ENGAGE
WELLNESS-FOCUSED LIVING

Highlands Happenings

WELLNESS-FOCUSED LIVING

May 9, 2021 – May 15, 2021

SPECIAL THANK YOU

The Highlands at Wyomissing would like to extend our deepest gratitude to all those residents who volunteered at the vaccine clinics. We would not have been able to provide over 4000 individuals their COVID-19 vaccine without your help. Thank you!

HAPPY MOTHER'S DAY

The Highlands at Wyomissing wishes all mothers and mother figures a happy Mother's Day!

OVERNIGHT GUESTS

Residential Living residents are once again welcome to host overnight guests in their apartment or villa. Visitation is limited to the residence only. Common areas (i.e., fitness center, library, main lounge, billiards room, etc.), the dining rooms, and the public restrooms remain closed to visitors.

Residents are reminded that guests who will be staying for more than seven (7) consecutive days are considered extended stay guests and need to be pre-registered by their host resident with Social Services. The resident hosting the guest will be billed a fee (at the current published charge) beginning with day eight (8) of the stay. Each residence is eligible to have extended stay guests for up to sixty (60) days during a calendar year. *(Resident Handbook 2018 edition, page 22)*

Questions about overnight guests or to register an extended stay guest should be directed to Ashley Mest, Social Services Coordinator, reached at mesta2@thehighlands.org or 484-220-8267.

HAPPY BIRTHDAY TO YOU!!!

WELCOME NEW RESIDENTS

ANNOUNCEMENTS

SHUFFLEBOARD LEAGUE: The Spring 2021 Shuffleboard League will begin on Monday, May 17. Residents interested in participating in the league should submit their name, partner name, and availability to resident by Monday, May 10. Refer to the flyer distributed in mailboxes on Wednesday, April 28 for full details. Extra copies can be found in the Mailroom.

RESIDENT TOWN HALLS: Residents will be receiving invitations to attend Town Halls in Cultural Center Side A throughout the month of May. These Town Halls will be hosted by President/CEO Kevin DeAcosta and are by invitation only.

UPCOMING LOCAL ELECTION: The Highlands will not be a polling place for the upcoming local elections on Tuesday, May 18. If you wish to obtain a mail-in ballot, you can request one online at www.votespa.com or find a copy in the Mailroom. If you need assistance filling out the applications, please contact Ashley Mest at 484-220-8267.

WAYS TO AGE WELL TIP OF THE WEEK: According to the Mather Institute, Antioxidants in purple/red grapes, leafy greens, and sweet potatoes reduce chronic inflammation, which has been linked to Alzheimer's. Eat a wide range of produce daily.

PHARMACIES, POST OFFICE, & BANK: Trips to Walgreen, CVS, Mohnton Post Office, and Fulton Bank have resumed. Pre-registration is required in the trip binder located on the Concierge Desk counter.

Tuesdays at 1:30 p.m.:
Fulton Bank

1st & 3rd Wednesdays at 1:30 p.m.:
CVS and Wine & Spirits

2nd & 4th Wednesdays at 1:30 p.m.:
Walgreens and Mohnton Post Office

THE HIGHLANDS AT WYOMISSING RESIDENT SCHOLARSHIP FUND: The Scholarship committee is happy to announce that it has completed the interview process of qualified employees. The introduction of the recipients will be made at the May 20 Residents Association meeting. Once again, many thanks to all the very generous donors who have made this dream possible. We hope to continue to grow this Fund each year so that even more qualified employees may be helped with their career journeys. Contributions may be made to the Highlands Scholarship Fund and placed in the gray box in the mail room. Thank you!

CALLING ALL GOLFERS: If you have an interest in competing in a late September 9-hole, mixed- team, scramble-format tournament followed by lunch and awards, please let resident know by Saturday, May 15, 2021. A prompt response is needed to begin working with the golf course staff to arrange the details.

THREE H GROUP: Residents living on the ground floor in the main building need some assistance with their small gardens outside their apartments. These small spaces enrich the beauty of our community. The Three H Club are looking for volunteers to assist these residents.

GROCERY SHOPPING TRIPS: Weekly grocery shopping trips have resumed. Residents must register in the trip binder located on the counter at the Concierge Desk. Registration will be limited to 14 residents.

Monday, May 10 @ 10:00 a.m. – Weis
Thursday, May 13 @ 1:30 p.m. – Giant
Friday, May 14 @ 10:00 a.m. – Lidl*

*Lidl is a new grocery store that has been added to the traditional grocery store options. The store primarily focuses on fresh produce, bakery items, meats, and everyday items. Lidl is an environmentally conscious store that requires all individuals to bring reusable bags and bag their own groceries.

WEEKLY FEATURES

OUR PLANET, ONE PLANET: Experience our planet's natural beauty. In this episode, witness the intricate ecosystems that are in offshore seas. This program will take place on Channel 956 (HTN) on Monday, May 10 at 10:00 a.m.

BRAIN FITNESS: Try your hand at different kinds of puzzles and work with other residents as teams or independently. Join us in Cultural Center Side B on Tuesday, May 11 at 10:00 a.m. Limited to the first 25 residents.

THE SOUTH COAST OF ENGLAND AND THE CHANNEL ISLES TRAVELOGUE: On Wednesday May 12 at 1:30 p.m. in Cultural Center Side B, , a Highlands resident, will offer a slide presentation covering a small-ship cruise that he and his wife Barbara took about 4 years ago along the south coast of England and nearby islands. This will be the second half of a slide show of our visit to the British Isles during the summer of 2017, with the first part having taken place in southeastern Ireland and northwestern Wales. The second part, covered by this presentation, departed from St. Davids in Wales on September 4, following the coast of Cornwall to the port of Fowey and then eastward to Devon for a visit to Dartmouth and on to the Island of Alderney, then past the Isle of Wight to Portsmouth and on through the Thames Estuary to dock at London. There we spent another 3 days visiting the city of Westminster, the St. James and Trafalgar Square areas of London, including several of Sir Christopher Wren's 17th century churches, many of which had been restored after suffering severe damage from German bombing raids during the WWII Battle of Britain. Limited to the first 25 residents.

AROMA THERAPY: Breathe in the warming aromas as you relax and enjoy engaging conversation. Join us on Friday, May 15 at 2:00 p.m. in Cultural Center Side B. Limited to the first 25 residents.

START YOUR MORNING OFF RIGHT with a fresh start exercise program. Tune in every weekday for a different exercise class on Channel 956 (HTN). Rachel Stine will be teaching Yoga Flow on Monday, May 10 at 9:00 a.m. Martha Connolly will be teaching Pilates on Tuesday, May 11 at 10:00 a.m. Sherri Freifelder will be teaching Zumba Gold on Wednesday, May 12 at 10:00 a.m. Jani Ott will be teaching Ball-O-Flex on Friday, May 14 at 9:30 a.m.

FAMOUS WOMEN SINGERS: In celebration of Mother's Day, resident will perform songs made popular by many female singers in Cultural Center Side B on Tuesday, May 11 at 1:30 p.m. This is a chance to test your memory of special occasions when you saw & heard these women sing, danced to their music, or just listened to the beautiful arrangement. This will be a listening, remembering, & relaxing time for you to enjoy playing these well-known tunes on the piano. Limited to the first 25 residents.

TECH TOPIC: This program is a hands-on, interactive class that goes over tips, tricks, and tutorials on common electronic devices. Join us in Cultural Center Side B on Wednesday, May 12 at 2:30 p.m. as we discuss YouTube. Residents are encouraged to bring their devices with to class. Limited to the first 25 residents.

BINGO! will take place on Friday, May 14 at 10:00 a.m. in Cultural Center Side B. We will be playing just for fun; no prizes will be given. Please bring a pencil or erasable writing tool so that you can reuse the playing card. Limited to the first 25 residents.

MINDFULNESS BREATHING: Come sit and relax while training your respiratory muscles. This has benefits to help improve respiratory function, endurance and control of your body and emotions. Refer to the "Week At A Glance" section for dates, times, and room location. Limited to the first 25 residents.

WEEK AT A GLANCE

Sunday, May 9, 2021

9:30 a.m.	Safe On Your Feet	CH956	Physical
11:00 a.m.	The Passion of the Christ (2004, R, 130 mins, Subtitles)	CH956	Spiritual
1:30 p.m.	From Jesus to Christ: The First Christians, Part 2	CH956	Spiritual
7:00 p.m.	The Passion of the Christ (2004, R, 130 mins, Subtitles)	CH956	Spiritual

Monday, May 10, 2021

9:00 a.m.	Yoga Flow	FS / CH956	Physical
10:00 a.m.	Costal Seas: Our Planet	CH956	Intellectual
10:00 a.m.	Drum n' Fun	FS	Physical
10:00 a.m.	Trip to Weis Grocery*	TD	Nutritional
11:00 a.m.	Notting Hill (1999, PG-13, 120 mins, Subtitles)	CH956	Intellectual
1:00 p.m.	Seated Exercise	FS	Physical
2:00 p.m.	A Look At Historic Berks County	CC-B	Intellectual
3:30 p.m.	Explore Series: Germany	CH956	Intellectual
7:00 p.m.	Notting Hill (1999, PG-13, 120 mins, Subtitles)	CH956	Intellectual
7:10 p.m.	Letters To Juliet (2010, PG, 110 mins, Subtitles)	CC-A	Social

Tuesday, May 11, 2021

9:00 a.m.	Strengthen & Tone	FS	Physical
9:00 a.m.	Fresh Air Walking Club	ML	Physical
10:00 a.m.	Brain Fitness	CC-B	Intellectual
10:00 a.m.	Pilates	FS / CH956	Physical
11:00 a.m.	The Trial of Chicago 7 (2020, R, 130 mins, Subtitles)	CH956	Intellectual
1:00 p.m.	Supervised Swim	Pool	Physical
1:30 p.m.	Trip to Fulton Bank*	TD	Social
1:30 p.m.	Famous Women Singers*	CC-B	Social
3:30 p.m.	Lost Worlds: Yucatan Peninsula	CH956	Intellectual
7:00 p.m.	The Trial of Chicago 7 (2020, R, 130 mins, Subtitles)	CH956	Intellectual

Wednesday, May 12, 2021

9:00 a.m.	Supervised Swim	Pool	Physical
9:00 a.m.	Cardio & Tone	FS	Physical
10:00 a.m.	Zumba Gold	FS / CH956	Physical
10:00 a.m.	Gustavo Dudamel and the Berlin Philharmonic	CC-B	Intellectual
11:00 a.m.	This Is The Army (1943, G, 120 mins, Subtitles)	CH956	Intellectual
1:00 p.m.	Seated Exercise	FS	Physical
1:30 p.m.	Trip to Mohnton Post Office and Walgreens*	TD	Social
1:30 p.m.	South Coast Of England And The Channel Isles Travelogue*	CC-B	Social
2:30 p.m.	Tech Topic: YouTube	CC-B	Intellectual
3:30 p.m.	Renaissance & Baroque 1400–1800, with Rick Steves	CH956	Intellectual
7:00 p.m.	This Is The Army (1943, G, 120 mins, Subtitles)	CH956	Intellectual
7:10 p.m.	Letters To Juliet (2010, PG, 110 mins, Subtitles)	CC-A	Social

Disclaimer: All programming is subject to be substituted or change. Refer to the next page for the room location key.

WEEK AT A GLANCE

Thursday, May 13, 2021

9:00 a.m.	Supervised Swim	Pool	Physical
9:00 a.m.	Drum n' Fun	FS	Physical
10:00 a.m.	Balance & Control	FS	Physical
10:00 a.m.	Who Were The Neanderthals?	CH956	Intellectual
11:00 a.m.	Top Hat (1935, G, 100 mins, Subtitles)	CH956	Intellectual
1:00 p.m.	Supervised Swim	Pool	Physical
1:30 p.m.	The Mayan Empire	CH956	Intellectual
1:30 p.m.	Trip to Giant Grocery Store*	TD	Nutritional
3:00 p.m.	German Philharmonic: Tribute to Composer John Williams	CH956	Emotional
7:00 p.m.	Top Hat (1935, G, 100 mins, Subtitles)	CH956	Intellectual

Friday, May 14, 2021

9:30 a.m.	Ball-O-Flex	FS / CH956	Physical
10:00 a.m.	BINGO!	CC-B	Intellectual
10:00 a.m.	Trip to Lidl Grocery Store*	TD	Nutritional
10:15 a.m.	Aqua Fit	Pool	Physical
11:00 a.m.	Breathe (2017, PG-13, 120 mins, Subtitles)	CH956	Intellectual
1:00 p.m.	Seated Exercise	FS	Physical
1:30 p.m.	Mindfulness Breathing	CC-B	Spiritual
2:00 p.m.	Aroma Therapy	CC-B	Emotional
3:30 p.m.	The Civil War Battle Series: Gettysburg	CH956	Intellectual
7:00 p.m.	Breathe (2017, PG-13, 120 mins, Subtitles)	CH956	Intellectual
7:10 p.m.	Letters To Juliet (2010, PG, 110 mins, Subtitles)	CC-A	Social

Saturday, May 15, 2021

9:30 a.m.	Cardio & Tone	CH956	Physical
11:00 a.m.	Freedom Writers (2007, PG-13, 120 mins, Subtitles)	CH956	Intellectual
1:30 p.m.	Armed Forces Day: The U.S. Army Orchestra	CH956	Emotional
7:00 p.m.	Freedom Writers (2007, PG-13, 120 mins, Subtitles)	CH956	Intellectual

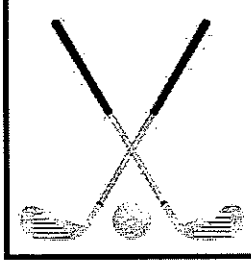
Programming Location Key

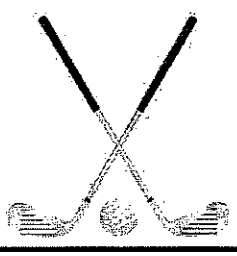
*	Indicates program that requires registration at the Concierge Desk
/	Indicates a program is occurring in more than one location
CC	Cultural Center
CC-A	Cultural Center Side A
CC-B	Cultural Center Side B
CH956	Highlands Television Network
FS	Fitness Studio
ML	Main Lounge
Pool	Fitness Center Pool
TD	Transportation Depot

Highlands Fall Golf Classic

In the interest of reviving the Highlands Fall Golf Classic, we would like to hear from you. The golf classic consists of a 9-hole, mixed-team scramble. The tentative timeframe for the golf classic is in either September or October this fall. This may seem a bit early to decide, but lead time is required to reserve space in the venue's schedule.

All residents interested in participating, please contact George Gerhart at 610-777-7376 or grgsrmd@aol.com.





Dining Services Announcements

Mother's Day

We are featuring a special Mother's Day Menu on Sunday May 9, 2021.
Reservations are required for all dining areas .

Burger Night

Burger night will not be offered on Mother's Day Sunday May 9, 2021.

Dining Reservations, To Gos or Room Service

Please **call 484-220-8316** to place to go orders or email
diningorders@thehighlands.org

To Go Orders

To go orders can be packed by dining staff and picked up by residents in the Bistro market area Monday – Saturday. Sundays To gos can be ordered from the brunch menu 11 a.m.- 2:30 p.m. and picked up outside the Bistro doors.
There is no charge for to go meals that are picked up in the Bistro.

Menus

NEW! The dining area menus are now showing on the TV outside the Bistro.
Menus will continue to be posted on the resident portal as well.

Bistro and Wyomissing Club Room Menu

To Go orders, Reservations and Room Service call 484-220-8316 or email diningorders@thehighlands.org

MONDAY, MAY 10

Fruited Gelatin GF
Cream of Potato Soup GF
Chicken Vegetable Soup GF
Stuffed Pork Chop w/ Gravy
Meatball Sub Sandwich GF
Sea Chef Salad GF
Roasted Red Potatoes GF
Baby Lima Beans GF
Harvard Beets GF
Broccoli w/wo Cheese Sauce GF
Butterscotch Pudding
Chocolate Mint Pie

TUESDAY, MAY 11

Strawberry Greens Salad GF
Chicken Vegetable Soup GF
Beef Orzo Soup
Seafood Stuffed Sole
Spinach & Cheese Quiche
Fried Chicken
Basmati Rice GF
Green Beans GF
Baby Carrots GF
Squash Medley GF
Cherry Pie
Chocolate Cake

WEDNESDAY, MAY 12

Herring in Wine Sauce GF
Broccoli Cheese Soup GF
Beef Orzo Soup
Beef Stroganoff GF
New Orleans Shrimp Cake
Asian Chicken Salad
Buttered Noodles
Ratatouille GF
Cauliflower GF
Summer Blend GF
Coconut Custard Pie
Bananas Foster

THURSDAY, MAY 13

Spinach *with Bacon Dressing* GF
Chicken Corn Noodle Soup
Broccoli Cheese Soup GF
Shrimp Stir Fry w/ Rice GF
Hot Roast Beef (GF)on White
Chicken Parmesan w/ Capellini
Dutch Potato Cakes
Stir Fry Vegetables GF
Asparagus GF
Broccoli w/wo Cheese Sauce GF
Cannoli
Dutch Apple Pie

FRIDAY, MAY 14

Potato Salad GF
Stuffed Pepper Soup GF
Chicken Corn Noodle Soup
BBQ Pork Ribs GF
Chicken Cordon Bleu
Tuna Stuffed Tomato Plate GF
Curly Fries GF
Calico Baked Beans GF
Wilted Spinach w/ Bacon GF
Squash Medley GF
Strawberry Crepes
Chocolate Chip Bread Pudding

SATURDAY, MAY 15

Corn Relish GF
Split Pea Soup GF
Stuffed Pepper SoupGF
London Broil GF
Monkfish Picatta GF
Baked Ziti *w/ Garlic Bread*
Rissole Potatoes GF
Green Beans GF
Balsamic Beets GF
Summer Blend GF
Lemon Bar
Peanut butter Pie

Always Available

Baked Salmon *w/ Dill Sauce,* Baked Chicken, Penne/Meat sauce or Marinara Sauce whipped, baked or Sweet Potato
Salads: Fruit cup, Spring Mix w/ Dressing, Coleslaw Applesauce, Salad of the day
Desserts: Angel Food Cake, Rice pudding, Hand Fruit (apple, banana, orange), Dessert of the day

SUNDAY, MAY 16

SUNDAY BRUNCH
Wyomissing Club Room, Terrace Room and Bistro
Brunch Menu included separately

Terrace Room Dining

Menu for May 10th to May 15th

APPETIZERS

Crispy Eggplant Caprese
Panko-breaded Eggplant, fried crispy and served with fresh mozzarella, cherry tomato salad and basil pesto.GF

Soup du Jour

Fresh Fruit Cup-*GF*

Classic Coleslaw-*GF*

Cheeseburger Soup
Ground beef cooked in beef stock with onions and garlic. Thickened with white American cheese and garnished with chiffonade of lettuce and a tomato, onion, pickle salad. GF

Mixed Greens Salad-*GF*

Salad du Jour

Caesar Salad

ENTREES

Steak Frites
Stout-cut Sirloin, pan-seared to order and served with a blue cheese butter and parmesan steak fries w/ truffle mayo. GF

Artic Char
Crisp-skin seared, finished with citrus and served with Beluga Lentils GF

Pork Picatta
Red wine and herb marinated boneless chop, grilled and served with a caper-tomato picatta sauce. GF

Pasta du Jour: Crabby Manicotti
"Fresh pasta stuffed with ricotta cheese and crab meat. Baked in a fresh tomato sauce and garnished with shaved parmesan and herbs.

Pan Roasted Salmon-*GF*
served on a bed of sautéed spinach, topped with lemon butter sauce

Farm Fresh Omelet-*GF*
stuffed with your choice of tomato, pepper, onion, mushroom, ham, bacon, cheese

Pan-Seared Strip Steak-*GF*
Served with red wine reduction

ACCOMPANIMENTS

Primavera Sauté

Cauliflower Gratin *GF*

Parmesan Steak Fries *GF*
with Truffle Mayo

Vegetable du Jour

Baked Idaho or Sweet Potato

Beluga Lentils

In accordance with PA Department of Health rules - The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.

May 10-15, 2021

Bistro, Wyomissing Club and Terrace Room
Brunch Menu May 16, 2021
Sundays 11:00 a.m.- 2:30 p.m.

STARTERS

Fresh Fruit Cup

Highlands' Mimosa $6.00
Champagne mixed with your choice of Cranberry or Orange Juice

Bloody Mary $6.00
Vodka, Tomato Juice, Horseradish, dash of Worcestershire Sauce and Pepper garnished with a Celery Stalk

Cheese Blintz
with Fruit Sauce

Sticky Bun

BRUNCH SELECTIONS

Traditional Eggs Benedict
Poached Farm Fresh Eggs served on an English Muffin with Canadian Bacon and a Lemon Hollandaise

Bananas Foster French Toast
Caramelized brown sugar banana topping and a rich French toast.

Roast Turkey *with Potato Filling*
Oven Roasted Turkey, Sliced, then Topped with Rich Turkey Gravy.
Served with Potato Filling & Broccoli

Crab Cake Sandwich
Served on a brioche roll with Lettuce, Tomato and Onion. Served with your choice of French Fries or Onion Rings

Parmesan Crusted Steak & Eggs
Angus Choice Sirloin, topped with Parmesan Reggiano and broiled. Served with two eggs any style and a fresh tomato bruschetta salsa.

Mini Bagels & Lox Platter
Toasted Mini Bagels and Lox served with traditional garnitures and whipped cream cheese with chives

Farm Fresh Omelet
Whipped Farm Fresh Eggs stuffed with your choice of tomato, spinach, peppers, onions, mushrooms, ham, bacon, cheese

Blueberry Pancakes
Fluffy pancakes with fresh blueberries and vanilla, fresh whipped cream and Pennsylvania-produced maple syrup.

ACCOMPANIMENTS

Bacon or Sausage

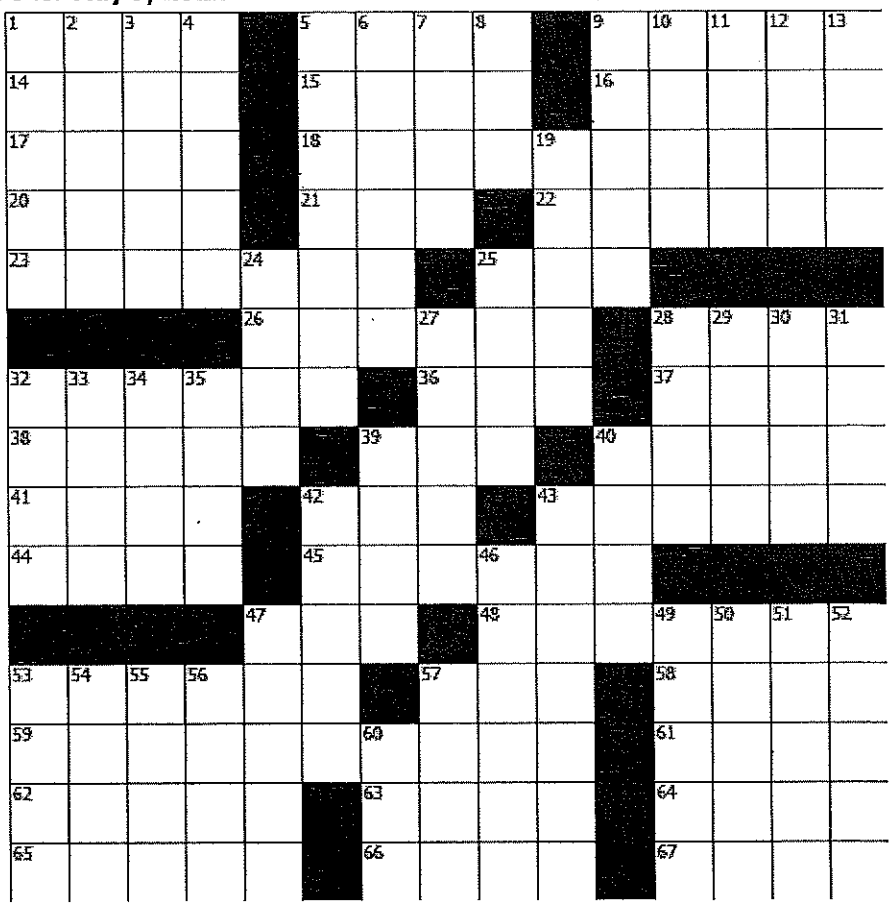
Highlands Home Fries or
Mixed Greens
with Strawberry Balsamic Vinaigrette

In accordance with PA Department of Health rules - The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.

Free Printable Crossword Puzzle #6

This is the Daily Crossword Puzzle **#6** for **May 7, 2021**

Find the solution at
https://onlinecrosswords.net/72943



Across

1. Metallic rocks
5. "Of _____ I Sing"
9. Short skirts
14. Beer ingredient
15. Ramble
16. Rub out
17. Doing nothing
18. Inappropriate
20. Stadium part
21. Behold
22. Talked back
23. 14-line poems
25. House addition
26. Go to bed
28. Ocean vessel
32. Withstand
36. _____ guilty
37. Peel
38. Malt brews
39. Possesses
40. Gem weight
41. Talk big
42. Energy
43. Tranquil
44. Cobbler's concern
45. Baby's toy
47. Group
48. Opposite of western
53. Morally pure
57. Coffeepot
58. _____ vera
59. Slept through winter
61. Tousle
62. Amphitheater
63. Foundation
64. Revise copy
65. _____ bear
66. Burn
67. Poor grades

Down

1. Fails to include
2. AM-FM _____
3. Actress _____ DeGeneres
4. Ship's rear
5. Board member
6. Truthful
7. Leisure
8. Flightless bird
9. Iron or lead
10. Retirement accounts (abbr.)
11. Catches
12. _____ of Capri
13. Kernel
19. Small landmass
24. Slips up
25. Love god
27. Not fitting
28. Practice boxing
29. Rabbit's kin
30. Tehran's country
31. Baseball's _____ Rose
32. Flows back
33. Fiddling emperor
34. Hand out cards
35. Egg on
39. Miami team
40. Mediocre grades
42. Groom
43. Libel's kin
46. India's Mother _____
47. Wander off
49. Made docile
50. Avoid capture
51. _____ O'Donnell of TV
52. Birds' abodes
53. Talk
54. Employ
55. Sleeping
56. Export
57. Provo's state
60. CBS rival

May 2021

The Highlands at Wyomissing Fitness Calendar

Class Length Key
♦ = 30 Minutes
♦♦ = 45 Minutes
♦♦♦ = 60 Minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
3 9:00 a.m. Yoga ♦♦♦ 10:00 a.m. Drum N' Fun ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	4 9:00 a.m. Strengthen & Tone ♦♦ 10:00 a.m. Pilates ♦♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim ♦♦♦	5 9:00 a.m. Supervised Swim♦♦ 9:00 a.m. Cardio & Tone ♦♦ 10:00 a.m. Zumba ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	6 9:00 a.m. Supervised Swim ♦♦ 9:00 a.m. Drum N' Fun ♦ 10:00 a.m. Balance ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim♦♦♦	7 9:30 a.m. Ball-O-Flex ♦ 10:15 a.m. Swim N' Fun ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	1/8 9:30 a.m. Cardio & Tone ♦♦ 2/9 9:30 a.m. Safe on your feet ♦♦
10 9:00 a.m. Yoga ♦♦♦ 10:00 a.m. Drum N' Fun ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	11 9:00 a.m. Strengthen & Tone ♦♦ 10:00 a.m. Pilates ♦♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim ♦♦♦	12 9:00 a.m. Supervised Swim♦♦ 9:00 a.m. Cardio & Tone ♦♦ 10:00 a.m. Zumba ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	13 9:00 a.m. Supervised Swim ♦♦ 9:00 a.m. Drum N' Fun ♦ 10:00 a.m. Balance ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim♦♦♦	14 9:30 a.m. Ball-O-Flex ♦ 10:15 a.m. Swim N' Fun ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	15 9:30 a.m. Cardio & Tone ♦♦ 16 9:30 a.m. Safe on your feet ♦♦
17 9:00 a.m. Yoga ♦♦♦ 10:00 a.m. Drum N' Fun ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	18 9:00 a.m. Strengthen & Tone ♦♦ 10:00 a.m. Pilates ♦♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim ♦♦♦	19 9:00 a.m. Supervised Swim♦♦ 9:00 a.m. Cardio & Tone ♦♦ 10:00 a.m. Zumba ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	20 9:00 a.m. Supervised Swim ♦♦ 9:00 a.m. Drum N' Fun ♦ 10:00 a.m. Balance ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim♦♦♦	21 9:30 a.m. Ball-O-Flex ♦ 10:15 a.m. Swim N' Fun ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	22 9:30 a.m. Cardio & Tone ♦♦ 23 9:30 a.m. Safe on your feet ♦♦
24/31 9:00 a.m. Yoga ♦♦♦ 10:00 a.m. Drum N' Fun ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	25 9:00 a.m. Strengthen & Tone ♦♦ 10:00 a.m. Pilates ♦♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim ♦♦♦	26 9:00 a.m. Supervised Swim♦♦ 9:00 a.m. Cardio & Tone ♦♦ 10:00 a.m. Zumba ♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	27 9:00 a.m. Supervised Swim ♦♦ 9:00 a.m. Drum N' Fun ♦ 10:00 a.m. Balance ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Supervised Swim♦♦♦	28 9:30 a.m. Ball-O-Flex ♦ 10:15 a.m. Swim N' Fun ♦♦ 11:00 Supervised Gym ♦♦♦ 1:00 p.m. Seated Exercise ♦	29 9:30 a.m. Cardio & Tone ♦♦ 30 9:30 a.m. Safe on your feet ♦♦

Refer to the Highlands Happenings for room locations as they are subject to change.