



# The Highlands Happenings

## Friday, January 24



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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

**Salon & Spa**  
(484) 220-8569

**IT Concierge Service**  
(484) 220-8343

**Programming Hotline**  
[programming@thehighlands.org](mailto:programming@thehighlands.org)  
(484) 220-8268

**Maintenance Hotline**  
[maintenance@thehighlands.org](mailto:maintenance@thehighlands.org)  
(484) 220-8302

**Dining Services Hotline**  
[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org)  
(484) 220-8316

**Support Services Hotline**  
[housekeeping@thehighlands.org](mailto:housekeeping@thehighlands.org)  
(484) 220-8290

**Notification of Absence Hotline**  
[absence@thehighlands.org](mailto:absence@thehighlands.org)  
(610) 775-2300

**Xfinity/Comcast Support**  
(855) 638-2855

## Physician Services

**Podiatry**  
(610) 376-4880  
Odd Thursdays

**Lab Courier**  
484-220-8268  
Every Wednesday

**Dermatology**  
(877) 345-5300  
1<sup>st</sup> Wednesday

**Jessica Adams CRNP**  
(717) 639-2969  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays



**35 for 35 Years**



**Happy Birthday**



# Community News

## **CONDOLENCE PROCEDURE**

At The Highlands at Wyomissing®, we hold a tradition dear to our hearts: honoring those who have passed with a gift of a rose. This gesture is a quiet yet profound way to acknowledge the life of a fellow resident who was a part of our community's family. With permission, when a resident passes, a rose and name plate are placed at our hallway table. This visible symbol serves as a gentle reminder of their presence and impact on our lives. It gives residents, staff, and loved ones the opportunity to pause, reflect, and remember. Through this tradition, we honor each other's legacy and affirm the sense of belonging that defines The Highlands at Wyomissing.

In early February, residents will be receiving a letter from Resident Services inquiring about their preference for a condolence rose. This information will be maintained and follow a resident through the continuum of care allowing The Highlands to promptly act on a resident's preference following their passing. We hope by collecting this information sooner, it will allow residents honor those who have passed and understand why a rose may not be present following a resident's passing.

Questions can be directed to Lisa Boylan, Social Services Coordinator, at 484-220-8267 or [boylanl2@thehighlands.org](mailto:boylanl2@thehighlands.org)

## **NEW PRIMARY CARE PROVIDER**

WellSpan has informed The Highlands that Laura Vedder will no longer be servicing our Residential Clinic. We are excited to share that Jessica Adams, CRNP, will be the new provider, bringing a fresh approach to your care. Starting Monday, January 27, 2025, residents can begin calling the new appointment phone number, 717-639-2969, to schedule their visits. One of the key improvements is our new, more convenient appointment schedule—appointments will now be available on the first and third Tuesdays of each month from 10:00 a.m. to 12:00 p.m. This additional availability allows us to better accommodate your needs. Aside from the new provider, phone number, and updated schedule, everything else will remain the same. We're excited about these enhancements and look forward to continuing to provide excellent care to our residents! If you have any questions, please contact Jared Marz at 484-220-8284 or email at [martzj@thehighlands.org](mailto:martzj@thehighlands.org).

## **AUDIOLOGY – BERKS ENT UPDATE**

We recently received notice from Berks ENT that, due to limited resources, they are no longer able to send Dr. Soday to The Highlands monthly. As a result, these services will be temporarily suspended. We apologize for any inconvenience this may cause and appreciate your understanding. However, Berks ENT has graciously offered alternative options for your convenience. They now offer an Open Clinic for walk-ins on Tuesdays from 3:00 to 4:30 p.m. and Fridays from 2:00 to 3:30 p.m. During these hours, they will address minor hearing aid issues, such as cleaning and troubleshooting, on a first-come, first-serve basis. If the issue is minor and the resident does not need to be present, a family member is welcome to come in place of the resident. For any other needs, residents can schedule an appointment directly with Berks ENT during their normal business hours by calling the patient line at 610-376-9728. We are grateful to Berks ENT for offering these alternatives and remain committed to supporting your care.

# Community News

## LAB APPOINTMENTS PROCEDURE UPDATE

Effective Saturday, February 1, 2025, the services provided by the Resident Clinic will now be coordinated by Resident Services. Below highlights some minor changes on how residents will get appointments.

- Lab Appointments
  - Residents will call **484-220-8268** to schedule an appointment
    - Appointments are given in the order in which the call occurs
    - Residents must have their lab orders with them at the time of the appointment

## DINING MENU ENHANCEMENT

We are excited to announce a new enhancement to our dining experience! Starting February 21, 2025, the new dining menu will feature 10 days' worth of menus, providing residents with greater flexibility when scheduling dining reservations. This change will also streamline our communication by eliminating the need to maintain two editions of the Highlands Happenings to view the upcoming week's menus. We hope this improvement makes it easier for you to plan your meals and enjoy a more convenient dining experience.

## NEW ART EXHIBIT – COMING SOON

Barbara Thun, Highland's resident and a studio artist at Goggleworks Center for the Arts, will debut her new exhibition outside the Cultural Center starting Tuesday, January 21, 2025, through mid-March. With an MFA from Bard College, Barbara has had a rich career in both creating and curating art. She served as Gallery Director at Penn State Berks, chaired the "Landmarks" Outdoor Sculpture National Juried Exhibition, and was president of the Friends of the Freedman Gallery at Albright College. She has exhibited her work at numerous institutions, including Lehigh University, The Reading Public Museum, and Muhlenberg College.

Barbara's art explores themes of history, human resilience, and memory. Notable works include a WWI installation reflecting on underground caverns used by soldiers for refuge, and "Elegy," an installation at the Reading Public Museum honoring 19th-century women and the societal constraints they endured. Through her work, Barbara seeks to engage viewers deeply, encouraging them to connect with her pieces on a personal and reflective level.

# 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 January 26<sup>th</sup>:

### Week of February 2<sup>nd</sup>:

- Dining Enhancement Committee (2/3)
- Grounds & Maintenance Committee (2/5)

# Registration Required

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

## **SALUTE RESTAURANT**

Salute Ristorante Italiano is an authentic Italian restaurant located in Sinking Spring, Pennsylvania. Our menu features fresh seafood, steaks, pasta and traditional dishes. We have a fully stocked bar, extensive wine selection, beer on tap and our famous craft martinis and cocktails.

**Registration Opens:** Monday, January 13 at 9:00 a.m.

**Registration Closes:** Tuesday, February 4 at 12:00 p.m.

**Event Date:** Wednesday, February 5, 2025, | 11:30 a.m. | Transportation Center

## **HEART TO HEART**

Join **Rittu Hingorani, MD**, as she discusses Cardio-Oncology, a branch of Cardiology that focuses on the cardiovascular system during cancer treatment and how cancer treatments can impact the heart. Learn how the heart team at Reading Hospital can help to reduce the side effects of cancer treatment on the heart and other parts of the cardiovascular system so you don't miss a beat.

**Registration Opens:** Monday, January 13 at 9:00 a.m.

**Registration Closes:** Friday, January 31 at 12:00 p.m.

**Event Date:** Friday, February 7, 2025, | 12:00 p.m. | Cultural Center

## **COOKING WITH KEVIN**

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

**Registration Opens:** Open Now

**Registration Closes:** No Deadline

**Event Date:** February 13, 2025, | 3:30 p.m. | Cultural Center Side B

## **FRIENDS OF CHAMBER MUSIC**

A shuttle to the upcoming Friends of Chamber Music concert.

**Registration Opens:** Monday, January 27 at 9:00 a.m.

**Registration Closes:** Thursday, February 20 at 12:00 p.m.

**Event Date:** Friday, February 21, 2025, | 6:45 p.m. | Transportation Center

## **GREAT DECISIONS 2025**

Do you enjoy engaging with others and fostering meaningful discussions? The Highlands has partnered with several community experts to help facilitate the discussion topics. The Programming department continues to work on finalizing the official schedule. To date, the topics covered are: *American Foreign Policy, India, Climate Change, NATO future, AI & National Security, World Economy, U.S. & China, and After Gaza.*

**Registration Opens:** Open Now

**Registration Closes:** Wednesday, February 19 at 12:00 p.m.

**First Session:** February 26, 2025, | 11:00 a.m. | Cultural Center Side B

## **READING SYMPHONY ORCHESTRA SHUTTLES**

A shuttle to the upcoming Reading Symphony Orchestra concerts.

**Registration Opens:** Monday, February 3 at 9:00 a.m.

**Registration Closes:** Friday, February 28 at 12:00 p.m.

**Event Date:** Saturday, March 1, 2025, | 6:05 p.m. & 6:45 p.m. | Transportation Center

# Registration Required

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

## **GNA RISTORANTE**

GNA Ristorante in West Reading, PA (19611) is a full-service, family-friendly Italian Restaurant. Featuring authentic Southern-Italian cuisine, crafted by executive chef Raffaele Cirandine and his team. Our large Menu includes Pasta, Chicken, Seafood, Veal, Steak, Salads, and a weekly assortment of fresh Desserts such as our Cannoli Cake and Italian Coffee.

**Registration Opens:** Monday, February 10 at 9:00 a.m.

**Registration Closes:** Tuesday, March 4 at 12:00 p.m.

**Event Date:** Wednesday, March 5, 2025, | 11:30 a.m. | Transportation Center

## **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. Please note: This program is limited to 10 individuals per session, and registration is required. Don't miss out on this unique opportunity to enhance your cooking skills and enjoy some delectable creations!

**Registration Opens:** Monday, February 10 at 9:00 a.m.

**Registration Closes:** Tuesday, March 4 at 12:00 p.m.

**Event Date:** Wednesday, March 5, 2025, | 1:00 p.m. | Iris Room

## **COOKING WITH KEVIN**

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

**Registration Opens:** Open Now

**Registration Closes:** No Deadline

**Event Date:** Thursday, March 13, 2025, | 3:30 p.m. | Cultural Center Side B

## **FRIENDS OF CHAMBER MUSIC**

A shuttle to the upcoming Friends of Chamber Music concert.

**Registration Opens:** Monday, March 3 at 9:00 a.m.

**Registration Closes:** Thursday, March 27 at 12:00 p.m.

**Event Date:** Friday, March 28, 2025, | 6:45 p.m. | Transportation Center

## **LONGWOOD GARDENS & BUCKLEY'S TAVERN**

We begin with lunch at historic Buckley's Tavern located in Wilmington, Delaware. Enjoy a savory meal in this 205-year-old Tavern that once served as a stagecoach stop in colonial times. After lunch we make our way to Longwood Gardens, one of America's quintessential landscapes. Longwood Gardens is a place of ever-changing seasonal beauty, horticultural wonder and an awe-inspiring collection of the most beautiful plants from around the globe. Explore 400 acres of lush, formal gardens, open meadows and winding paths to breathtaking Brandywine Valley vistas. Together, mesmerizing displays and conservation work harmoniously toward the goal to unite and inspire their guests in appreciation of beauty—as only Longwood can.

**Registration Opens:** Open Now

**Registration Closes:** Sunday, February 16 at 12:00 p.m.

**Event Date:** Wednesday, April 2, 2025, | 9:45 a.m. | Transportation Center

# Week At A Glance

## Saturday, January 25

6:05pm	RSO Shuttle #1 <sup>Sign Up</sup>	TC
6:45pm	RSO Shuttle #2 <sup>Sign Up</sup>	TC
7:00pm	Some Like It Hot (1959)	CCB

## Sunday, January 26

2:00pm	Some Like It Hot (1959)	CCB
3:00pm	NFL Playoff Watch Party	CCA

## Monday, January 27

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
<del>2:00pm</del>	<del>Aromatherapy</del>	<del>MR</del>

## Tuesday, January 28

9:00am	Bone Builders	FS
10:00am	Coffee with Chris	TR
10:00am	Aqua Zumba	FCP
10:00am	SMARTfit	FCL
1:00pm	Living with Loss	TR
1:30pm	Fulton Bank, CVS, Wine & Spirits	TC
2:00pm	Cornhole	FS

## Wednesday, January 29

8:00am	Stand n' Drum	FS
9:00am	Arthritis Ability	FS
1:30pm	Lancaster Ave Shopping	TC
2:00pm	Chapel Service	CC
7:00pm	Dr. Charles Barbera	CC

## Thursday, January 30

9:00am	Bone Builders	FS
10:00am	Shopping Loop	TC
<del>10:00am</del>	<del>Zumba Gold</del>	<del>FS</del>
10:00am	Knit & Crochet Connection	PR
<del>11:00am</del>	<del>Sea Sculpt</del>	<del>FCP</del>
11:00am	Community Connect	TR
1:00pm	SMARTfit	FCL
7:00pm	Chris Emkey	CC

## Friday, January 31

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

## Saturday, February 1

7:00pm	Juror #2 (2024)	CCB
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## Sunday, February 2

2:00pm	Juror #2 (2024)	CCB
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### Room Locations

B = Bistro
BR = Billiards Room
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

## **READING SYMPHONY ORCHESTRA SHUTTLES – Registration Required**

A shuttle to the upcoming Reading Symphony Orchestra concerts.

**January 25, 2025, | 6:05 p.m. & 6:45 p.m. | Cultural Center B**

## **SOME LIKE IT HOT (1959)**

*Some Like It Hot* is a classic comedy about two musicians, Joe and Jerry, who witness a mob hit and go on the run to escape the gangsters. To hide from the criminals, they disguise themselves as women and join an all-female band headed to Florida. While posing as women, they encounter various comedic situations and romantic entanglements, all while trying to maintain their cover. Directed by Billy Wilder, the film is known for its sharp humor, memorable performances, and iconic moments, particularly involving Marilyn Monroe, Tony Curtis, and Jack Lemmon.

**January 25, 2025, | 7:00 p.m. | Cultural Center B**

**January 26, 2025, | 2:00 p.m. | Cultural Center B**

## **NFL CONFERENCE CHAMPIONSHIP WATCH PARTY PLAYOFF – Eagles vs. Commanders**

Join fellow residents to cheer on the Philadelphia Eagles as they take on the Washington Commanders in the NFC Championship Matchup on Sunday, January 26. There will be refreshments, snacks, and tons of energy. Go Birds! Stick around to watch the AFC Championship Matchup when the Buffalo Bills take on the Kansas City Chiefs at 6:30 p.m.

**January 26, 2025, | 3:00 p.m. | Cultural Center A**

## **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 27, 2025, | 10:00 a.m. | Wyomissing Club Room**

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

- ***Statue of Khafre – Rebirth of a King***

Why did the Egyptians go to such great lengths to prepare bodies after death? They loved life, and the grand tombs and sculptures were a way to capture the soul for eternal life. Reflect on the statue of King Khafre, which communicates strength and power-and signifies so much more than what is first evident....

- ***Tutankhamun's Mask***

You've no doubt seen images of King Tut's mask, but what does it represent? Why is it such a magnificent work of art? Unpack the secrets of Egypt's famous boy king and find out why the treasures of his tomb survived....

**January 27, 2025, | 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.

**January 28, 2025, | 10:00 a.m. | Terrace Room**

# Feature Events

## **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 28, 2025, | 10:00 a.m. | Fitness Center Lobby**

**January 30, 2025, | 1:00 p.m. | Fitness Center Lobby**

## **LIVING WITH LOSS – Hosted by Aspire for Well-Being Hospice Chaplain and Social Worker**

Life brings with it many kinds of losses; aging brings physical losses and limitations; when we invite pets into our lives, it's usually with the knowledge we'll lose them; we experience material losses such as homes and belongings; time brings losses of hopes and dreams; and we lose dear ones, friends, neighbors, spouses and other family members. We'll gather monthly to discuss "living with loss" and chat about various topics related to coping with, remembering, and learn about healthy ways of navigating loss.

**January 28, 2025, | 1:00 p.m. | Terrace Room**

## **CORNHOLE**

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

**January 28, 2025, | 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 Quentin Wallace, and all are welcome to attend.

**January 29, 2025, | 2:00 p.m. | Cultural Center**

## **CHUCK BARBERA: PRESIDENT & CEO of READING HOSPITAL**

Dr. Barbera is the first physician CEO in Reading Hospital's remarkable 150-year history. He joined the hospital in 1996 and became Chair of Emergency Medicine in 1999, a position he held for over 20 years. He was then named president and CEO in April 2022. Dr. Barbera was integral to the creation and accreditation of Reading Hospital's Trauma Center. A successful Community Paramedic Program was developed under his direction. He was also instrumental in the development of Reading Hospital's Pediatric Emergency Department and Psychiatric Emergency Department. Dr. Barbera received his medical degree from Temple University School of Medicine and completed his residency at Thomas Jefferson University Hospital. He holds a bachelor's degree in Communication Arts from LaSalle University, a master's degree in Business Administration from Alvernia University, and a master's degree in Public Health from George Washington University. He previously served as president of the Pennsylvania College of Emergency Physicians and The Berks County Medical Society. He has also held positions on the boards of the Autism Society of Berks County, the American Heart Association, and the Children's Home of Reading. Dr. Barbera currently serves as Chairman of the Pennsylvania Trauma Systems Foundation Board.

**January 22, 2025, | 3:15 p.m. | Cultural Center A**

## **COMMUNITY CONNECT – Residential Living & 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.

**January 30, 2025, | 11:00 a.m. | Terrace Room**

# Feature Events

## **CHRIS EMKEY**

Originally from Reading, PA, his start in music came at age 9, stumbling through “Ode to Joy” by ear at home after hearing it played by the school band. After gigging his way through high school in local bars and restaurants, Chris enrolled in Berklee College of Music in Boston, MA, where he earned a degree in Piano Performance. After graduating in 2016 Chris headed to Nashville, Tennessee, where he spent over 6 years performing and recording with dozens of bands and artists as well as teaching private piano lessons. During this time, he was able to work with some of the Music Industry’s best, including jazz keyboardist Karlton Taylor (Victor Wooten), blues guitarist Carl Stewart (BB King), rock guitarist Kris Bell (Bo Diddley) and country drummer Vincent Deary (Brenda Lee). Now back in PA, Chris continues to use this depth and variety of experience to create memorable live performances and an inspiring and creative teaching environment.

**January 30, 2025, | 7:00 p.m. | Cultural Center**

## **THE GREAT COURSES (MUSIC)**

- *A Life Well Lived*

Liszt's last 12 years were filled with music, traveling, honors, and a few disappointments. He was hailed as a genius in Hungary and divided his living arrangements among Rome, Weimar, and Budapest. He spent much time teaching and helped to found the Hungarian Royal Academy of Music. His health and energy began to fail him in 1881 and he died in Bayreuth, Bavaria, on July 31, 1886....

**January 31, 2025, | 11:00 a.m. | Cultural Center**

## **JUROR #2 (2024)**

**Juror #2** follows family man Justin Kemp (Nicholas Hoult) who, while serving as a juror in a high-profile murder trial, finds himself struggling with a serious moral dilemma... one he could use to sway the jury verdict and potentially convict--or free--the accused killer.

**February 1, 2025, | 7:00 p.m. | Cultural Center B**

**February 2, 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.

**February 3, 2025, | 10:00 a.m. | Wyomissing Club Room**

## **LOST AT THE HIGHLANDS**

Are you feeling a bit lost or need a quick refresher on where things are? Join the Hospitality Committee for a guided tour of The Highlands, open to all new and existing residents! This group tour will take you through the common areas of the Main Building, including dining, maintenance, the fitness center, and more. Whether you're new to the community or just need a reminder, this is a great opportunity to get familiar with all that The Highlands has to offer. Don't miss out on this informative and friendly tour—everyone is welcome!

**February 4, 2025, | 1:00 p.m. | Main Lounge**

# Future At A Glance

Monday	Tuesday	Wednesday
<p><b>3</b>            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><b>4</b>            9:00am – Bone Builders            10:00am – Aqua Zumba            10:00am – SMARTfit            11:00am – Rabbi Michelson            1:00pm – Lost at the Highlands            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            7:00pm – Erich Cawalla &amp; Cliff Starkey</p>	<p><b>5</b>            8:00am – Stand n’ Drum            9:00am – Arthritis Ability            10:00am – Fists of Fury            10:00am – Public Affairs            11:30am – Salute Lunch Outing <sup>Sign Up</sup>            1:30pm – Lancaster Ave Shopping            1:30pm – Line Dancing            2:00pm – Chapel Service</p>
<p><b>10</b>            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 – 92<sup>nd</sup> Street Y            2:00pm - Aromatherapy</p>	<p><b>11</b>            9:00am – Bone Builders            10:00am – Coffee with Chris            10:00am – Aqua Zumba            10:00am – SMARTfit            1:30pm – Fulton Bank, CVS, etc            2:00pm – Cornhole</p>	<p><b>12</b>            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            4:00pm – Social Hour            7:00pm – Terry Dantzig</p>
<p><b>17</b>            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 – Chorus            3:15pm – Bells</p>	<p><b>18</b>            9:00am – Bone Builders            10:00am – Aqua Zumba            10:00am – SMARTfit            11:00am – Where We Live            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            7:00pm – Josh Duo</p>	<p><b>19</b>            8:00am – Stand n’ Drum            9:00am – Arthritis Ability            10:00am – Fists of Fury            1:30pm – Lancaster Ave Shopping            2:00pm – Chapel Service</p>



# Future At A Glance

Thursday	Friday	Saturday
<b>6</b> 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Community Connect 11:00am – Sea Sculpt 1:00pm – SMARTfit 7:00pm – Bingo	<b>7</b> 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 12:00pm – Heart to Heart <sup>Sign Up</sup> 1:00pm – Wyomissing Famer’s Market 2:00pm – Wyo Library Pickup/ Drop Off 3:00pm – The Great Courses	<b>8</b> 7:00pm – Green Book (2018)
		<b>Sunday</b>
<b>13</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 2:00pm – Sacred Heart Mass 3:30pm – Cooking with Kevin <sup>Sign Up</sup> 7:00pm – Rodale Institute	<b>14</b> 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Shillington Famer’s Market 1:00pm – Seated Exercise 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce	<b>9</b> TBD – Superbowl Party
		<b>Saturday</b>
		<b>15</b> 7:00pm – Only The Brave (2017)
<b>20</b> 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt 11:00am – Community Connect 1:00pm – SMARTfit	<b>21</b> 9:00am – Cardio Blast 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – The Great Courses 1:00pm – Wyomissing Famer’s Market 2:00pm – Wyo Library Pickup/ Drop Off 6:45pm – Friend of Chamber <sup>Sign Up</sup> 7:00pm – Hunter O’Neil	<b>Sunday</b>
		<b>16</b> 2:00pm – Only The Brave (2017)
		<b>Saturday</b>
<b>23</b> 2:00pm – I Can Only Imagine (2018)		<b>22</b> 7:00pm – I Can Only Imagine (2018)
		<b>Sunday</b>

# Resident Clubs

**Duplicate Bridge:** 1:00 p.m. – Cultural Center A  
**Resident Contact:** Mike Kastenbaum  
**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

**American Mahjong:** 1:00pm – Cross Over Bridge  
**Resident Contact:** Lucy Reifsnnyder  
**Meeting Date(s):** Mondays

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

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

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

**French Group:** 1:00 p.m. – Cross Over Bridge Room  
**Resident Contact:** Pat Frankel  
**Meeting Date(s):** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

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

**Pseudo 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

## NEW CLUB OPPORTUNITY

The Highlands is fortunate to have Eastern Bluebirds breeding on campus, but they need our help to thrive. If you are interested in joining a club whose mission is to attract and care for bluebirds, contact Lucy Cairns at [ljanetcairns@gmail.com](mailto:ljanetcairns@gmail.com). Our first meeting will take place in early February.