a comprehensive perspective on our fiscal landscape.

August 8, 2024, | 2:00 p.m. | Cultural Center Side B

A NIGHT IN PARIS PATIO PARTY – REGISTRATION REQUIRED

Join us on August 8th from 4:30 PM to 6:30 PM for "A Night in Paris" on the Personal Care Patio. Enjoy enchanting music performances by Dave Cullen in a charming setting. Seating is limited, so be sure to sign up on Cubigo or by calling the Dining Hotline to reserve your spot.

August 8, 2024, | 4:30 p.m. | Cultural Center

HISTORY ALIVE: MUSIC OF THE CIVIL WAR

Join us for a wonderful program of History Alive with Richard and Diane Pawling! Rich Pawling provides educational and entertaining living history and heritage music presentations for all ages. In this program, Music from the American Civil War Era, each selection will be attached to the history of the time when it was written. This timeline of music, including songs of both sides of the conflict, will transport you back in time to 1861-1865.

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

VIOLIN RECITAL – BARTHOLOMEW SHIELDS

Bartholomew Fortino Shields, an Italian-American violinist based in Philadelphia, is relocating to Rome this August. Born in Reading, PA, to an Italian family, he began playing violin at 8 and studied under prominent teachers, including Sally Thomas from Juilliard. He holds a Bachelor's degree in Violin Performance from the University of Wisconsin-Madison and a Master's from the Peabody Institute of Johns Hopkins University. Bartholomew has received numerous awards and has performed at prestigious music festivals. He has extensive teaching experience, working with students from around the world and currently maintains a private studio while serving as a Teaching Artist with Play on Philly.

August 10, 2024, | 3:30 p.m. | Cultural Center

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. Join author Francis Barry and Tim O'Brien for a journey across the United States and into the heart of American democracy. In a road trip from New York to San Francisco, Barry shares his travels from coast to coast, through rural towns and sprawling cities, exploring what divides but also what unites the country for Americans. Learn about what makes up the diverse democracy that defines this country and where the path forward together lies.

August 12, 2024, | 1:30 p.m. | Cultural Center Side A



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