



The Highlands Happenings

Friday, October 25



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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

Xfinity/Comcast Support

855-638-2855

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) 376-4880

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

Staff Directory

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Welcome Home



Happy Birthday

Community News

RESIDENT COUNCIL ELECTION

The Resident Council Election will be held on Friday, November 1, from 10:00 a.m. to 12:00 p.m. in Cultural Center Side B. An information packet with candidate backgrounds is available in the Main Building Mailroom. Should a resident be unable to vote in person, they can complete an absentee ballot. Residents can call the Programming Hotline at 484-220-8268 or sign up on Cubigo. Please follow the instructions within the absentee ballot to submit your ballot to ensure it's counted.

INTRODUCING SMARTFIT®: A NEW INNOVATION FULLY FUNDED BY OUR RESIDENTS

We are excited to announce the arrival of SMARTfit®, a groundbreaking functional training device made possible and funded 100% through the generosity and support of our residents. Thanks to their contributions to the Research and Innovation Fund, we can bring this state-of-the-art technology to our community. 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. This new equipment will especially benefit those living with dementia and support their overall well-being. We are deeply grateful to our residents for their commitment to enhancing the quality of life here at The Highlands. This achievement is a direct result of their generous contributions. Introductory classes will be held on Tuesdays at 10:00 a.m. and Thursdays at 1:00 p.m. in the Fitness Center Lobby. Questions or concerns can be directed to Jared Martz, Director of Community Life and Engagement, at 484-220-8265 or martzj@thehighlands.org.

PERSONAL TRAINING SERVICES

Effective November 1, 2024, The Highlands will discontinue accepting requests for personal training appointments. However, we will honor any personal training vouchers issued by the Marketing or Programming departments and any personal training sessions already purchased through December 31, 2024. After careful evaluation, we have determined that the current volume, less than 5 residents, of personal training services does not justify the ongoing allocation of resources to this area. These resources will be redirected to enhance the overall fitness programming at The Highlands, allowing us to better serve and positively impact a greater number of our residents. Questions or concerns can be directed to Jared Martz, Director of Community Life and Engagement, at 484-220-8265 or martzj@thehighlands.org.

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.

IMPORTANT - AMERICAN MUSIC THEATER TRIP – DECEMBER 6 – MEAL SELECTION

Residents who are signed up for the American Music Theater on Friday, December 6 need to submit their meal selection for the trip. Please submit your selection to the Programming Hotline at 484-220-8268.

- **Entrée Options:** Lemon & Pepper Chicken or Flat Iron Steak – served Medium or Grilled Salmon. All meals come with garden salad, French rolls, apple crumb pie, coffee, iced tea, or lemonade.

Community News

ELEVATOR #2 OFFLINE

While the work is being completed, Elevator #2 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. Additionally, if they need assistance returning to their residence, they can come to the Front Desk for assistance. Residents can still access the building utilizing other elevators (Elevators 1 & 4) located throughout the campus and the various stairwells throughout that wing of the building. These temporary routes may require residents to navigate outside the building, for a short period of time. Therefore, residents are reminded to dress appropriately for the weather and to bring their exterior door key fob anytime they leave their apartment. Should a resident have concerns related to their accessibility needs, contact Lisa Boylan, Social Services Coordinator, at 484-220-8267 or boylanl2@thehighlands.org.

PAINTING WITH A TWIST – REGISTRATION REQUIRED

Join us for a fun-filled afternoon at Painting with a Twist on December 2, at 12:30 PM—no experience necessary! Our friendly instructor will guide you step-by-step in creating a beautiful piece of art to take home and display proudly. All materials are provided, so just bring yourself and a willingness to have fun. Feel free to BYOB and enjoy your favorite wine or beer while you paint. The class fee is \$42, or \$52.50 with Highland's transportation. Painting with a Twist is located at 4370 Perkiomen Ave, Reading, PA. Registration is required through Cubigo or by calling the Programming Hotline at 484-220-8268. Registration closes November 11, at 12:00 PM.

AMERICAN MUSIC THEATER: RIVERDANCE

Join us for the phenomenon of Riverdance on Tuesday, February 25, 2025, 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. The tour includes new choreography, costumes, lighting, projection and motion graphics. It also features a new generation of performers who weren't born when the original show began. Once registration closes, the Programming Department will reach out to gather meal selections. The cost is \$194.00 which includes Motorcoach Transportation, Dinner (Inclusive of Taxes, Fees & Gratuities), Show, Driver's Gratuity, Professional Escort & Escort Gratuity. Residents can register directly on Cubigo or by calling the Programming Hotline at 484-220-8268.

WHEATLAND CHORALE: WINTER PERFORMANCE TRIP

Join the Wheatland Chorale at Atonement Lutheran Church on Saturday, December 14, 2024, through a vibrant selection of traditional carols and captivating music from a diverse range of composers and genres, we delve into the joyous 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. Notable performances include collaborations with Ola Gjeilo and Bob Chilcott, and the group has received recognition from the Pennsylvania Council on the Arts for its artistic excellence. The Chorale features a diverse repertoire, having commissioned works such as Scott Robinson's "The Stolen Child." Regularly heard on WITF-FM and featured on "The First Art," the Wheatland Chorale invites you to join their next performance! Residents can register on Cubigo or by calling the Programming Hotline at 484-220-8268.

Community News

HALLOWEEN SPOOKY WEEK

The Employee Appreciation Committee is excited to announce Halloween Spirit Week from October 28th to October 31st! Join in the fun and showcase your Halloween spirit each day! Kick off the week on Monday by wearing your spookiest socks, then bring out your creativity on Tuesday with some festive headgear. On Wednesday, participate in our Scavenger Hunt, which will be available in the main building Mailroom. The excitement culminates on Thursday with our Halloween Contest! Dress in your favorite Halloween sweater, outfit, or costume (just remember to keep it workplace-friendly and safe). Residents will be the judges, so be sure to join us in the Main Lounge at 2:00 p.m. to show off your spooky style!

COOKING CREATIONS – REGISTRATION REQUIRED

Join us in the Iris Room at 1:30 p.m. on November 6th for a delightful hands-on culinary experience in Cooking Creations! In this session, you'll have the chance to make Harvest Farro Salad with Maple Dijon Vinaigrette alongside the chef, who will demonstrate each step. This is a fantastic opportunity to enhance your cooking skills and enjoy the fruits of your labor. Please note, space is limited to just 10 participants, and registration is required. You can sign up directly on Cubigo or by contacting the Programming Hotline at 484-220-8268. Registration opens on October 14 at 9:00 a.m. and closes on November 1 at 12:00 p.m.

FLORAL CONTAINERS OR VASES

Residents who have unwanted floral containers or vases can contact Tony Kleiner who will arrange for them to be recycled.

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 October 27th:

- Activity Committee (10/28)
- Halloween Spooky Week (10/28)
- Grounds & Maintenance Committee (10/30)
- Resident Council Election (11/1)

Week of November 10th:

- Veterans Day Brunch & Program (11/11)
- Fitness Committee (11/12)
- Hospitality Committee (11/13)
- Marketing Committee (11/13)
- Social Hour w/ Senior Leadership (11/13)
- Cooking with Kevin (11/14)

Week of November 3rd:

- Dining Enhancement Committee (11/3)
- Quarterly Financial Presentation (11/6)

Week of November 17th:

- Resident Association (11/21)

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, October 26

| | | |
|--------|-----------------------------|-----|
| 1:00pm | Duplicate Bridge | CCA |
| 6:30pm | Pinochle | CCA |
| 7:00pm | Ghostbusters: Frozen (2024) | CCB |

Sunday, October 27

Monday, October 28

| | | |
|---------|-----------------------------|-----|
| 9:00am | Yoga Flow | FS |
| 10:00am | Drum N' Fun | FS |
| 10:00am | Weis Grocery | TC |
| 10:00am | Sports Talk | CCA |
| 11:00am | The Great Courses | CCA |
| 2:00pm | Ghostbusters: Frozen (2024) | CCB |
| 2:15pm | Aromatherapy | PR |
| 7:00pm | Card Party | PR |
| 7:00pm | J. Brunk & Raimundo Santos | CC |

Tuesday, October 29

| | | |
|---------|---|-----|
| 9:00am | Bone Builders | FS |
| 10:00am | Aqua Zumba | FCP |
| 10:00am | Stayin Upright | FS |
| 10:00am | Alvernia Seniors College ^{Sign Up} | TC |
| 10:30am | Stand n' Drum | FS |
| 1:30pm | Fulton Bank, CVS, Wine & Spirits | TC |
| 2:00pm | Discovery Hour: Napoleon | CCA |
| 2:30pm | Uke Group | CCB |

Wednesday, October 30

| | | |
|---------|----------------------------------|-----|
| 9:00am | Arthritis Ability | FS |
| 10:00am | Alvernia OT Students | CCB |
| 10:00am | Fists of Fury ^{Sign Up} | FS |
| 1:00pm | Lancaster Ave Shopping | TC |
| 2:00pm | Chapel Service | CC |
| 7:00pm | Game Night | PR |

Thursday, October 31

| | | |
|---------|-----------------------------|-----|
| 9:00am | Bone Builders | FS |
| 10:00am | Shopping Loop | TC |
| 10:00am | Zumba Gold | FS |
| 10:00am | Knit and Crochet Connection | PR |
| 11:00am | Sea Sculpt | FCP |
| 11:00am | Community Connect | TR |
| 11:00am | The Great Courses | CCB |
| 1:00pm | 12-Step Meeting | MR |
| 1:30pm | Chorus | CCA |
| 3:15pm | Bells | CCA |

Friday, November 1

| | | |
|---------|--|-----|
| 9:00am | Cardio Blast | FS |
| 10:00am | Resident Council Election | CCB |
| 10:00am | Giant Grocery Store | TC |
| 10:00am | Arthritis Ability | FS |
| 1:00pm | Wyomissing Farmers Market | TC |
| 2:00pm | Wyo Lib Pick up/Drop Off | LR |
| 1:00pm | Seated Exercise | FS |
| 6:45pm | Friends of Chamber Music ^{Sign} | TC |
| 7:00pm | Marbles | CCB |

Saturday, November 2

| | | |
|--------|------------------|-----|
| 6:30pm | Pinochle | CCA |
| 7:00pm | Sing Sing (2023) | CCB |

Sunday, November 3

| | | |
|--------|------------------|-----|
| 2:00pm | Sing Sing (2023) | CCB |
|--------|------------------|-----|

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

GHOSTBUSTERS: FROZEN EMPIRE (2024)

In Ghostbusters: Frozen Empire, the Spengler family returns to where it all started -- the iconic New York City firehouse -- to team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level. But when the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age.

October 26, 2024, | 7:00 p.m. | Cultural Center Side B

October 28, 2024, | 2:00 p.m. | Cultural Center Side B

SPORTS TALK – ROOM LOCATION CHANGE

George Freestone, a local resident, worked 40 years at Air Products and Chemicals. He decided to enjoy his retirement by including baseball and photography in his travels. He and his wife have visited all of the Major League Baseball stadiums in the US! George has traveled many miles and has stories about each stadium along with hearing many baseball players' comment about their careers. The Sports Talk members chose some stadiums to view at our October 28th gathering.

October 28, 2024, | 10:00 a.m. | Cultural Center A

J. BRUNKA & RAIMUNDO SANTOS

Raimundo Santos (RaiSan) is a first-generation Angolan-American jazz vocalist and composer known for his unique takes on the American Songbook and his original compositions. A Philadelphia native, he graduated from Temple University and earned his Master's in Jazz Studies from the University of the Arts. After spending years in Angola, where he became a popular vocal coach on a show like "American Idol," he now performs primarily in English, along with songs in Portuguese, Spanish, and Kimbundu. Recently, he was a finalist in the CBS Mixtape contest for "I Can See Clearly Now."

October 28, 2024, | 7:00 p.m. | Cultural Center

ALVERNIA SENIORS COLLEGE – CIVIL DISCOURSE – REGISTRATION WAS REQUIRED

We live in an age when genuine discourse seems to be at an all-time low. Instead of sitting down and talking in a spirit of humility, people want to fight their "enemy" into submission. Compromise and understanding--two crucial marks of civil discourse--are declining. Combining insights from Social Science, Religion, and Philosophy, Fred Opalinski and Hans Becklin will analyze the current situation and discuss possible ways to get out of it. Course participants will also have the opportunity to apply their learnings as we discuss important civic, political, and cultural issues together.

October 29, 2024, | 10:30 a.m. | Transportation Center

November 12, 2024, | 10:30 a.m. | Transportation Center

ALVERNIA UNIVERSITY OT STUDENTS – FALL PREVENTION WORKSHOP

Join Occupational Therapy students from Alvernia University as they educate residents on various methods to reduce a senior adult fall risk including physical and environmental hazards.

October 30, 2024, | 10:00 a.m. | Cultural Center Side B

RESIDENT COUNCIL ELECTION

Residents will vote for three (3) candidates to service on Resident Council starting in 2025.

November 1, 2024, | 10:00 a.m. to 12:00 p.m. | Cultural Center Side B

Feature Events

FRIENDS OF CHAMBER MUSIC – REGISTRATION REQUIRED FOR TRANSPORTATION

Registration is required for transportation to Friends of Chamber Music. Register directly on Cubigo or contact the Programming Hotline at (484) 220-8268. Registration closes October 31st at 12:00 p.m.. The Daedalus Quartet, hailed by The New Yorker as “a fresh and vital young participant in what is a golden age of American string quartets,” has established itself as a leading ensemble of its generation. Since winning the top prize at the Banff International String Quartet Competition in 2001, they have performed at renowned venues worldwide, including Carnegie Hall, Lincoln Center, Vienna’s Musikverein, and Amsterdam’s Concertgebouw. Critics have praised their performances for technical precision and emotional power, with The New York Times highlighting their “insightful and vibrant” interpretations. Committed to contemporary music, the Quartet has premiered works by notable composers such as Huck Hodge, Joan Tower, and Fred Lerdahl. They have collaborated with acclaimed artists like Marc-André Hamelin and Paquito D’Rivera and have been Quartet-in-Residence at the University of Pennsylvania since 2006. This season, the Quartet will debut new works and perform their first Bartok cycle, continuing their tradition of excellence and innovation.
November 1, 2024, | 6:45 p.m. | Transportation Center

EZRA (2023)

EZRA follows Max Bernal (Bobby Cannavale), a stand-up comedian living with his father (Robert De Niro), while struggling to co-parent his autistic son Ezra (introducing William Fitzgerald) with his ex-wife (Rose Byrne). When forced to confront difficult decisions about their son's future, Max and Ezra embark on a cross-country road trip that has a transcendent impact on both their lives. Directed by Tony Goldwyn, who also appears in the film alongside additional cast members Vera Farmiga, Rainn Wilson and Whoopi Goldberg, EZRA is an endearing and often funny exploration of a family determined to find their way through life’s complexities with humor, compassion, and heart.

November 2, 2024, | 7:00 p.m. | Cultural Center Side B

November 3, 2024, | 2:00 p.m. | Cultural Center Side B

Event Topics

The Great Courses (Paintings)

- Rembrandt / Spirit & Thought (10/28)
- Serenity / Contrast (11/4)
- Dark Images / The World (11/12)

Chapel Service

- Joe Motz (10/23)
- Corrairie Dautrich (10/30)

Tech Topic

- 3rd Party Payment (Venmo, etc.) (11/7)

The Great Courses (Music)

- Shostakovich – Symphony No. 5 (11/1)
- Shostakovich – Symphony No. 10 (11/7)
- The Ones That Got Away (11/15)

Pre-Dinner Music

- Tom Witman (10/30)
- Tom Witman (11/13)

Fitness at The Highlands

SPRING/SUMMER & FALL/WINTER FITNESS SCHEDULES

The Programming department is excited to announce that The Highlands fitness schedule will transition to Spring/Summer (April – September) and Fall/Winter (October – March) format. This new format will allow for more creative classes and more collaboration with residents and the Fitness committee in selecting classes residents wish to see on the schedule. While Fall/Winter has already started, a few modifications, effective November 1, 2024, to the existing schedule will occur to align with this format. Full details will be available in the Highlands Happenings. Questions or concerns can be directed to Jared Martz, Director of Community Life and Engagement, at 484-220-8265 or martzj@thehighlands.org.

SMARTFIT®: COGNITIVE TRAINING

We are excited to announce the arrival of SMARTfit®, a groundbreaking functional training device made possible and funded 100% through the generosity and support of our residents. 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. Introductory classes will be held on Tuesdays at 10:00 a.m. and Thursdays at 1:00 p.m. in the Fitness Center Lobby.

NOVEMBER FITNESS SCHEDULE MODIFICATIONS

To align with the new Spring/Summer and Fall/Winter fitness schedule format, some minor modifications will go into effective November 1, 2024 to be included in the Fall/Winter schedule

1. SMARTfit®
 - a. Tuesdays at 10:00 a.m. and Thursdays at 1:00 p.m. (Fitness Center Lobby)
2. Fists of Fury
 - a. 1st & 3rd Wednesdays at 10:00 a.m. (Fitness Studio)
3. Stayin' Upright
 - a. 2nd & 4th Wednesdays at 10:00 a.m. (Fitness Studio)
4. Stand n' Drum
 - a. Wednesdays at 8:00 a.m. (Fitness Studio)
5. Aromatherapy
 - a. 2nd & 4th Mondays at 2:00 p.m. (Meditation Room)

Questions or concerns can be directed to Brenda Hugueny-Axline at 484-220-8266 or axlineb@thehighlands.org.

HALLOWEEN SCAVENGER HUNT

- **When:** Wednesday, October 30th
- **Who:** Residents and Staff
- **What:** Answer the riddle to find the pumpkin's location to the 5 questions
- Hand in your answers to the RL Programming Suite/Concierge Desk to receive a treat/prize!
- The flyer with the riddle/questions will be in the mailroom on October 30th.

SUPERVISED TIMES

- Supervised Gym: Mondays at 9:00 a.m.
- Supervised Swim: Mondays at 11:00 a.m.

Future At A Glance

| Monday | Tuesday | Wednesday |
|--|---|---|
| <p>4 9:00am – Yoga Flow 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 7:00pm – Card Party 7:00pm – Jim Correnti</p> | <p>5 9:00am – Bone Builders 10:00am – Coffee with Chris 10:00am – SMARTfit 10:00am – Aqua Zumba 11:00am – Rabbi Michelson 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 2:30pm – The Uke Group ^{Sign Up}</p> | <p>6 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 10:30am – Blue Elephant Luncheon ^{Sign Up} 11:00am – Financial Presentation 1:30pm – Lancaster Ave Shopping 1:30pm – Cooking Creations ^{Sign Up} 2:00pm – Chapel Service</p> |
| <p>11 9:00am – Yoga Flow 9:30am – Veterans Day Breakfast 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 2:00pm – Aromatherapy 3:00pm – Veterans Day Program</p> | <p>12 9:00am – Bone Builders 10:00am – SMARTfit 10:00am – Aqua Zumba 11:00am – The Great Courses 1:30pm – Fulton Bank, CVS, etc 1:30pm – 92nd Street Y 2:00pm – Cornhole</p> | <p>13 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Stayin’ Upright 1:30pm – Lancaster Ave Shopping 4:00pm – Social Hour 2:00pm – Chapel Service 7:30pm – Know Your Symphony</p> |
| <p>18 9:00am – Yoga Flow 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses</p> | <p>19 9:00am – Bone Builders 10:00am – SMARTfit 10:00am – Aqua Zumba 10:00am – Coffee with Chris 11:00am – The Great Courses 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 7:00pm – Opus One</p> | <p>20 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 3:00pm – Cooking with Kevin</p> |

Future At A Glance

| Thursday | Friday | Saturday |
|---|--|---|
| <p>7 9:00am – Bone Builders 10:00am – Knit and Crochet Connection 10:00am – Shopping Loop 10:00am – Zumba Gold 11:00am – Sea Sculpt 11:00am – Community Conenct 11:00am – The Great Courses 1:00pm – 12 Step Meeting 1:00pm – SMARTfit 2:00pm – Chorus 2:00pm – Tech Topic 3:15 pm – Bells 7:00pm – Bingo</p> | <p>8 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Science of Slumber 1:00pm – Shillington Farmers Market 1:00pm – Seated Exercise 2:00pm – Bocce 2:00pm – Wyo Library Pickup/ Drop Off</p> | <p>9 1:00pm – Duplicate Bridge 6:30pm – Pinochle 7:00pm – Thelma (2024)</p> |
| | | Sunday |
| | | <p>10 2:00pm – Thelma (2024) 4:00pm – Ringgold Band ^{Sign Up}</p> |
| <p>14 9:00am – Bone Builders 10:00am – Cubigo Training 10:00am – Knit and Crochet Connection 10:00am – Shopping Loop 10:00am – Zumba Gold 11:00am – Sea Sculpt 11:00am – Community Connect 1:00pm – 12 Step Meeting 1:00pm – SMARTfit 2:00pm – Chorus 3:00pm – Cooking with Kevin 3:15 pm – Bells</p> | <p>15 9:00am – Cardio Blast 10:00am – Bake Sale 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Discovery Hour 2:00pm – Wyo Library Pickup/ Drop Off</p> | Saturday |
| | | <p>16 6:05pm – RSO Shuttle #1 6:30pm - Pinochle 6:45pm – RSO Shuttle #2 2:00pm – Breakfast at Tiffany (1961)</p> |
| | | Sunday |
| | | <p>17 2:00pm – Breakfast at Tiffany (1961)</p> |
| <p>21 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 10:30am – Albright College President 11:00am – Sea Sculpt 11:00am – Community Conenct 1:00pm – 12 Step Meeting 1:00pm – SMARTfit 1:30pm – Chorus Practice 3:15 pm – Bells Practice 7:00pm – Resident Association</p> | <p>22 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 10:00am – Tech Topic 11:00am – The Great Courses 1:00pm – Shillington Farmers Market 1:00pm – Seated Exercise 2:00pm – Bocce 2:00pm – Wyo Library Pickup/ Drop Off</p> | Saturday |
| | | <p>23 1:00pm – Duplicate Bridge 6:30pm – Pinochle 7:00pm – Elvis (2022)</p> |
| | | Sunday |
| | | <p>24 2:00pm – Elvis (2022) 4:00pm – Chris Emkey</p> |

Future Events

JIM CORRENTI

Join world-renowned pianist Jim Correnti in captivating music, featuring a range of classical and contemporary pieces. Don't miss out on this unforgettable performance from Jim Correnti. Jim studied at New York City's Juilliard School as a scholarship student of Adele Marcus, receiving his Bachelor of Music Degree. He has been a soloist with the Garden State Philharmonic Orchestra and the Plainfield Symphony (NJ) and does over 250 performances annually.

November 4, 2024, | 7:00 p.m. | Cultural Center

TRAIN YOUR BRAIN WITH SMARTFIT

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. This new equipment will especially benefit those living with dementia and support their overall well-being.

November 5, 2024, | 10:00 a.m. | Fitness Center Lobby

November 7, 2024, | 1:00 p.m. | Fitness Center Lobby

BLUE ELEPHANT LUNCHEON – REGISTRATION REQUIRED

Join us for a delightful luncheon at The Blue Elephant in Pottstown, PA, on November 6! Known for its innovative Asian fusion cuisine, The Blue Elephant offers a unique dining experience that blends traditional flavors with contemporary techniques in an elegant setting that pays tribute to Pottstown's local history. Reservations are made for 11:30 a.m., and registration is required to secure your spot. Highland's Transportation will be available for a fee of \$12.00, with the bus departing from the Transportation Center at 10:30 a.m. To register, please visit Cubigo or contact the Programming Hotline at 484-220-8268. Registration closes November 1, at 12:00 p.m. We look forward to seeing you there!

November 6, 2024, | 10:30 a.m. | Transportation Center

QUARTERLY FINANCIAL STATEMENT PRESENTATION

Experience an insightful financial overview with CFO Rick Melcher. Rick Melcher will be hosting the quarterly financial presentation, providing residents with valuable insights into the financial health of The Highlands.

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

COOKING CREATIONS – REGISTRATION REQUIRED

Join us in the Iris Room at 1:30 p.m. on November 6th for a delightful hands-on culinary experience in Cooking Creations! In this session, you'll have the chance to make Harvest Farro Salad with Maple Dijon Vinaigrette alongside the chef, who will demonstrate each step. This is a fantastic opportunity to enhance your cooking skills and enjoy the fruits of your labor. Please note, space is limited to just 10 participants, and registration is required. You can sign up directly on Cubigo or by contacting the Programming Hotline at 484-220-8268. Registration opens on October 14 at 9:00 a.m. and closes on November 1 at 12:00 p.m.

November 6, 2024, | 1:30 p.m. | Iris Room

Future Events

COMMUNITY CONNECT – PROGRAMMING

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 series where residents can connect directly with Jared and ask questions regarding the future of Programming.

November 7, 2024, | 11:00 a.m. | Terrace Room

THE SCIENCE OF SLUMBER

Join **Matthew Viereck, MD**, for a discussion on sleep health and sleep disorders, such as restless leg syndrome, narcolepsy, and insomnia. Learn about treatment options and how restful sleep can improve your overall health and emotional well-being. Dr. Viereck will also provide tips on how to achieve sleep success. This FREE event includes lunch. Registration is required by calling the Programming Hotline at 484-220-8268.

November 8, 2024, | 11:00 a.m. | Cultural Center

THELMA (2024)

Inspired by a real-life experience of director Josh Margolin's own grandmother, **THELMA** puts a clever spin on movies like **MISSION: IMPOSSIBLE**, shining the spotlight on an elderly grandmother as an unlikely action hero. With infectious humor, Margolin employs the familiar tropes of the action genre in hilarious, age-appropriate ways to tackle aging with agency. In the first leading film role of her 70-year career, Squibb portrays the strong-willed Thelma with grit and determination, demonstrating that she is more than capable of taking care of business -- despite what her daughter Gail (Parker Posey), son-in-law Alan (Clark Gregg), or grandson Danny might believe.

November 9, 2024, | 7:00 p.m. | Cultural Center Side B

November 10, 2024, | 2:00 p.m. | Cultural Center Side B

RINGGOLD BAND DINNER CONCERT –REGISTRATION REQUIRED

Join the historic Ringgold Band for a magical evening of music from the Silver Screen at the Doubletree Hotel on Sunday, November 10th. The concert starts at 5:00 p.m. with doors and a cash bar opening at 4:00 p.m. Enjoy free parking in the hotel garage or use Highlands Transportation. Ticket prices are \$59 for carpooling and \$71.50 with transportation. Registration is required via Cubigo or by calling the Programming Hotline at 484-220-8268, and closes on Monday, October 21st at 12:00 p.m. Don't miss out!

November 10, 2024, | 4:00 p.m. | Transportation Center

VETERANS DAY BREAKFAST – INVITATION ONLY

All Highlands' residents and staff veterans are invited to attend a special breakfast buffet. Questions can be directed to Jared Martz, Director of Community Life and Engagement, at 484-220-8265 or martzj@thehighlands.org

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

Future Events

VETERANS DAY PROGRAM

The Veterans Day Program will be held in the Cultural Center on Monday, November 11th at 3:00. We will celebrate with patriotic songs & honor our Highlands veterans who served in the Navy, Marines, Army, Air Force and Coast Guard. Dan Kimball will narrate the PowerPoint program developed by Barbara Witman, assisted by Nancy Allmon at the computer, & Barbara at the piano. Veterans wear your uniforms, hats, dog tags or other military items if you have them. We hope all will wear patriotic colors & join us to show our appreciation for our Highlands military veterans who served to protect our country & the Constitution of the United States of America.

November 11, 2024, | 3:00 p.m. | Cultural Center

TRAIN YOUR BRAIN WITH SMARTFIT

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November 12, 2024, | 10:00 a.m. | Fitness Center Lobby

November 14, 2024, | 1:00 p.m. | Fitness Center Lobby

SOCIAL HOUR WITH 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.

November 13, 2024, | 4:00 p.m. | Cultural Center

KNOW YOUR SYMPHONY

Join a special guest presenter who will introduce and discuss the upcoming Reading Symphony Orchestra concert that coming Saturday.

November 13, 2024, | 7:30 p.m. | Cultural Center

DISCOVERY HOUR – SECRET ROUTES OF MIGRATORY BIRDS

One man leads a group of young geese on their first ever migration in an attempt to discover why fewer birds are making the pilgrimage.

November 15, 2024, | 2:00 p.m. | Cultural Center A

BREAKFAST AT TIFFANY'S (1961)

Based on Truman Capote's novel, this is the story of a young woman in New York City who meets a young man when he moves into her apartment building. He is with an older woman who is very wealthy, but he wants to be a writer. She is working as an expensive escort and searching for a rich, older man to marry.

November 16, 2024, | 7:00 p.m. | Cultural Center B

November 17, 2024, | 2:00 p.m. | Cultural Center B

Future Events

Left blank on purpose to accommodate Bake Sale flyer.



THE
HIGHLANDS
AT WYOMISSING®

The Highlands Happenings is distributed by the Residential Living Programming department. Questions related to the Highlands Happenings, or its contents should be directed to 484-220-8268.