

# REGULARLY SCHEDULED DAILY EVENTS



The mission of The Highlands at Wyomissing is to enrich the lives of senior adults through sponsorship of a high quality, not-for-profit, continuing care retirement community.

## Vision Statement:

Our community sets the standard of excellence in retirement living by providing exceptional quality of life, security and value.

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## Attention Residents:

The Weekly Bulletin is undergoing some changes. You will receive a new abbreviated form (a single page) announcing special events or changes. This will include titles only of the movies, travelogues and programs. Detailed descriptions will be available on the daily sheets on the server by the Concierge desk. Today you will receive TWO different Bulletins; Bulletin One: will be the “Regularly Scheduled Events,” such as card party, Highlandaires or for example the exercise classes and shopping trips. (KEEP THIS COPY) as we will only publish this information when significant changes occur. Extra copies will be available at the Concierge Desk. You will continue to receive Weekly Bulletin Two: a single events page each Friday in your in-house mailbox. There have also been requests to provide Large Print copies of these publications as well. They are being made available at the Concierge Desk at your request.

\*All events are subject to change or additional events will be added to the schedule periodically. The Highlands will communicate these changes to all residents as quickly as possible.

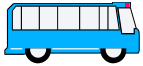
## SATURDAY

1:00 p.m. to 2:30 p.m. **WELLNESS CLINIC.** Blood pressure screening and weight checks are offered at no charge. The Health & Wellness Office is located in the lounge area of the third floor near Apt. #308.

7:15 p.m. **SATURDAY NIGHT AT THE MOVIES** in the Auditorium.

## SUNDAY

Winter Church schedules are available at the Concierge Desk or Transportation Department.



**BUSES TO LOCAL CHURCHES.** Schedules are available at the Concierge Desk or Transportation Department. **Be sure to register at the Concierge Desk by 4:00 p.m. on Friday if you would like to go to church.**

4:00 p.m. **CHURCH SERVICE** will be held in the Auditorium with Pastor Bob Glasgow.

6:00 p.m. **TRAVELOGUE** in the Auditorium.

## MONDAY

10:00 a.m. **BUS TO K-MART/WEIS SHOPPING CENTER AND WACHOVIA BANK.** Register at the Concierge Desk for transportation.

1:30 p.m. **AQUATIC MUSCLE TONING WATER EXERCISE CLASS** will be held in the Fitness Center Pool.

2:00 p.m. **EXERCISE CLASS** will be held in the Auditorium. These exercises are designed to improve muscle strength, circulation, coordination and flexibility. All of the exercises are performed while sitting in a chair. No registration required.

2:15 p.m. **WATER WALKING WITH RANGE OF MOTION EXERCISE CLASS** will be held in the Fitness Center Pool.

2:30 p.m. **Wii GAMES** in the Auditorium following exercise class. Call 610-288-3409 for a reservation.

7:00 p.m. **CARD PARTY** in the Auditorium. Form your group in advance.

## TUESDAY

- 10:30 a.m. **YOGA STRETCH** in the Fitness Center Lobby.
- 1:00 p.m. **Wii GAMES** will meet in The Parlor. Call 610-288-3409 for a reservation.
- 1:00 p.m. **WELLNESS CLINIC.** Blood pressure screening and weight checks are offered at no charge. The Health & Wellness Office is located in the lounge area of the third floor near Apt. #308.
- 2:30 p.m.
- 7:00 p.m. **EVENING PROGRAM** in the Auditorium. To be announced.

## WEDNESDAY

- 10:00 a.m. **AQUATIC MUSCLE TONING EXERCISE CLASS** will be held in the Fitness Center Pool.
- 10:45 a.m. **WATER WALKING WITH RANGE OF MOTION EXERCISE CLASS** in the Fitness Center Pool.
- 1:00 p.m. **BUS TO WYOMISSING POST OFFICE and BERKSHIRE MALL.** Register at the Concierge Desk for transportation.
- 1:30 p.m. **BELL CHOIR REHEARSAL** resumes in the Auditorium. Newcomers welcome.
- 2:30 p.m. **TRIP TO GOGGLEWORKS.** Register at the Concierge Desk for transportation. (1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month)
- 2:45 p.m. **CHORUS REHEARSAL** resumes in the Auditorium. Newcomers welcome.

## THURSDAY

- 10:00 a.m. **KNITTING GROUP** will meet in The Lodge.
- 10:00 a.m. **LIGHT WEIGHTS AND STRETCHES EXERCISE CLASS** in the Auditorium. Newcomers are welcome.
- 1:00 p.m. **BUS TO GIANT MARKET.** Register at the Concierge Desk for transportation.
- 7:00 p.m. **EVENING PROGRAM** in the Auditorium. To be announced.

## FRIDAY

- 9:00 a.m. **BUS TO SHILLINGTON FARMERS' MARKET.** Register at the Concierge Desk for transportation.
- 9:30 a.m. **LINE DANCING** in the Auditorium. This is a fun, great exercise opportunity, and you don't need a partner.
- 1:00 p.m. **BUS TO SHOPPING TRIP OR FRIENDS OF READING HOSPITAL AND READING PUBLIC MUSEUM.** Register at the Concierge Desk for transportation.

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**Don't forget to tune in to Channel 15 each weekday morning at 9:00 a.m. for announcements of the day's events.**

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