



# The Highlands Happenings

## Friday, March 7



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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



**Welcome Home**



**Happy Birthday**

# Community News

## **LAB APPOINTMENTS**

The Highlands collaborates with Tower Health – Reading Hospital to provide Lab Courier services on Wednesdays. Tower Health originally communicated a schedule of ten (10) appointment slots being offered, with one appointment scheduled every 10 minutes, beginning at 8:30 a.m. and concluding with the last appointment at 10:00 a.m. This schedule was set by Tower Health – Reading Hospital to ensure the timely delivery of samples to the lab, maintaining their viability.

Recently, this week, an influx of residents were told no appointments were available due to all appointments being filled. We contacted Tower Health to advocate for more appointment slots. We are excited to announce that effective Wednesday, March 12, 2025, Tower Health will now be offering a schedule of fifteen (15) appointment slots, with one appointment scheduled every 10 minutes, beginning at 8:30 a.m. and concluding with the last appointment at 11:00 a.m. The Highlands cannot accommodate specific appointment times. We must assign the appointments in the order in which the request was made as dictated by Tower Health.

Residents are welcome to schedule a lab appointment for any future Wednesday at their convenience, and they do not need to wait until the week of the service to make a request. To request an appointment, please call 484-220-8268.

## **IMPORTANT – To Ensure Timely Response To Resident Requests**

The Programming Hotline is a hotline monitored by every member of Resident Services. Recently, Resident Services has received an influx of requests for various services directly to a member of Resident Services in lieu of the hotline. We kindly request, to ensure a timely response and confirmation of the request, that residents submit their request to the Programming Hotline at 484-220-8268 or [rlp@thehighlands.org](mailto:rlp@thehighlands.org). Residents should place requests and responses for the following services to that hotline:

- Lab Appointments/Questions
- Room Reservations
- Program Registration/Questions

While a member of Residential Services will respond to the phone call. We kindly ask that residents who have follow up questions call the Programming Hotline in lieu of the team member. In doing so, another member of Resident Services can respond to your request should the original caller be otherwise occupied. Residents can still call a member of Resident Services for other personal matters related to their responsibilities.

## **CUBIGO – DINING SERVICES**

We are excited to announce planned enhancements with Cubigo will begin on March 1, 2025. Primarily these enhancements will target dining services, and the gift shop. The planned enhancements will improve the resident experience by providing real-time information to residents on Cubigo. Residents will have the ability to see real-time balances for declining balance and meal plans, daily itemized listing of meals (i.e., entree, accompaniments, desserts) on Cubigo. Training sessions on the new features will occur throughout March and beyond. Residents are encouraged to bring their devices to the training sessions to follow along. Below highlights the training dates and times:

March 10<sup>th</sup> at 10:00 a.m. in CCB

March 20<sup>th</sup> at 2:00 p.m. in CCB

March 24<sup>th</sup> at 10:00 a.m. in CCB

# Community News

## **GIFT SHOP**

We recently received a letter of resignation from Nancy Nagle regarding her role in managing the Gift Shop. While we are sad to have Nancy “retire” from the gift shop, it is important that we take a moment to honor Nancy and the late Mrs. Jen Kimball for their invaluable contributions. Both have left a lasting and meaningful impact on our community, enriching the lives of residents through their kindness, dedication, and passion. Nancy’s leadership and warmth transformed the Gift Shop into a welcoming and vibrant space for all. Together, their efforts not only enhanced the shopping experience but also fostered a sense of connection and camaraderie among residents. We are deeply grateful for their tireless work, and their legacy will continue to inspire and uplift us for years to come.

As we navigate this transition, we have identified a team member to assist in the continued operations of the Gift Shop. This individual will work closely with the current resident volunteers to develop a structured approach to daily operations. We are confident that this collaboration will enhance the overall resident experience and continue to provide meaningful volunteer opportunities. Jared Martz, Director of Community Life and Engagement, will remain involved in a limited capacity, focusing primarily on purchasing and supporting the transition process in the initial phase.

Should you have any questions or concerns, please feel free to contact Jared Martz at 484-220-8265 or [martzj@thehighlands.org](mailto:martzj@thehighlands.org)

## **BASIC PRECAUTIONS – HAND HYGIENE**

Recently, residents have reported a GI (gastrointestinal) bug affecting residents in Residential Living. This particular strain is not impacted by traditional alcohol based hand sanitizers. Residents are highly encouraged to wash their hands, frequently, with soap and water. Additionally, should you be experiencing symptoms, demonstrate caution when socializing with other residents. Please report to Lisa Boylan, Social Services Coordinator, at 484-220-8267 if you feel you have been affected by the bug so that we may communicate more effectively regarding precautions. Thank you

## **WELCOME NEW EXECUTIVE CHEF**

At the Town Hall meeting that occurred on February 27, 2025, we were asked to provide a brief bio on Chef Ted. Our new Executive Chef, Chef Koehle is a welcomed addition to our culinary team. Ted received a Associate’s Degree in Culinary Arts from The Culinary Institute of America, graduating 4th in his class. Ted has more than 35 years of experience working in fine dining, casual dining, country clubs, and senior living. Ted is also a Certified Dietary Manager as well as a Certified Food Protection Professional. Ted resides in Pennsylvania with his wife and 3 children. Ted enjoys hunting, fishing, and working outside.

## **ST. PATRICK’S DAY**

Please join Barbara Witman & Cindy Laubach as they present a PP for St. Patrick's Day. It will be held in the CC on Monday, March 17<sup>th</sup> at 7:00 p.m. You will enjoy hearing & singing some Irish tunes & learning a wee something about this special day of celebration. Wearing O' the Green is not necessary as all are welcomed.

## **COMMUNITY CONNECTION**

### **Week of March 9<sup>th</sup>:**

- Fitness Committee (3/11)

### **Week of March 16<sup>th</sup>:**

- Resident Association (3/20)

# Registration Required

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

## **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 | 3:30 p.m. | Cultural Center Side B

## **WILSON IRON CHEF**

Get ready for a flavor-packed experience at the 9th Annual Wilson Iron Chef on Sunday, March 23, 2025! We're cheering on our very own Highlands Culinary Manager, Justin Savage. For just **\$15**, you'll get access to: Exciting live cooking battles as local restaurants vie for the title of Wilson 2025 Iron Chef, Tasty food tastings and samples from competing restaurants, all included in your ticket, A Vendor Lane filled with even more mouth-watering treats! Don't miss out on this fun-filled, community event at Wilson High School Gymnasium! Let's make it a day to remember and support a great cause. Register on Cubigo or by calling 484-220-8268 for tickets. Transportation is also available.

**Registration Opens:** Open Now

**Registration Closes:** Monday, March 17

**Event Date:** Sunday, March 23 | 1:00 p.m. | Wilson High School

## **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 | 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:** **CLOSED**

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

# Registration Required

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

## **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, April 10 | 3:30 p.m. | Cultural Center Side B

## **BERKS JAZZ FEST – BOBBY LYLE – LIMITED SEATS AVAILABLE (175)**

Bobby Lyle is a seasoned jazz musician with over three decades in the industry, known for his work as a performer, composer, recording artist, and educator. His career took off after moving to Los Angeles, where he was mentored by Wayne Henderson and signed to Capitol Jazz. Lyle's discography spans labels like Atlantic Jazz, Three Keys, and Heads Up, and he's earned recognition with chart-topping albums like *The Journey*. As a musical director, educator, and philanthropist, Lyle has had a significant impact on the Houston music scene and continues to perform, teach, and release music through his own label, New Warrior Music.

**Registration Opens:** Monday, March 24 at 9:00 a.m.

**Registration Closes:** Friday, April 11 at 12:00 p.m.

**Event Date:** Sunday, April 13 | 5:00 p.m. | Cultural Center

## **PUTTING LEAGUE TOURNAMENT**

The Putting League is the perfect way to stay active, socialize, and enjoy a little friendly competition. Sign up today and let's hit the greens!

**Registration Opens:** Monday, March 24 at 9:00 a.m.

**Registration Closes:** Friday, April 11 at 12:00 p.m.

**Event Date:** Sunday, April 13 | 5:00 p.m. | Cultural Center

## **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, March 24 at 9:00 a.m.

**Registration Closes:** Wednesday, April 16 at 12:00 p.m.

**Event Date:** Thursday, April 17 | 1:00 p.m. & 2:00 p.m. | Cultural Center

## **FRIENDS OF CHAMBER MUSIC**

A shuttle to the upcoming Friends of Chamber Music concert.

**Registration Opens:** Monday, March 31 at 9:00 a.m.

**Registration Closes:** Thursday, April 24 at 12:00 p.m.

**Event Date:** Friday, April 25 | 6:45 p.m. | Transportation Center

# Week At A Glance

## Saturday, March 8

7:00pm The Wild Robot (2024) CCB

## Sunday, March 9

2:00pm The Wild Robot (2024) CCB

## Monday, March 10

9:00am Yoga Flow FS  
 9:00am Supervised Gym FCG  
 10:00am Cubigo Training CCB  
 10:00am Sports Talk IR  
 10:00am Drum n' Fun FS  
 10:00am Weis Grocery TC  
 11:00am The Great Courses CCB  
 11:00am Supervised Swim FCP  
 1:30pm 92<sup>nd</sup> Street Y CCB  
 1:30pm Chorus CCA  
 2:00pm Aromatherapy MR  
 3:15pm Bells CCA  
 7:00pm State of the Industry CC

## Tuesday, March 11

9:00am Bone Builders FS  
 10:00am Alvernia Seniors College <sup>Sign Up</sup> TC  
 10:00am Aqua Zumba FCP  
 10:00am Coffee with Chris TR  
 10:00am SMARTfit FCL  
 1:30pm Fulton Bank, CVS, Wine & Spirits TC  
 2:00pm Cornhole FS  
 3:00pm Transition of Care CCB  
 7:00pm Good Die Young CC

## Wednesday, March 12

8:00am Stand n' Drum FS  
 9:00am Arthritis Ability FS  
 10:00am Stayin' Upright FS  
 11:00am Emily Dickinson: Poetry CCB  
 1:30pm Lancaster Ave Shopping TC  
 1:30pm Line Dancing FS  
 2:00pm Chapel Service CC  
 4:00pm Social Hour w/ Senior Leadership CCA

## Thursday, March 13

9:00am Bone Builders FS  
 10:00am Shopping Loop TC  
 10:00am Zumba Gold FS  
 11:00am Sea Sculpt FCP  
 11:00am Great Decisions: India <sup>Sign Up</sup> CCA  
 2:00pm Community Connect - Fitness TR

## Thursday, March 13

3:30pm Cooking with Kevin CCB  
 7:00pm Sense - Ational CC

## Friday, March 14

9:00am Cardio Blast FS  
 10:00am Giant Grocery TC  
 10:00am Arthritis Ability FS  
 11:00am The Great Courses CCB  
 1:00pm Shillington Farmer's Market TC  
 1:30pm Seated Exercise FS  
 2:00pm Wyomissing Library LR  
 2:00pm Bocce CCB

## Saturday, March 15

1:00pm The Rifle: Combat Stories CC  
 7:00pm Ezra (2024) CCB

## Sunday, March 16

2:00pm Ezra (2024) CCB

## Monday, March 17

9:00am Yoga Flow FS  
 9:00am Supervised Gym FCG  
 10:00am Sports Talk IR  
 10:00am Drum n' Fun FS  
 10:00am Weis Grocery TC  
 11:00am The Great Courses CCB  
 11:00am Supervised Swim FCP  
 1:30pm Chorus CCA  
 3:15pm Bells CCA  
 7:00pm St. Patrick's Day CC

## 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

## **THE WILD ROBOT 2024**

From DreamWorks Animation comes an adaptation of Peter Brown's award-winning, #1 New York Times bestseller, *The Wild Robot*. The epic adventure stars Academy Award® winner Lupita Nyong'o (Us, the Black Panther franchise) as Roz, a robot that is shipwrecked on an uninhabited island and must adapt to the harsh surroundings. Gradually Roz starts building relationships with the animals on the island, including a clever fox voiced by Pedro Pascal (*The Last of Us*, *The Mandalorian*), and becomes the adoptive parent of an orphaned gosling named Brightbill. *The Wild Robot* is a powerful story about self-discovery, a thrilling examination of the bridge between technology and nature, and a moving exploration of what it means to be alive and connected to all living things.

**March 8, 2025, | 7:00 p.m. | Cultural Center B**

**March 9, 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.

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

## **CUBIGO TRAINING – Dining Services**

Residents will explore how they can view their meal plan balance directly in Cubigo. Additionally, how to review the specific items ordered from any visit to the Dining Rooms.

**March 10, 2025, | 11:00 a.m. | Cultural Center B**

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

- ***Borobudur – Ancient Buddhist Stupa***

Continue your investigation of Buddhism by turning to the largest Buddhist monument in the world, Borobudur. As you study the terraces of this "cosmic mountain," you'll see superb carved reliefs that tell stories about the Buddha's life, humanity's place in the cosmos, and the path to nirvana....

- ***Colossal Olmec Heads***

Next, your journey takes you halfway around the world to Mesoamerica to explore the unusual Olmec culture. Here in the low-lying Gulf Coast of Mexico, 17 colossal heads offer a startling look at a fascinating and intricate culture-what anthropologists call a "pristine civilization" for its emergence in isolation from the rest of the world....

**March 10, 2025, | 11:00 a.m. | Cultural Center B**

## **92<sup>nd</sup> STREET Y**

The 92nd Street Y, New York is a world-class cultural and community center where people all over the world connect through culture, arts, entertainment, and conversation. For over 140 years, we have harnessed the power of arts and ideas to enrich, enlighten and change lives, and the power of community to repair the world.

**March 10, 2025, | 7:00 p.m. | Cultural Center**

# Feature Events

## **STATE OF THE INDUSTRY**

Annually we present to the Board of Directors and the Board's Committees data, analytics, trends, and demographics about the senior living industry. This represents the State of the Industry and is a collection of data we received from NIC (National Investment Center), Leading Age and Leading Age PA (our state and national associations), Ziegler Senior Living, and other related industry experts. We recently shared the presentation with Residents' Council at their meeting that occurred on Friday, February 14, 2025. Afterwards, the council recommended that we share the presentation with all residents.

**March 10, 2025, | 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 to train your brain and body simultaneously.

**March 11, 2025, | 10:00 a.m. | Fitness Center Lobby**

**March 13, 2025, | 1:00 p.m. | Fitness Center Lobby**

## **TRANSITION OF CARE**

Join the Social Services Coordinators from Residential Living (Lisa Boylan), Personal Care/Memory Support (Andrea Gardner) and Nursing Care (Cailin Cochrane) for an informative session about the transition to higher levels of care process. They will be available to answer any questions and debunk common myths.

**March 11, 2025, | 3:00 p.m. | Cultural Center B**

## **ONLY THE GOOD DIE YOUNG**

Kennedy and Collins. Collins and Kennedy. Along with the Irish Famine of the 1840s, they are unsurprisingly the two other Irish subjects that evoke the most popular interest. Well beyond their Irish roots and magnetic personalities, Jack Kennedy and Mick Collins shared much in common. Both were popular, enormously charismatic leaders who died young, assassinated under mysterious circumstances.

**March 11, 2025, | 7:00 p.m. | Cultural Center**

## **EMILY DICKINSON – HER LIFE THROUGH POETRY**

Come and meet Margaret Yevics, an actress who will beautifully bring to life the remarkable poet Emily Dickinson through her powerful words. Through this captivating performance, Yevics will delve into Dickinson's world, exploring her unique perspective on life, nature, and the human experience. The evening will offer an intimate glimpse into the mind of one of America's greatest poets, showcasing her timeless poetry and intriguing reclusive life.

**March 12, 2025, | 11:00 a.m. | Cultural Center B**

## **CHAPEL SERVICE**

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

**March 12, 2025, | 2:00 p.m. | Cultural Center**

## **SOCIAL HOUR w/ SENIOR LEADERSHIP**

Join members of Senior Leadership for a monthly Happy Hour. 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.

**March 12, 2025, | 4:00 p.m. | Cultural Center A**

# Feature Events

## **GREAT DECISIONS – Registration Required**

As the Republic of India marks its 75th anniversary in January 2025, the world's most populous nation and largest democracy continues to defy simple categorization.

**March 13, 2025, | 11:00 a.m. | Cultural Center B**

## **COMMUNITY CONNECT – Fitness**

An 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.

**March 13, 2025, | 2:00 p.m. | Terrace Room**

## **COOKING WITH KEVIN – Registration Required**

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. 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 culinary experience – we look forward to cooking with you!

**March 13, 2025, | 3:30 p.m. | Cultural Center B**

## **SENSE-ATIONAL WORLDS: UNVEILING THE SECRETS OF ANIMAL/HUMAN PERCEPTION**

In addition to our senses of vision, hearing, smell, taste and feeling, there are several more, and certain animals have sensibilities far beyond what we humans can perceive. We will look at select examples where evolution has granted exceptional abilities.

**March 13, 2025, | 7:00 p.m. | Cultural Center B**

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

- *Career In Music*

According to Tchaikovsky, Mozart's *Don Giovanni* was the inspiration for his musical career. After a brief turn as a civil servant, he joined the teaching faculty at the new Moscow Conservatory, and in 1868 his First Symphony was premiered. He was the only composer in Russia at that time with the education, craft, and talent to combine the best of Western European compositional technique with his own Russian heritage.

**March 14, 2025, | 11:00 a.m. | Cultural Center B**

## **THE RIFLE – COMBAT STORIES OF WWII**

Andy Biggio, a Marine Corps veteran & completed a couple of tours in Afghanistan, will discuss his grandfather's involvement in WW1. His grandfather, who was killed in Italy in WW2, has a M1 Garand rifle. This rifle has been signed by many WWII veterans & the books tell their stories, "The Rifle". He needs about 20 more WWII veterans' signatures to reach 500 on the rifle. Once that is done, the rifle will be displayed at the Smithsonian.

**March 15, 2025, | 1:00 p.m. | Cultural Center**

## **EZRA (2024)**

EZRA follows Max, a stand-up comedian living with his father while struggling to co-parent his autistic son Ezra with his soon-to-be ex-wife. When forced to confront difficult decisions about the future, Max and Ezra embark on an enlightening cross-country road trip. EZRA is an endearing and often funny exploration of a family navigating life's complexities with humor, compassion, and heart.

**March 15, 2025, | 7:00 p.m. | Cultural Center B**

**March 16, 2025, | 2:00 p.m. | Cultural Center B**

# Future At A Glance

Monday	Tuesday	Wednesday
<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            7:00pm – St. Patrick’s Day</p>	<p><b>18</b>            9:00am – Bone Builders            10:00am – Alvernia Senior College <sup>Sign Up</sup>            10:00am – Aqua Zumba            10:00am – SMARTfit            12:00pm – Great Decisions            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            7:00pm – O’Henry Trio</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>
<p><b>24</b>            9:00am – Yoga Flow            9:00am – Supervised Gym            10:00am – Cubigo Training            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            2:00pm – Aromatherapy            3:15pm – Bells</p>	<p><b>25</b>            9:00am – Bone Builders            10:00am – Alvernia Senior College <sup>Sign Up</sup>            10:00am – Coffee with Chris            10:00am – Aqua Zumba            10:00am – SMARTfit            10:30am – Alvernia Senior College <sup>Sign Up</sup>            1:30pm – Fulton Bank, CVS, etc            2:00pm – Cornhole            7:00pm – Dan Kassel</p>	<p><b>26</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</p>
<p><b>31</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>1</b>            9:00am – Bone Builders            10:00am – Coffee with Chris            10:00am – Aqua Zumba            11:00am – Rabbi Michelson            12:30pm – Alvernia Senior College <sup>Sign Up</sup>            1:00pm – Qigong            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            7:00pm – Opus One</p>	<p><b>2</b>            8:00am – Stand n’ Drum            9:00am – Arthritis Ability            9:45am – Longwood Trip <sup>Sign Up</sup>            10:00am – SMARTfit            1:30pm – Lancaster Ave Shopping            1:30pm – Line Dancing            2:00pm – Chapel Service</p>

# Future At A Glance

Thursday	Friday	Saturday
<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 2:00pm – Cubigo Training 1:00pm – SMARTfit 7:00pm – Resident Association	<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	<b>22</b> 7:00pm – The Ten Commandments (1956)
		<b>Sunday</b>
		<b>23</b> 1:00pm – Wilson Iron Chef <sup>Sign Up</sup> 2:00pm – The Ten Commandments (1956)
<b>27</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 11:00am – Community Connect <del>1:00pm – SMARTfit</del> 7:00pm – Resident Town Hall	<b>28</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 6:45pm – Friends of Chamber <sup>Sign Up</sup>	<b>Saturday</b>
		<b>29</b> 7:00pm – Driving Miss Daisy (1989)
		<b>Sunday</b>
		<b>30</b> 2:00pm – Driving Miss Daisy (1989)
<b>3</b> 9:00am – Bone Builders 10:00am – Shopping Loop 10:00am – Zumba Gold 10:00am – Knit and Crochet Connection 11:00am – Sea Sculpt 7:00pm – Bingo	<b>4</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	<b>Saturday</b>
		<b>5</b> 2:00pm – Sing Without End (1960) 7:00pm – Sing Without End (1960)
		<b>Sunday</b>
		<b>6</b> <del>2:00pm – Sing Without End (1960)</del> 6:00pm – So What!

# 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

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

**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

**Pinochle Lessons:** 1:00pm – Cross Over Bridge  
**Resident Contact:** Shelba Pflieger  
**Meeting Date(s):** Wednesdays

**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

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

# 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.



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