



WEEKLY BULLETIN

September 11, 2010 ~ September 17, 2010

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.

SATURDAY, SEPTEMBER 11, 2010

- 10:15 a.m. **TRANSPORTATION TO KESHER ZION SYNAGOGUE.** Depart at 10:15 a.m. Bus will pick-up at Noon. Register at the Concierge by Friday for transportation.
- 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.
- 1:00 p.m. **DUPLICATE BRIDGE** will be played in the Auditorium.
- 7:15 p.m. **SATURDAY NIGHT AT THE MOVIES** in the Auditorium. **“RIDE ‘EM COWBOY” (1942)** Bud Abbott and Lou Costello head to a dude ranch with a western novelist to learn how to be real cowboys. Also starring Johnny Mack Brown, The Merry Macs, Ella Fitzgerald, The Hi-Hatters, The Buckaroo Band.



Running Time –1 hour, 26 minutes

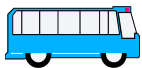
Not Rated – Black and White

Bring a pillow for comfort!

Next Week: “The Other Boleyn Girl” (2008)

SUNDAY, SEPTEMBER 12, 2010

Summer 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. **VESPER SERVICE** with Pastor Glasgow will be held in the Auditorium.
- 6:00 p.m. **TRAVELOGUE** in the Auditorium. **“YELLOWSTONE” (1988)** Experience the spectacular, wild beauty of Yellowstone National Park...the splendor of its seasons and the majesty of its wildlife...all from the most scenic vantage points.
Running time: 55 minutes.

THE TALK OF THE HIGHLANDS will be shown weekdays at 1:30 p.m. and on the weekend at 4:30 p.m. on Channel 15. The program beginning Monday, September 13, 2010 will be “Amazing Technologies in Ophthalmology” presented by Dr. Primack, taped on June 24, 2010.

MONDAY, SEPTEMBER 13, 2010

- 10:00 a.m. **BUS TO K-MART/WEIS SHOPPING CENTER AND WACHOVIA BANK.** Register at the Concierge for transportation.
- 12:00 p.m. **ACTIVE AGING LUNCHEON** in the Main Dining Room. The topic will be “Joint Replacement – What’s New?” by Dr. John Casey.
- 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.
- 7:00 p.m. **CARD PARTY** in the Auditorium. Form your group in advance.

TUESDAY, SEPTEMBER 14, 2010

- 9:00 a.m. **YOGA STRETCH** in the Auditorium. No registration required.
- 10:00 a.m. **NO BIBLE STUDY – SUMMER HIATUS**
- 1:00 p.m. – 2:30 p.m. **WELLNESS CLINIC.** Stop by the Health and Wellness Office for blood pressure screening and weight check at no charge. The office is located in the lounge area of the third floor near Apt. #308.
- 1:30 p.m. **TRIP TO WATERLOO GARDENS, EXTON AND WEGMAN’S GROCERY STORE – MALVERN LOCATION.** Depart 1:30 p.m. Register at the Concierge with your \$10.00 transportation fee. Dinner will be on your own at Wegman’s in Malvern.

WEDNESDAY, SEPTEMBER 15, 2010

- 9:00 a.m. – 1:00 p.m. **AARP SAFE DRIVER CLASS PART 1** in the Auditorium. Register at the Concierge, \$12.00 AARP Members, \$14.00 Non-member fee.
- 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.

WEDNESDAY, SEPTEMBER 15, 2010 (CONTINUED)

1:00 p.m. **BUS TO WYOMISSING POST OFFICE and BERKSHIRE MALL.** Register at the Concierge for transportation.

NO BELL OR CHORUS REHEARSAL – SUMMER HIATUS.

2:30 p.m. **GOGGLEWORKS TRIP.** Register at the Concierge Desk for transportation.

3:00 p.m. **MASS WILL BE CELEBRATED** in the Personal Care Activity Room.

THURSDAY, SEPTEMBER 16, 2010

9:00 a.m. –
1:00 p.m. **AARP SAFE DRIVER CLASS PART 2** in the Auditorium.

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 for transportation.

1:30 p.m. **HEALTH AND WELLNESS PROGRAM** in the Auditorium. Dr. Winans will present a program on “Respiratory Infections.”

7:00 p.m. **ROLLIN WILBUR, PIANIST** in the Auditorium.

FRIDAY, SEPTEMBER 17, 2010

9:00 a.m. **BUS TO SHILLINGTON FARMERS’ MARKET.** Register at the Concierge for transportation.

9:30 a.m. **LINE DANCING** in the Fitness Center Lobby. This is a fun, great exercise opportunity and you don’t need a partner.

10:00 a.m. **RESIDENT ASSOCIATION** in the Auditorium.

1:00 p.m. **BUS TO WALMART.** Register at the Concierge for transportation.

2:00 p.m. **DOLL WORKSHOP** in The Lodge.

FUTURE EVENTS

- Saturday, September 18** **Herb Geri**, 5:00 p.m. in the Terrace Room.
- Sunday, September 19** **Endowment Fund Dinner**, 5:00 p.m. in the Main Dining Room.
- Tuesday, September 21** **Special Movie Presentation – “Temple Grandin” (2010)** in the Auditorium.
- Wednesday, September 22** **Bellaires Rehearsal resumes**, 1:30 p.m. in the Auditorium. Newcomers welcome.
- Wednesday, September 22** **Highlandaires Rehearsal resumes**, 2:45 p.m. in the Auditorium. Newcomers welcome.
- Wednesday, September 22** **Tom Witman plays the piano**, 4:00 p.m. in the Main Lounge.
- Wednesday, September 22** **Therapy Dogs**, 7:00 p.m. in the Auditorium.
- Thursday, September 23** **Art Reception for Eugene Burkhart**, 5:00 – 7:00 p.m. in the Auditorium.
- Tuesday, September 28** **Miller-Keystone Community Blood Drive**, 11:00 a.m. to 3:00 p.m. at Personal Care Entrance, call Sharon Kramer at 610-288-3406 for more information.
- Tuesday, September 28** **“Out to Dinner” at Kyma Seafood Grill**, depart 5:30 p.m. for a 6:00 p.m. reservation. Register at the Concierge with your \$5.00 transportation fee.
- Wednesday, September 29** **Know Your Symphony**, 7:30 p.m. in the Auditorium.
- Thursday, September 30** **“The Autumn Leaves Dance,”** 7:00 p.m. in the Auditorium. Music by “By Request.”
- Friday, October 1** **“Fall Picnic at Blue Marsh,”** depart The Highlands 11:30 a.m. Register at the Concierge with your \$10.00 fee.

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