

# THE HIGHLANDS HAPPENINGS

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*Be the reason someone smiles today.*

## HIGHLANDS GIFT SHOP

As the Holidays approach, The Highlands Gift Shop will feature Faux Holiday Arrangements of greens, flowers, fruit, and berries. These arrangements are handcrafted here at the Highlands, each unique in design, presented in very distinctive containers and modestly priced. Many are suited for apartment living and ease of storage. Guaranteed to brighten your Holidays or those of a loved one for years to come. Different arrangements will appear through the months of November and December. Please stop by often and see them. The Gift Shop will also be holding its annual Open House with wonderful gift items, clothing, and jewelry on Saturday, December 3<sup>rd</sup> from 12:00 p.m. to 3:00 p.m. Don't miss it! All are welcome including residents, future residents, friends, family, and staff.

## HIGHLANDS HAPPENINGS ENHANCEMENT

After receiving and listening to the resident feedback, the Highlands Happenings will undergo an enhancement to improve program and community communication. The Highlands Happenings will now become two documents, a monthly program calendar and a weekly newspaper. This enhancement will allow the programming department to communicate more effectively and efficiently important information about programming and non-programming related content.

### • MONTHLY CALENDAR

The monthly calendar will feature the entire programming schedule for the upcoming month including articles for the featured programs. It will be distributed the last Friday of the month. For example, the first edition will be distributed on Friday, November 25<sup>th</sup> for the month of December.

### • WEEKLY NEWSPAPER

The weekly newspaper will continue to be distributed every Friday and only feature articles regarding important community information such as Resident Council election winners, fraud alerts, resident birthdays, and other messages.

Residents can also refer to ENGAGE360 to see a daily, weekly, and monthly view of the programming schedule. Extra copies will be available in the Mailroom and Resident Portal. Questions or concerns can be directed to Jared Martz, Residential Living Program Manager, at 484-220-8265 or [martzj@thehighlands.org](mailto:martzj@thehighlands.org).

## ENDOWMENT FUND CONCERT

There is still time to register for the upcoming Endowment Fund Concert on Sunday, December 4<sup>th</sup>. The registration deadline is Wednesday, November 30<sup>th</sup>.

## MCJINGLE RETURNS

The Highlands is excited to welcome back its Resident Elf! Join in the fun as we search for "McJingles". The tiny elf will be somewhere different in Residential Living every day, beginning December 1, until Christmas Eve when he returns to the North Pole. Where will he be every day? It is your job to find him! Pick up a daily entry form on the table outside the library. One entry per resident per day. Place your entries in Santa's mailbox, located on the table outside of the library. Note: You may not touch McJingles... he will lose his magic!

## AMERICAN MUSIC THEATER

There are two tickets available for the upcoming AMT Christmas Show: Home for the Holidays on Friday, December 16<sup>th</sup>. The ticket price is \$140.00 and includes transportation, the show, and dinner. See the Concierge Desk if interested.

## POINSETTIA TREE – DEADLINE EXTENDED

Deadline Extended: Due to the overwhelming response to the Poinsettia Tree project, the deadline has been extended to December 1<sup>st</sup>. Pick up your form in the Mailroom so you can be a part of this long-standing campus tradition. If you have questions please contact Cameron Martin at [martinc@thehighlands.org](mailto:martinc@thehighlands.org) or 484-220-8508.

## MAINTENANCE REQUESTS

Does something need fixing? Our Maintenance Department, led by their new manager Terry Wagner, is now able to perform most repairs within 24-48 hours. But - we must let them know. So, depending upon your preference, use Engage 360, the Highlands Portal, or call maintenance at 484-220-8302 and leave a message to enter your concern into the computer system for the staff.

## **MANAGING JOINT PAIN SEMINAR**

Join Stephen Longenecker, MD, and Kenneth McAlpine, MD, from the Reading Hospital Bone and Joint Care Center for a **FREE** seminar to learn about joint pain reduction and the latest advancements in joint replacement surgery, including minimally invasive robotic surgery, on Friday, December 9th at Noon. You'll also learn important tips to reduce the chance of bone fractures. Lunch will be provided. Register at the Concierge Desk.

## **PILATES & SEATED PILATES**

Effective Thursday, December 1<sup>st</sup>, Pilates will no longer be offered on Thursdays at 1:00pm. We sincerely apologize for any inconvenience this causes. On the other hand, the Fitness Center is happy to announce that Seated Pilates will now be offered on Fridays at 10:00am in the Fitness Studio. This will go into effect Friday, December 2<sup>nd</sup>. Seated Pilates is a great way to work towards increasing your strength and flexibility in a safe way.

## **WELLNESS INSIGHTS**

Traveling can be exciting, but there are some recommendations that should be followed. Talking to your healthcare provider is very important. They can tell you if you need any vaccinations up to date, which should be done up to 6 weeks before you leave. Travel with your medication on hand (i.e. purse or carryon bag) and in their original containers with labels. If you are traveling to a different time zone, ask when you should take your medicine (home time zone or time in current time zone). You also want a list of all current medical condition show they are being treated. Lastly, protecting yourself from infection and dehydration is priority. Wash your hands frequently and drink plenty of water. <sup>2</sup>

2 Health in Aging Foundation

## **PROGRAM CANCELTION POLICY**

Effective Thursday, December 1, the Residential Living Program and Trip Cancellation Policy will be updated. Any cancellation after the registration deadline will result in a resident being charged for the denoted amount, if applicable. The only exception will be if a resident finds a replacement for their spot on the trip will then they are not charged for the trip. The replacement needs to be communicated, in advance, to Jared Martz, Residential Living Program Manager.

## **HOLIDAY MOVIE THON**

Starting Friday, December 2<sup>nd</sup> through Sunday, December 25<sup>th</sup>, Sentrics Channel 4 will be featuring a variety of holiday movies. A full schedule of the movies is available in the Mailroom.

## **HIGHLANDS TOURS**

Whether you are a new resident or longtime resident, do you know all the "hot spots" around campus? Did you know The Highlands has an Art room, Fitness Center, and Ping Pong room to name a few. If you answered "no", fellow Highland's residents would like to solve your problem. Resident \_\_\_\_\_ will be leading the last tour on Wednesday, November 30<sup>th</sup> at 3:00 p.m.. It will be a 30 minute tour around Residential Living. Register at the Concierge Desk.

## **ART ROOM – 2<sup>ND</sup> FLOOR**

The Highlands has an Art Room available for residents to utilize that's located on the 2<sup>nd</sup> floor by apartment #218. All residents who currently are not utilizing the space but have art or equipment in the room are kindly asked to remove their items so that other residents can utilize the space for artwork. Thank you for your cooperation.

## **SONGS OF CHRISTMAS CONCERT**

Enjoy a holiday concert on Friday, December 9th. Ryan & Ryan is a dynamic father-son piano duo that draws upon classic and contemporary music to create enthralling concert experiences. From Rachmaninoff to Gershwin to Billy Joel, Donald and Barron Ryan combine their talents to create a dazzling blend of old and new schools. Their inventiveness, infectiousness, skill, and general joy of life make for irresistibly engaging performances. Note: Register at the Concierge Desk. See flyer in Mailroom for full details. Transportation is available.

## **TAI CHI**

Based on the feedback received, the Tai Chi trial will extend through the month of December. It will be on Thursdays at 11:00am in the Fitness Studio.

## **RESIDENT BIRTHDAYS**

# Week At A Glance

## SAURDAY, NOVEMBER 26, 2022

1:00 p.m.	Duplicate Bridge	Cultural Center Side B	Intellectual
6:30 p.m.	Pinochle	Cultural Center Side B	Intellectual
7:00 p.m.	The Mask (1994, PG-13, 100 minutes)	Cultural Center Side A	Social

## SUNDAY, NOVEMBER 27, 2022

11:00 a.m.	Line Dancing	Fitness Studio	Physical
7:00 p.m.	The Mask (1994, PG-13, 100 minutes)	Cultural Center Side A	Social
7:00 p.m.	Home Alone (1990, PG, 100 minutes)	Sentric Channel 4	Emotional

## MONDAY, NOVEMBER 28, 2022

8:45 a.m.	Supervised Gym	Fitness Studio	Physical
9:00 a.m.	Yoga Flow	Fitness Studio	Physical
10:00 a.m.	Sports Talk	Iris Room	Social
10:00 a.m.	Drum n' Fun	Fitness Studio	Physical
10:00 a.m.	Weis Grocery	Transportation Center	Nutritional
11:00 a.m.	Supervised Lap Swim	Fitness Center Pool	Physical
11:00 a.m.	Mahjong	Parlor	Intellectual
1:30 p.m.	Highlandaires	Berkshire Room	Emotional
3:15 p.m.	Bellaire	Berkshire Room	Emotional
7:00 p.m.	Card Party	Berkshire Room	Intellectual

## TUESDAY, NOVEMBER 29, 2022

9:00 a.m.	Bone Builders	Fitness Studio	Physical
10:00 a.m.	Stand n' Drum	Fitness Studio	Physical
11:00 a.m.	Pilates	Fitness Studio	Physical
11:00 a.m.	Supervised Gym	Fitness Center Gym	Physical
1:30 p.m.	Blood Pressure Clinic	Resident Clinic	Physical
1:30 p.m.	Lancaster Avenue Shopping	Transportation Center	Social
2:00 p.m.	Fitness Workshop	Fitness Center Gym	Physical
3:00 p.m.	Ukulele's Unite	Berkshire Room	Social
4:00 p.m.	Tanesha Purohit – Oboe	Main Lounge	Social
7:00 p.m.	Chuck Cahoe - Guitar	Cultural Center	Social

# Week At A Glance

## WEDNESDAY, NOVEMBER 30, 2022

9:00 a.m.	Arthritis Ability	Fitness Studio	Physical
10:00 a.m.	Supervised Gym	Fitness Center Gym	Physical
10:00 a.m.	Yoga Flow	Fitness Studio	Physical
11:00 a.m.	Supervised Swim	Fitness Center Pool	Physical
2:00 p.m.	Chapel Service	Cultural Center	Spiritual

## THURSDAY, DECEMBER 1, 2022

9:00 a.m.	Drum n' Fun	Fitness Studio	Physical
10:00 a.m.	TED Talk Discussion*	Berkshire Room	Intellectual
10:00 a.m.	Aqua Ability	Fitness Studio	Physical
10:00 a.m.	Transportation Loop	Transportation Center	Social
11:00 a.m.	Tai Chi	Fitness Studio	Physical
11:00 a.m.	Supervised Gym	Fitness Center Gym	Physical
1:00 p.m.	12 Step Recovery	Meditation Room	Emotional
2:00 p.m.	Stayin' Upright	Fitness Studio	Physical
7:00 p.m.	National Youth Orchestra (USA)*	Cultural Center	Social

## FRIDAY, DECEMBER 2, 2022

10:00 a.m.	Seated Pilates	Fitness Studio	Physical
10:00 a.m.	Tech Topic	Berkshire Room	Intellectual
10:00 a.m.	Giant Grocery	Transportation Center	Nutritional
11:00 a.m.	Line Dancing	Fitness Studio	Physical
1:00 p.m.	Shillington Farmer's Market	Transportation Center	Nutritional
2:00 p.m.	Discovery Friday*	Berkshire Room	Intellectual
5:30 p.m.	Christmas Carols	Main Lounge	Emotional
7:00 p.m.	Marbles	Berkshire Room	Social

## SATURDAY, DECEMBER 3, 2022

6:30 p.m.	Pinochle	Berkshire Room	Intellectual
7:00 p.m.	The Holiday (2006, PG-13, 140 minutes)	Cultural Center Side A	Social

\*denotes program is a video and not a live performance