



The Highlands Happenings

Friday, December 27



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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

Audiology

(610) 775-2300

4th Mondays

Blood Pressure Clinic

Tuesdays at 1:30 p.m.

No appointment needed.

Podiatry

(610) 376-4880

1st, 3rd, & 5th Thursdays

Lab Courier

(610) 775-2300

Every Wednesday

Dermatology

(877) 345-5300

1st Wednesday

Laura Vedder PA-C

(717) 738-2468

3rd Tuesdays



Happening at The Highlands



Welcome Home



Happy Birthday

Community News

NEW SALON PHONE NUMBER

Effective Thursday, January 2, 2025, the Salon will have a new phone number. Residents can call 484-220-8569 for the purpose of scheduling appointments. Thank you

RESIDENT ASSOCIATION GIFT CARD ACKNOWLEDGEMENT LETTERS

"Acknowledgement of Contribution" letters to the Staff Holiday Gift Fund for 2024 will be prepared as of December 31, 2024. They will be mailed or distributed during the first week of January 2025.

MCJINGLE HAS RETURNED HOME

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

Dec. 20 – Quilt Hallways

Dec. 21 – Grandfather Clock

Dec. 22 – Main Lounge

Dec. 23 – Main Lounge

Dec. 24 – Main Lobby

BECOME A FACILITATOR FOR GREAT DECISIONS 2025

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. 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 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.

COMMUNITY CONNECT – TOPIC EXPANSION

The Community Connect program is designed to foster a connection between departments and residents. To date, the program has received wonderful feedback. We are excited to announce an expansion of the staff members who will be hosting sessions in 2025. Below highlights the current and new departments to host a community connect session:

1. Current
 - a. Residential Living, Social Services, Maintenance & Support Services, Security & Homecare
2. New
 - a. Hospice, Nursing Care, Personal Care & Memory Support, Therapy, & Fitness

Community News

RESIDENTIAL DÉCOR

Residents are reminded that décor is not permitted on Highland's furniture located throughout hallways including furniture pieces in between residences. We kindly ask that décor be removed or relocated to the approved décor areas. Also, resident services distributed communication regarding décor not in accordance with the advertised guidelines. 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.

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 have placed the ATM just outside the entrance to Administration.

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

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 with any classes you would like added to the programming schedule in the future.

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

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.

HEALTH SERVICES RENOVATION TO ASSISTED LIVING

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

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

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 29th:

- New Years Eve Party (12/31)
- New Years Day (1/1)

Week of January 5th:

Week At A Glance

Saturday, December 28

7:00pm About Time (2013) CCB

Sunday, December 29

2:00pm About Time (2013) CCB

Monday, December 30

~~9:00am~~ ~~Yoga Flow~~ ~~FS~~

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Weis Grocery TC

10:00am Drum n' Fun FS

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

Tuesday, December 31

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

7:00pm New Years Eve Party CC

Wednesday, January 1

Thursday, January 2

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

1:00pm SMARTfit FCL

7:00pm Bingo CCA

Friday, January 3

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, January 4

7:00pm Grumpy Old Men (1993) CCB

Sunday, January 5

2:00pm Grumpy Old Men (1993) CCB

3:00pm Dr. Michael "Mick" Eager ML

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)

- *Revelation*

Writers, musicians, artists, and intellectuals flocked to Paris after the July Revolution of 1830. Liszt was a stellar attraction in the Paris salons. In 1833, Liszt met and fell in love with the beautiful, married, and neurotic Countess Marie d'Agoult; they had three children together. A devastating flood in Hungary prompted Liszt to go to Vienna and give a series of benefit concerts.

December 27, 2024, | 11:00 a.m. | Cultural Center B

BOCCE

Bocce with a twist offers a fun, indoor, seated version of the classic game, perfect for all ages and skill levels. Enjoy a relaxed yet competitive experience as you roll the balls from your chair, making it a unique and accessible way to engage with friends in any season.

December 27, 2024, | 2:00 p.m. | Cultural Center

ABOUT TIME (2013)

About Time (2013) is a heartwarming romantic drama that blends love and time travel. The story follows Tim Lake, a young man who discovers that the men in his family have the ability to travel through time. Tim uses this power to improve his life, particularly in his pursuit of love. As he navigates relationships, career, and personal growth, he learns valuable life lessons about what truly matters, and the importance of cherishing the moments we often take for granted. The film explores themes of love, family, and the passage of time, offering a reflective and emotional journey.

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

December 29, 2024, | 2:00 p.m. | Cultural Center B

THE GREAT COURSES – 30 Masterpieces of the Ancient World

- *Ram Caught in a Thicket*

Explore the fertility theme in the first 3-D sculpture of the course. "Ram Caught in a Thicket" was excavated from the Great Death Pit at Ur. In addition to telling us about royal burials, the sculpture tells us about the society's wealth, its relationship with animals, and the religious role of the rulers and lords....

- *Great Ziggurat at Ur-Ancient Architecture*

With the magnificent ziggurats, ancient people reached for the sky, which was the domain of the deities. Learn about Nanna, the Sumerian moon god, and experience the architectural grandeur at the heart of Sumerian daily life. While wars, climate, and looting have wrought their damage on the ziggurat at Ur, enough remains to tell a fascinating story....

December 30, 2024, | 11:00 a.m. | Cultural Center B

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 31, 2024, | 10:00 a.m. | Terrace Room

Feature Events

NEW YEARS EVE PARTY

Ring in the New Year with a bang at our electrifying New Year's Eve party, headlined by the sensational band "By Request"! Join us for an unforgettable night of live music, dancing, and celebration as we bid farewell to the old year and welcome 2024 in style. Don't miss out on the hottest music in town –come for a night of musical magic and New Year's cheer!

December 31, 2024, | 7:00 p.m. | Cultural Center

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.

January 2, 2025, | 10:00 a.m. | Fitness Center Lobby

BINGO

Enjoy a competitive game of Bingo!, with prizes awarded. Residents will be charged a \$3.00 fee on their monthly statement.

January 2, 2025, | 7:00 p.m. | Cultural Center A

THE GREAT COURSES (MUSIC)

- *Transcendence*

Liszt had been immersed in practicing and composing. His approach to composition created a technique of interchangeable fingerings, interlocking hands, and crossed hands that revolutionized piano playing in the 19th century. He had attained a level of virtuosity at the piano that would soon take Europe by storm when he went on tour. His concerts became major events, and he proved himself to be the...

January 3, 2025, | 11:00 a.m. | Cultural Center B

GRUMPY OLD MEN (1993)

Grumpy Old Men is a comedy film that centers around two elderly men, John Gustafson and Max Goldman, who have been feuding with each other for decades. Their rivalry is filled with playful pranks and sharp-witted banter, making their interactions both amusing and bitter. The two men live next door to each other in a small Minnesota town and have led very different lives, but their constant clashes provide much of the humor. The arrival of a new neighbor, the lively and attractive Ariel, adds a new twist to their long-standing animosity. As John and Max compete for her affection, their relationship evolves, and they face the challenges of aging, friendship, and love. The film explores themes of loneliness, second chances, and the complexities of growing old, all wrapped up in a lighthearted, humorous package.

January 4, 2025, | 7:00 p.m. | Cultural Center B

January 5, 2025, | 2:00 p.m. | Cultural Center B

SPORTS TALK

"Sports Talk" is a great way for residents to stay informed and engage in lively discussions about current and past sporting events. It provides an opportunity to connect with neighbors who share similar interests and build a sense of community. Whether you're a die-hard fan or a casual viewer, "Sports Talk" offers an enjoyable space for everyone to contribute and learn.

January 6, 2025, | 10:00 a.m. | Wyomissing Club Room

Feature Events

THE GREAT COURSES – 30 Masterpieces of the Ancient World

- ***Victory Stela of Naram-Sin of Akkad***

What makes a king a god? Ponder the visual propaganda behind Naram-Sin's victory stela. After learning the story of this Akkadian king, you'll study this monument's artistic innovation-its realism, its unified composition, and its new approach to narrative. Additional Akkadian art provides perspective on this era's radical artistic changes....

- ***Neo-Assyrian Palace Relief***

Jump to the 1st millennium B.C. and the mighty Assyrian Empire. The palace reliefs reveal a warlike society in which the king reinforces order, as revealed in the famous Lion Hunt scenes. As he battles the lions, the king proves he is greater in power than the threatening beast and all that it represents. The reliefs demonstrate the apogee of artistic skill in the Assyrian court....

January 6, 2025, | 11:00 a.m. | Cultural Center B

SMARTFIT®: COGNITIVE TRAINING

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

January 7, 2025, | 10:00 a.m. | Fitness Center Lobby

January 9, 2025, | 1:00 p.m. | Fitness Center Lobby

RABBI MICHELSON

Join us for an informal and open-hearted session with Rabbi Michelson, where you can explore, share, and deepen your understanding of faith in a welcoming environment, all while engaging in meaningful conversation and reflection.

January 7, 2025, | 11:00 a.m. | Cultural Center

COOKING CREATIONS – Registration Required

Our talented chefs from dining will guide you through the process of creating delicious dishes. Each session, the chef will demonstrate the item being made, and you'll get the chance to make it yourself alongside them.

January 7, 2025, | 1:00 p.m. | Terrace Room

BEAN BAG BASEBALL

Get ready for a fun twist on America's favorite pastime with Bean Bag Baseball, where you can show off your throwing skills and have a blast! It's a perfect way to stay active, make new friends, and enjoy a lighthearted competition in a relaxed, team-oriented game.

January 7, 2025, | 2:00 p.m. | Fitness Studio

ROSALIE EDGE - A Most Determined Hell Cat; The Story Of Hawk Mountain

Hawk Mt. Sanctuary in northern Berks County is the premier raptor migration center in the world. It was founded by Rosalie Edge in 1934. Learn about how Hawk Mt. was formed and why Rosalie is known as "the only honest, unselfish, indomitable hellcat in the history of conservation." Marcia Fehl will portray Rosalie Edge in a scripted press conference involving her audience.

January 7, 2025, | 7:00 p.m. | Cultural Center

Registration Required

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

COOKING CREATIONS

Our talented chefs from dining will guide you through the process of creating delicious dishes. Each session, the chef will demonstrate the item being made, and you'll get the chance to make it yourself alongside them.

Registration Opens: Open Now

Registration Closes: No Deadline

January 7, 2025, | 1:00 p.m. | Terrace Room

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>6 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 11:00am – Supervised Swim</p>	<p>7 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – SMARTfit 11:00am – Rabbi Michelson 1:30pm – Cooking Creations ^{Sign Up} 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 7:00pm – The Story of Hawk Mountain</p>	<p>8 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>
<p>13 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 11:00am – Supervised Swim 1:30pm – 92nd Street Y 2:00pm – Aromatherapy 7:00pm – Matthew Coley</p>	<p>14 9:00am – Bone Builders 10:00am – Coffee with Chris 10:00am – Aqua Zumba 10:00am – SMARTfit 11:00am – History of Local Museum 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole</p>	<p>15 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Fists of Fury 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Galena Brass</p>
<p>20 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 11:00am – Supervised Swim</p>	<p>21 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – SMARTfit 1:00pm – Ping Pong Tournament ^{Sign Up} 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball</p>	<p>22 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – Stayin’ Upright 1:30pm – Lancaster Ave Shopping 1:30pm – Line Dancing 2:00pm – Chapel Service 7:30pm – Know Your Symphony</p>

Future At A Glance

Thursday	Friday	Saturday
9 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 ^{Sign Up} 7:00pm – Temple Avenue Jazz	10 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	11 7:00pm – The Intern (2015)
		Sunday 12 2:00pm – The Intern (2015)
16 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Healthcare Implications 11:00am – Sea Sculpt 1:00pm – Fitness Assessment 2:00pm – Fitness Assessment 7:00pm – Resident Association	17 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Geanalogy 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off	Saturday 18 7:00pm – Book Club (2018)
		Sunday 19 2:00pm – Book Club (2018)
23 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 – Resident Town Hall	24 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 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce	Saturday 25 6:05pm – RSO Shuttle #1 ^{Sign Up} 6:45pm – RSO Shuttle #2 ^{Sign Up} 7:00pm – Some Like It Hot (1959)
		Sunday 26 2:00pm – Some Like It Hot (1959)

Resident Clubs

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

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

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

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

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): 2nd & 4th Tuesdays

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): 3rd 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.