



# The Highlands Happenings

## Friday, December 13



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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](mailto:programming@thehighlands.org)

(484) 220-8268

### Support Services Hotline

[housekeeping@thehighlands.org](mailto:housekeeping@thehighlands.org)

(484) 220-8290

### Salon & Spa

(610) 796-1777

### Maintenance Hotline

[maintenance@thehighlands.org](mailto:maintenance@thehighlands.org)

(484) 220-8302

### Notification of Absence Hotline

[absence@thehighlands.org](mailto:absence@thehighlands.org)

(610) 775-2300

### IT Concierge Service

(484) 220-8343

### Dining Services Hotline

[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org)

(484) 220-8316

### Xfinity/Comcast Support

(855) 638-2855

## Physician Services

### Audiology

(610) 775-2300

4<sup>th</sup> Mondays

### Blood Pressure Clinic

Tuesdays at 1:30 p.m.

No appointment needed.

### Podiatry

(610) 376-4880

1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Thursdays

### Lab Courier

(610) 775-2300

Every Wednesday

### Dermatology

(877) 345-5300

1<sup>st</sup> Wednesday

### Laura Vedder PA-C

(717) 738-2468

3<sup>rd</sup> Tuesdays



**Welcome Home**



**Welcome Home**



**Happy Birthday**

# Community News

## **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:

- Dec. 16 – Wear Red for Christmas
- Dec. 17 – Wear Blue & White for Hanukkah
- Dec. 18 – Wear Holiday Socks
- Dec. 19 – Wear Holiday Head Gear (hat, headband, etc.)
- Dec. 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!

## **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. 6 – Main Lounge
- Dec. 7 – Condolence Table
- Dec. 8 – Bistro Desert Area
- Dec. 9 – Rotunda
- Dec. 10 – Outside Admin Door
- Dec. 11 – Main Lobby
- Dec. 12 – Wyomissing Club Room

## **NEW CUBIGO UPDATE – PROGRAM REGISTRATION**

Cubigo recently released an update simplifying the resident's experience to register for programs. Residents are encouraged to update their apps via the App or Google Play Store to ensure the update takes effect. Once updated, residents will be able to register for programs in two (2) easy steps. When a program is advertised on the New Wall, residents can register for a program by completing the following steps:

1. Click on “News” icon
2. Click on “View Activity” located at the bottom of the news article)
3. Click on “Sign Me Up” or “I’m Going”
4. Click on “Home” icon to return to main page

Additionally, for any program that requires registration, direct registration links to those programs are stored within the Activities Cube for quicker access. To register for a program this way, complete the following steps:

1. Click on “Activities” cube
2. Click on “Registration Links” header
3. Click on link of the program (will be hyperlinked in blue font)
4. Click on “Sign Me Up” or “I’m Going”

Residents still can register for a program by calling 484-220-8268.

# Community News

## **BECOME A FACILITATOR FOR GREAT DECISIONS 2025**

Are you passionate about global issues? Do you enjoy engaging with others and fostering meaningful discussions? Join us as a **facilitator** for the *Great Decisions 2025* program! The Highlands has partnered with several community experts to help facilitate the discussion topics. Due to limited volunteers, we are looking for residents who are willing to facilitate topics. Any volunteer will receive their Great Decision book free of charge and the opportunity to watch the DVD prior to hosting to prepare for the topic. To date, the following topics covered are:

1. American Foreign Policy – Solomon Lausch
2. World Economy – Randall Newnham
3. U.S. & China – **Facilitator Needed**
4. Climate Change – Lawrence Cohen
5. NATO Future – Jim Shankweiler
6. AI & National Security – **Facilitator Needed**
7. India – Sudip Ghosh
8. After Gaza – **Facilitator Needed**

Residents interested in being a facilitator can contact Jared Martz, Director of Community Life and Engagement at 484-220-8265.

## **HIGHLANDS GOLF TOURNAMENT**

A photo album of the 2024 Highlands Golf Tournament has been created. The album is available for residents to view and is available in the Highlands Library. The Committee wants to thank Dr. and Mrs. James Barrett for contributing the photos and album for the pleasure of all residents.

## **SPRING/SUMMER 2025 FITNESS SCHEDULE**

Planning for the spring/summer exercise class schedule has begun. Several new exercise classes are being considered for 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](mailto:axlineb@thehighlands.org) with any classes you would like added to the programming schedule in the future.

## **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](mailto:mesta@thehighlands.org) or at 484-220-8376.

## **RESIDENTIAL DÉCOR**

Resident Services is still surveying the campus regarding the recent décor guideline updates. Soon residents who are displaying furniture, décor, etc. not in accordance with the advertised guidelines will be receiving communication informing them of the items to be removed and by when. Should the items not be removed, Resident Services will remove them and temporarily store them in Resident Services. Thank you for your understanding and support.

# Community News

## **MEAL TAKE-OUT UPGRADE**

Over the past three months we have been in discussion with the Resident's Council regarding the display case located between the Rotunda and the Bistro. The display case has long served The Highlands successfully by highlighting interests, hobby's, and baby pictures et al. In recognition of the trailing interest from residents to support the display case, we sought feedback from Council regarding alternatives. As a result, we have developed a plan to remove the display cases which permits us to create a pick-up window for take-out orders. The new enhancement will provide relief for some of the traffic experienced in the Bistro thus making the experience for seated diners a little bit better. We look forward to making this upgrade and expect renovation to start after the new year. If you have any questions or concerns, please contact Kristen Santangelo at 484-220-8374 or by email at [santangelok@thehighlands.org](mailto:santangelok@thehighlands.org)

## **ATM INSTALLATION**

Since Fulton Bank elected to pull their services from The Highlands at Wyomissing, we have heard overwhelmingly from residents to replace the amenities. We are pleased to share that through a partnership with a local Credit Union, we will be placing an ATM on site soon! We are pleased to let you know that this is in process. We would like to have this completed prior to the Christmas holiday, and we will keep you posted.

## **ELEVATOR #2, 4, 5, & 6 – FIRE ALARM SAFETY PROCEDURE**

With the refurbishment of elevators 2 and 4 completed, the upgrade not only enhances the appearance but also improves the safety aspect of the elevators. When the fire alarm is activated in the building the elevators will safely move to the bottom floor automatically and the door will open. This state is known as Fire Service. The elevator can only be released back to normal service by authorized personnel after ensuring that there are no further safety concerns. This same safety system is in operation on both elevators 5 and 6, which serve the Aspire for Well-Being® Memory Support homes. If you have any questions or concerns, please contact Kristen Santangelo at 484-220-8374 or by email at [santangelok@thehighlands.org](mailto:santangelok@thehighlands.org)

## **HUMAN RESOURCES OFFICE RELOCATION**

Human Resources is moving! We are excited to share with you that the Human Resources Department is relocating to new offices, now conveniently located on "main street" across the hallway from the Gift Shop. This new location is designed to make it more convenient and easier for employees to access Human Resources. If you have any questions or concerns, please contact Lorena Lazarchick at 484-220-8221 or by email at [lazarchickl@thehighlands.org](mailto:lazarchickl@thehighlands.org).

# 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 15<sup>th</sup>:**

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

### **Week of December 22<sup>nd</sup>:**

- Christmas (12/25)
- Hanukkah (12/25)

# Week At A Glance

## Saturday, December 14

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

## Sunday, December 15

2:00pm	Miracle on 34 <sup>th</sup> Street (1947)	CCB
3:00pm	Grace & Mercy Bells	ML

## Monday, December 16

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
5:00pm	Holiday Light Tour <sup>Sign Up</sup>	TC
7:00pm	Resident Town Hall	CC

## Tuesday, December 17

9:00am	Bone Builders	FS
10:00am	Coffee with Chris	TR
10:00am	Aqua Zumba	FCP
10:00am	SMARTfit	FCL
1:30pm	Fulton Bank, CVS, Wine & Spirits	TC
2:00pm	Tech Topic	CCB
2:00pm	Bean Bag Baseball	FS

## Wednesday, December 18

8:00am	Stand n' Drum	FS
9:00am	Arthritis Ability	FS
10:00am	Fists of Fury	FS
1:30pm	Lancaster Ave Shopping	TC
2:00pm	Chapel Service	CC
7:00pm	Greater Reading Encore Chorale	CC

## Thursday, December 19

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
5:00pm	Holiday Light Tour <sup>Sign Up</sup>	TC

## Friday, December 20

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

## Saturday, December 21

2:00pm	Elf (2003)	CCB
7:00pm	Elf (2003)	CCB

## Sunday, December 22

2:00pm	The Santa Clause (1994)	CCB
7:00pm	The Santa Clause (1994)	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 13, 2024, | 11:00 a.m. | Cultural Center B**

## GOVERNOR MIFFLIN MIDDLE SCHOOL ORCHESTRA

Join us for a Highlands tradition and wonderful afternoon musical experience of the Governor Mifflin Middle School Orchestra. These students work tirelessly throughout the year to prepare for their annual winter tour around Berks County.

**December 13, 2024, | 1:30 p.m. | Cultural Center**

## BOCCE - CANCELLED

To accommodate the special concert by GM Middle School, we have cancelled Bocce. We apologize for any inconvenience.

**December 13, 2024, | 2:00 p.m. | Cultural Center**

## 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**

## MIRACLE ON 34<sup>TH</sup> STREET (1983)

*Miracle on 34th Street* is a heartwarming Christmas film about a department store Santa named Kris Kringle, who claims to be the real Santa Claus. His genuine and kind nature leads to a series of events that challenge the beliefs of a skeptical little girl and her pragmatic mother. As the story unfolds, Kris's true identity is put to the test in a way that brings people together and rekindles the magic of the holiday season. The movie explores themes of belief, kindness, and the spirit of Christmas, offering a timeless message of hope and wonder.

**December 14, 2024, | 7:00 p.m. | Cultural Center B**

**December 15, 2024, | 2:00 p.m. | Cultural Center B**

## GRACE & MERCY BELLS

Get ready to immerse yourself in the festive spirit as the Grace & Mercy Bells Quartet brings the magic of the season to our community. Join us for an unforgettable afternoon filled with the enchanting sounds of your favorite holiday tunes.

**December 15, 2024, | 3:00 p.m. | Main Lounge**

## THE GREAT COURSES – 30 Masterpieces of the Ancient World

- *Where Do We Come From?*

What are the common themes of ancient art? Why is ancient art relevant today? What makes a masterpiece? Before you begin your journey through the world of ancient art, consider why ancient art matters, what it tells us about different cultures, and its impact on and similarity to our world today.

**December 16, 2024, | 11:00 a.m. | Cultural Center B**



# Feature Events

## **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 16, 2024, | 5:00 p.m. | Transportation Center**

## **RESIDENT TOWN HALL**

Join us in the Cultural Center for a community update. President & CEO, Kevin DeAcosta will be presenting a resident town hall to update residents on current community information.

**December 16, 2024, | 7:00 p.m. | Cultural Center**

## **COFFEE WITH CHRIS**

Join Chris Musselman, Director of Dining Services, for an engaging discussion with residents regarding the current affairs of Dining Services. Residents are encouraged to bring questions or concerns related to Dining Services.

**December 17, 2024, | 10:00 a.m. | Terrace Room**

## **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 17, 2024, | 10:00 a.m. | Fitness Center Lobby**

**December 19, 2024, | 1:00 p.m. | Fitness Center Lobby**

## **TECH TOPIC – Texts & Group Texts**

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

## **BEAN BAG BASEBALL**

Step up to the plate with Bean Bag Baseball—where classic fun meets a modern twist! Grab your bean bags and see if you can knock it out of the park in this exciting backyard game for all ages. Bean Bag Baseball guarantees endless fun and friendly competition!

**December 17, 2024, | 2:00 p.m. | Fitness Studio**

## **CHAPEL SERVICE**

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

**December 18, 2024, | 2:00 p.m. | Cultural Center**

## **GREATER READING ENCORE CHORALE**

Join us for a special holiday concert hosted by a local chorale group which has featured, in the past, several residents and staff.

**December 18, 2024, | 7:00 p.m. | Cultural Center**

# Feature Events

## **COMMUNITY CONNECTION – Resident Services & Programming**

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 19, 2024, | 11:00 a.m. | Terrace Room**

## **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 19, 2024, | 5:00 p.m. | Transportation 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 20, 2024, | 11:00 a.m. | Cultural Center B**

## **DISCOVERY HOUR – Solving For Zero**

Explore revolutionary technologies that could help save our planet from the worst effects of climate change. **Solving for Zero** is an exclusive documentary inspired by the Bill Gates best-selling book, *How to Avoid a Climate Disaster*.

**December 20, 2024, | 2:00 p.m. | Cultural Center B**

## **ELF (2003)**

*Elf* (2003) is a holiday comedy about Buddy, a human who was accidentally raised by elves at the North Pole. As an adult, Buddy discovers that he is not an elf and sets out on a journey to New York City to find his biological father. Once there, Buddy encounters the hustle and bustle of city life, and his innocent, cheerful nature clashes with the cynical world around him. Along the way, Buddy spreads holiday cheer and works to reconnect with his father, bringing joy to those around him. The film is filled with humor, heart, and a strong message about the spirit of Christmas.

**December 21, 2024, | 2:00 p.m. & 7:00 p.m. | Cultural Center**

## **THE SANTA CLAUSE (1994)**

*The Santa Clause* (1994) is a family comedy film that follows the story of Scott Calvin, a man who accidentally causes Santa Claus to fall from his roof on Christmas Eve. As a result, Scott is magically forced to take on the role of Santa Claus. Over the course of the movie, he undergoes a transformation, both physically and emotionally, as he learns to embrace his new responsibilities and develop a closer relationship with his young son. The film blends humor with heartwarming moments as Scott navigates the challenges of becoming Santa while dealing with the skepticism of those around him.

**December 22, 2024, | 2:00 p.m. & 7:00 p.m. | Cultural Center**

# Registration Required

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

## **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**

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

## **HIGHLANDS FITNESS ASSESSMENT**

A new fitness assessment to test strength, cardiovascular endurance, balance, and flexibility.

This test is designed to test older adults, ages 60+, across a wide range of ability levels. The assessment focuses on testing different fitness components such as strength, cardiovascular endurance, balance, and flexibility. It is also a great tool to track progress and development of an exercise program.

**Registration Opens: Monday, December 23 at 9:00 a.m.**

**Registration Closes: Wednesday, January 15 at 12:00 p.m.**

**Thursday, January 16, 2025, | 1:00 p.m. & 2:00 p.m. | Cultural Center A**

## **PING PONG TOURNAMENT**

Get ready for a fun filled day of friendly competition and excitement during the Ping Pong Singles Tournament! This tournament is open for everyone from seasoned players to those just looking for some fun. No experience is necessary - just bring your enthusiasm! Come join the fun and let's crown the first Ping Pong champion of The Highlands at Wyomissing.

**Registration Opens: Monday, December 30 at 9:00 a.m.**

**Registration Closes: Friday, January 17 at 12:00 p.m.**

**Tuesday, January 21, 2025, | 1:00 p.m. | Billiards Room**

## **READING SYMPHONY ORCHESTRA SHUTTLES**

A shuttle to the upcoming Reading Symphony Orchestra concerts.

**Registration Opens: Monday, December 30 at 9:00 a.m.**

**Registration Closes: Friday, January 24 at 12:00 p.m.**

**Saturday, January 25, 2025, | 6:05 p.m. & 6:45 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><b>23</b>            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><b>24</b>            9:00am – Bone Builders            10:00am – Aqua Zumba            10:00am – SMARTfit            1:30pm – Fulton Bank, CVS, etc            2:00pm – Cornhole</p>	<p><b>25</b>  <del>8:00am – Stand n’ Drum</del>  <del>9:00am – Arthritis Ability</del>  <del>10:00am – Stayin’ Upright</del>  <del>1:30pm – Lancaster Ave Shopping</del>  <del>2:00pm – Chapel Service</del></p>
<p><b>30</b>  <del>9:00am – Yoga Flow</del>            10:00am – Sports Talk            10:00am – Weis Market            10:00am – Drum n’ Fun            11:00am – The Great Courses</p>	<p><b>31</b>            9:00am – Bone Builders            10:00am – Coffee w/ Chris  <del>10:00am – Aqua Zumba</del>            10:00am – SMARTfit            1:30pm – Fulton Bank, CVS, etc            7:00pm – New Years Eve Party</p>	<p><b>1</b>  <del>8:00am – Stand n’ Drum</del>  <del>9:00am – Arthritis Ability</del>  <del>10:00am – Fists of Fury</del>  <del>1:30pm – Lancaster Ave Shopping</del>  <del>2:00pm – Chapel Service</del></p>
<p><b>6</b>            9:00am – Yoga Flow            10:00am – Sports Talk            10:00am – Weis Market            10:00am – Drum n’ Fun            11:00am – The Great Courses</p>	<p><b>7</b>            9:00am – Bone Builders            10:00am – Aqua Zumba            10:00am – SMARTfit            11:00am – Rabbi Michelson            1:30pm – Cooking Creations <sup>Sign Up</sup>            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            7:00pm – The Story of Hawk Mountain</p>	<p><b>8</b>            8:00am – Stand n’ Drum            9:00am – Arthritis Ability            10:00am – Stayin’ Upright            1:30pm – Line Dancing            1:30pm – Lancaster Ave Shopping            2:00pm – Chapel Service            4:00pm – Social Hour</p>

# Future At A Glance

Thursday	Friday	Saturday
<b>26</b> <del>9:00am – Bone Builders</del> 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt <del>11:00am – Lattes with Lisa</del> <del>1:00pm – SMARTfit</del>	<b>27</b> <del>9:00am – Cardio Blast</del> <del>10:00am – Arthritis Ability</del> 10:00am – Giant Grocery 11:00am – The Great Courses <del>1:00pm – Wyomissing Farmers Market</del> <del>2:00pm – Wyo Library Pickup/ Drop Off</del> 2:00pm - Bocce	<b>28</b> 7:00pm – About Time (2013)
		<b>Sunday</b>
		<b>29</b> 2:00pm – About Time (2013)
<b>2</b> 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!	<b>3</b> 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	<b>Saturday</b>
		<b>4</b> 7:00pm – Grumpy Old Men (1993)
		<b>Sunday</b>
		<b>5</b> 2:00pm – Grumpy Old Men (1993)
<b>9</b> 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 3:30pm – Cooking with Kevin <small>Sign Up</small> 7:00pm – Temple Avenue Jazz	<b>10</b> 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Shillington Farmers Market 1:00pm – Seated Exercise Class 2:00pm – Bocce 2:00pm – Wyo Library Pickup/ Drop Off	<b>Saturday</b>
		<b>11</b> 7:00pm – The Intern (2015)
		<b>Sunday</b>
		<b>12</b> 2:00pm – The Intern (2015)

# Resident Clubs

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

**Ukulele:** 3:00pm – See Cindy for Location  
**Resident Contact:** Cindy Laubach  
**Meeting Date(s):** Tuesdays

**French Group:** 1:00 p.m. – Cross Over Bridge Room  
**Resident Contact:** Pat Frankel  
**Meeting Date(s):** 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

**Genealogy:** 10:00am – Parlor  
**Resident Contact:** Joan Gruber  
**Meeting Date(s):** 3<sup>rd</sup> Friday of the month

# 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](mailto:programming@thehighlands.org).