

THE HIGHLANDS HAPPENINGS

The Highlands at Wyomissing® Weekly Newspaper ● Wyomissing, PA ● May 13, 2022

CORNWALL FURNACE DAY TRIP

Join us on Wednesday, June 29, as we visit the Cornwall Iron Furnace in Lebanon County. Learn the history of America's most complete charcoal fueled ironmaking complex. Cornwall Iron Furnace is part of a National Historic Landmark District by the US Department of the Interior, National Park Service. It is the only one of America's hundreds of 19th century charcoal fueled blast furnaces to survive fully intact. Enjoy a guided tour, video presentation, exhibits, and gift shop. Please wear comfortable walking shoes as there are about 100 stair steps (not all at once) to complete the tour. Lunch is nearby at the **Blue Bird Inn**, built in 1859, is one of the oldest continuously operating Inn's serving food in Pennsylvania. It's good food in a unique atmosphere! Register at the Concierge Desk today! The price of the trip is \$107.00, charged to your resident account.



MEET OUR NEW FITNESS & ENGAGEMENT SPECIALIST

My name is Ashleigh, the new Fitness Center Coordinator, and I am looking forward to starting my journey here at the Highlands. I received my bachelor's degree at Pennsylvania State University-Berks Campus in Kinesiology and my master's degree in Clinical Exercise Physiology at East Stroudsburg University. During my studies at East Stroudsburg, I did several clinical rotations at Lehigh Valley Network and St. Luke's Network in their Cardiac Rehab Centers. In December of last year, I got married and we have 5 dogs together. In my free time, I love to take hikes, try out new restaurants, and read books. I am looking forward to meeting everyone!

SENTRICS PAPERWORK

Residents can still submit their Sentries paperwork to the Concierge Desk. When submitting your Sentries Letter of Authorization to Change Service Provider form to the Concierge Desk, the one with yellow highlighted sections, residents are asked to also submit a copy of a recent landline phone bill. A copy of your phone bill will help facilitate a smooth transition during the porting process.

UPCOMING PROGRAMMING CHANGES

There will be some temporary programming changes for the upcoming week. Refer to the "Week At A Glance" section for program times.

- Card Party on Monday, May 16 has been moved to the Cultural Center
- Mindfulness Breathing on Wednesday, May 18 and Thursday, May 19 has been cancelled
- Brain Fitness has been moved to Friday, May 20

RESIDENT ASSOCIATION MEETING

The next Resident Association meeting will be held on Thursday, May 19 at 7:00 p.m. in the Cultural Center.

SUMMER CONCERT SERIES

Due to a generous sponsorship from Fulton Bank, The Highlands will be hosting a Summer Concert Series to showcase a variety of musical talent every Wednesday from 11:00 a.m. to 12:00 p.m. in the Main Lounge Courtyard. While the lineup has not been finalized, it will feature some resident favorites including the Wyomissing Band and Ringgold Band. In addition to some other local, talented musicians. More details will be forthcoming. Let's get ready for some long summer nights and to make memories.

Fulton Bank



EMAIL TRANSFERS, MASS EMAILS, AND SIGNATURE

On Wednesday, May 18 at 11:00 a.m. and 1:00 p.m. in the Berkshire Room, special sessions will be hosted for residents who wish to switch their emails on various accounts. This is the follow up session to the "Changing Account Emails" session hosted last week. We will be covering how to transfer content from one email account to another, send a mass email to alert every one of your new email address, and add your new email into your signature to notify individuals of the upcoming change. Residents are strongly encouraged to bring their smartphone, tablet, or laptop with them, so they can follow along in real time. Additionally, residents should bring note taking material should they wish to write down the instructions and complete the task outside of this session.

BEAD WORKSHOP

The first session of the bead workshop hosted by resident [redacted] will occur on Monday, May 16 and Tuesday, May 17, both at 1:00 p.m. in the Berkshire Room. Residents were already assigned to which session date they should attend. This program required pre-registration.

SUPERVISED GYM SESSIONS

The Fitness Center is pleased to announce the return of Supervised Gym sessions. These sessions allow residents to stop by and speak with Fitness Center Coordinator, Ashleigh Daniels, regarding any questions they may have about the exercise equipment or their exercise program. The supervised sessions will occur every week at the following times:

- Mondays from 8:45 a.m. to 9:45 a.m.
- Wednesdays from 10:00 a.m. to 11:00 a.m.
- Thursdays from 10:00 a.m. to 11:00 a.m.

If those dates and times due to not work, you can contact Ashleigh Daniels at 484-220-8284 or danielsa@thehighlands.org to schedule an individual appointment.

SENTRICS – THIRD PARTY STREAMING

The new Sentries platform will allow residents to stream their favorite third-party apps such as HBO Max, Netflix, Hulu, and many more. However, residents who currently access those streaming services through Comcast directly will need to access them through an external device. Any resident who streams directly through Comcast is being asked to denote that on a signup sheet at the Concierge Desk. This sheet will allow The Highlands to help those individuals gain access to those streaming services after the transition has been made.

TEMPORARY MAINTENANCE OFFICE HOURS

Next week, due to vacationing scheduling, the Maintenance Office will have limited hours for receiving walk-in visitors. Monday to Friday the office will be staff from 9:30 a.m. to 11:00 a.m. and then again in the afternoon from 1:30 p.m. until 3:00 p.m. Phone calls will be answered as staff are available. If your call is not answered please leave a message and a work order will be created based on the content of your message. The following week we will return to a regular office hours schedule. Thank you understanding during this time.

CONCIERGE DESK DROP-OFF BASKET

We have become aware of a concern that residents are looking at the papers being placed in the drop basket at the Concierge Desk. As such, residents are encouraged to place documents containing personal information in a sealed envelope before leaving it in the basket. Alternately, documents can be taken to the Concierge Desk during the hours when it is staffed - Monday through Friday between 9:00 a.m. and 12:00 p.m..

DON'T FORGET TO CURB YOUR PET

Resident pet owners are reminded that pets are not permitted in the common areas. Dogs should always be on leashes when outside of your residence or outside on the campus. Animals should be picked up after when walking outside and anywhere on campus. Should your pet have an accident in the hallway, please contact the Front Desk so someone can respond to prevent permanent carpet staining. Information on the guidelines for furry friends is in the Resident Handbook on page 16. Please contact Carolyn Pirtle, Social Service Coordinator, with any questions or concerns at 484-220-8267.

PUBLIC AFFAIR SERIES

The last session of the Spring Public Affairs Series will occur on Monday, May 16 at 9:00 a.m. in the Cultural Center. A small breakfast of coffee and pastries will start at 8:30 a.m. It will feature guest speaker Sue Krall, Executive Director of New Journey Community Outreach. The establishment in 2014 of the new nonprofit corporation — New Journey Community Outreach, Inc. (NJCO) — was an immediate response to the closing of New Journey United Methodist Church (which merged with West Lawn United Methodist Church). NJCO has assumed responsibility for continuing the essential food and clothing services provided for low-income persons by “the yellow church” which served as a leader for social outreach programs in Southwest Reading for the past five decades. Register at the Concierge Desk today. A fee of \$5.00 will be charged to your resident account.

GOVERNOR MIFFLIN HIGH SCHOOL ORCHESTRA

Join us in the Cultural Center on Monday, May 16 at 1:00 p.m. as the Governor Mifflin High School Orchestra will be here to perform a concert.

TECH TOPIC – XFINITY WEB PORTAL & EMAIL MANAGEMENT

On Tuesday, May 17 at 10:00 a.m. in the Berkshire Room, the next session of Tech Topic will take place. This specific session will cover how to add the Xfinity Web Portal shortcut to your cellphones, tablets, laptops, and desktops. Additionally, how to manage your email accounts located on your cellphones or tablets. Residents are strongly encouraged to bring their smart devices to class to help facilitate the step-by-step tutorials.

UNLEASH YOUR INNER OPERA FAN

Dave Ritchie returns to The Highlands on Tuesday, May 17 at 7:00 p.m. for his program titled “How to Drive your Sister Mad” or “The Bride Wore Type O”. He will be discussing Donizetti’s Lucia di Lammermoor. A guest sing, baritone, Kevin Patrick will also be performing pieces from the opera.

TED TALK – UNTAPPED ENERGY SOURCE COULD POWER THE PLANET

This week’s TED talk discussion will focus on how surprising solution, and an unlikely alliance, to harvest geothermal energy from the Earth's core and get it to anywhere in the world. After every TED talk, the class discusses the video and explores the topic. This program will be held on Wednesday, May 18 at 10:00 a.m. in the Berkshire Room.

KNOW YOUR SYMPHONY

The last Know Your Symphony lecture of the 21-22 season will take place in the Cultural Center on Wednesday, May 18 at 7:30 pm. Dr. Graham Bier, Director of the Reading Choral Society will be talking about Verdi’s Requiem which will be performed by the Reading Symphony Orchestra, soloists, and the Reading Choral Society, Saturday, May 21 in the Santander Performing Arts Center.

BUTTERFLY PAINTING

Try your hand at telling your unique story by painting spring flowers on 9x12 canvas in the Berkshire Room on Thursday, May 19 at 10:00 a.m. This program is led by guest instructor Judy Peters who has over 30 years of painting experience. An all-inclusive \$10.00 fee will be charged to resident accounts. Register at the Concierge Desk so the appropriate number of supplies can be ordered.



MARK YOUR CALENDARS

❖ FREDERICK MOYER PIANO RECITAL

Frederick Moyer is one of the most exciting pianists before the public today. Equally at home with Bach, Beethoven, and Rachmaninoff, as well as Ellington and Gershwin, his recitals are creative, engaging, and entertaining and generally include time honored favorites as well as pieces that audiences may be hearing for the first time. Witness this amazing recital on Monday, May 23 at 7:00 p.m. in the Cultural Center.

❖ CLASSIC MOVIE

The Movie Selection Committee presents the May Classic Movie. On Tuesday, May 24 at 7:00 p.m. in the Cultural Center, the classic film The High and Mighty (1954) will be shown. This film features a cast including John Wayne, Robert Stack, and Claire Trevor.

❖ ICE CREAM SOCIAL

I scream, you scream, we all scream for ice cream! Join us in the Transportation Department for a Highlands campus ice cream social on Thursday, May 26 from 2:00 p.m. to 4:00 p.m. This social will bring everyone on the Highlands campus together including staff to enjoy a nice, delicious treat on a hopefully, warm spring day. The ice cream will be provided by a local favorite, Sweet Ride Ice Cream. So, save the date and we cannot wait to socialize with everyone.

❖ CAREGIVER CONNECT GROUP MONTHLY PROGRAM

The next monthly meeting for all residents will be on Thursday, May 26 at 7:00 p.m. in the Cultural Center. This program will present tips for maintaining a healthy body and healthy mind. There are things we can do that will promote good health, help slow down any decline in memory and lower the risk of developing dementia. Please join us for information, music and being with your friends and neighbors.

❖ MEMORIAL DAY PROGRAM

Please join us in the Cultural Center on Friday, May 27 at 3:00 for our Memorial Day observance. & singers will present this patriotic musical program on the Friday before Memorial Day designated as the American Legion Poppy Day. We will acknowledge, remember & thank the millions of people in uniform who gave their lives for this country. We will have poppies available for all to honor the fallen & support the living who have worn our nation's uniform.

PHYSICIAN SERVICES

Blood Pressure Services:

- ❖ On Tuesdays at 1:30p.m. in the Resident Clinic, no appointments needed

Laboratory Services:

- ❖ On Wednesday mornings, appointments made by calling 610-775-2300.

Podiatry Services:

- ❖ On 1st, 3rd, and 5th Thursdays of the month, appointments made by calling 610-376-4880.

Audiology Services:

- ❖ On 4th Monday of the month, appointments made by calling 610-775-2300.

Dermatology Services:

- ❖ On 1st Wednesday of the month, appointments made by calling 877-345-5300.

Psychologist Services:

- ❖ On Tuesdays, appointments made by calling 484-220-8267.

TUESDAY, MAY 17, 2022

- 9:00am – Core Fitness in the FS
- 10:00am – Tech Topic in the BR
- 10:00am – Aqua Zumba in the FCP
- 10:00am – Pilates in the FS
- 10:00am – Safe on Your Feet on CH956
- 11:00am – Mindfulness Breathing in the MR
- 11:00am – Water Walking in the FCP
- 11:15am – Stand n’ Drum in the FS
- 11:30am – Sight & Sound Trip in the TD*
- 1:00pm – Bead Workshop in the BR*
- 1:00pm – Supervised Swim in the FCP
- 1:30pm – Fulton Bank, Wine & Spirits, CVS in the TD
- 3:00pm – Ukulele’s Unite in the BR
- 7:00pm – Unleash Your Inner Opera Fan in the CC

WEDNESDAY, MAY 18, 2022

- 9:00am – Balance & Control in the FS
- 10:00am – Supervised Gym in the FC
- 10:00am – Ted Talk Discussion in the BR
- 10:00am – Yoga Flow in the FS
- 10:00am – Safe on Your Feet on CH956
- 11:00am – Email Account Tutorial in the BR
- 1:00pm – Email Account Tutorial in the BR
- 1:30pm – Lancaster Ave Shopping Center in the TD
- 2:00pm – Chapel Service in the CC
- 7:30pm – Know Your Symphony in the CC

THURSDAY, MAY 19, 2022

- 9:00am – Drum n’ Fun in the FS
- 10:00am – Supervised Gym in the FC
- 10:00am – Butterfly Painting in the BR*
- 10:00am – Transportation Loop Begins in the TD
- 10:00am – Zumba Gold in the FS
- 10:00am – Helping Hands Knitting Group in the PR
- 11:15am – Alvernia Expo in the TD*
- 1:00pm – Supervised Swim in the FCP
- 1:00pm – 12 Step Recovery Group in the MR
- 2:00pm – Bocce in the CC
- 7:00pm – Resident Association in the CC

FRIDAY, MAY 20, 2022

- 9:00am – Pilates in the FS
 - 10:00am – Giant in the TD
 - 10:00am – Safe on your Feet on CH956
 - 10:15am – Aqua Fit in the FCP
 - 11:00am – Line Dancing in the FS
 - 11:00am – Mindfulness Breathing in the MR
 - 1:00pm – Wyomissing Farmer’s Market in the TD
 - 2:00pm – Brain Fitness in the BR
 - 7:00pm – Marbles in the BR
- SATURDAY, MAY 21, 2022
- 10:00am – Safe on your Feet on CH956
 - 6:30pm – Pinochle in the BR
 - 7:00pm – John Q in CCA

ABBREVIATION KEY

- * = Pre-Registration Required
- BR = Berkshire Room
- CC = Cultural Center
- CH956 = Channel 956 (HTN)
- TD = Transportation Department
- FCP = Fitness Center Pool
- FS = Fitness Studio
- MR = Meditation Room
- P = Parlor

UPCOMING FITNESS CALENDAR CHANGES

Starting Monday, June 6, a new Fitness Calendar will be in e Coordinator, Ashleigh Daniels, has been developing a new optimal time for a variety of fitness services including the po

Bistro Buffet & Wyomissing Club Room Menu

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

MONDAY, MAY 16

- Macaroni Salad GF
- Cream of Mushroom GF
- Gazpacho GF
- Liver w/ Bacon & Onions
- BBQ Chicken GF
- Shrimp Salad Tomato Plate
- Hash Brown Casserole
- Green Beans GF
- Roasted Beets GF
- Squash Medley GF
- Apple Cobbler
- Pecan Pie

TUESDAY, MAY 17

- Spinach, Red Onion & Feta Salad GF
- Beef Steak Soup GF
- Cream of Mushroom GF
- Lemon Pepper Haddock GF
- Spaghetti w/ Meatballs
- Grilled Chicken w/ Mango Salsa GF
- Rice Pilaf GF
- Wax Beans GF
- Summer Blend GF
- Asparagus GF
- Strawberry Cake
- Peach Crisp

WEDNESDAY, MAY 18

- Herring in Wine Sauce GF
- Beef Steak Soup GF
- Maryland Crab Chowder GF
- Pot Roast w/ Gravy GF
- Apples & Chicken Sausage w/ Kale GF
- Crab Louie Salad GF
- Oven Roasted Potatoes GF
- Cauliflower GF
- Sweet & Sour Cabbage GF
- Broccoli GF
- Oatmeal Raisin Cookie
- Chocolate Cream Pie

THURSDAY, MAY 19

- Romaine w/ Raisins & Apples GF
- Maryland Crab Chowder GF
- Cream of Chicken Soup GF
- Roast Turkey w/ Gravy GF
- Stuffed Shells
- Quiche Loraine
- Potato Filling
- Green Bean Casserole GF
- Buttered Carrots GF
- Squash Medley GF
- Chocolate Chip Bundt Cake
- Lemon Crunch Pie

FRIDAY, MAY 20

- Roasted Beet Salad GF
- Beef Barley Soup
- Cream of Chicken Soup GF
- Baked Ham/Brown Sugar Spice Sauce GF
- Cracker Crusted Cod
- Greek Grilled Chicken Salad GF
- Scalloped Potatoes GF
- Whipped Squash GF
- Summer Blend Vegetables GF
- Steamed Corn GF
- Greek Baklava
- Cheesecake w/ Fruit Topping

SATURDAY, MAY 21

- Caesar Salad
- Steamed Clams GF
- Penne ala Vodka with Shrimp
- Grilled Chicken Citrus Salad GF
- Roast Pork & Sauerkraut GF
- Sides (included with Entrée)
- Whipped Potatoes, Macaroni Salad or Coleslaw GF
- French Fries or Onion Rings
- Scalloped Apples GF
- Ice cream
- Blackberry Pie

SUNDAY, MAY 22

- Fresh Fruit GF
- Assorted Pastries
- Cheese Blintz
- Mixed Greens w/ Balsamic GF
- Mini Bagels and Lox Plate
- Eggs Benedict GF
- Braised Beef Brisket GF with Gravy
- Buttered Peas GF
- Dijon Potatoes
- Blueberry Pancakes with Syrup
- Bacon or Sausage GF
- Home fries GF

Always Available

- Applesauce, House Salad, Fresh Fruit
- Baked Salmon with Dill Sauce
- Baked Chicken, Chicken Caesar Salad
- Whipped, Baked & Sweet Potatoes
- Desserts: Angel Food Cake, Hand Fruit (apple, banana, orange)
- GF = Gluten Free
- Lower Fat, Lower Sodium

ANNOUNCEMENTS

To Gos

To Go orders packaged by the staff include all items except ice cream. Salads, Soups and Desserts in the Bistro Market area are for Grab & Go’s only. Please only take one.

Reservations are now open for Memorial Day, Monday May 30,2022! Reservations are required for all parties in all dining rooms.

Starting Monday May 16, 2022 the Wyomissing Club Room will return to table side service for dinner. Sunday Brunches in the Terrace Room and Wyomissing Club Room will also return to table side service. See updated Dining Hours below.

Dining Hours

- Bistro – No reservations needed or accepted. Closed Sundays.
 - Breakfast: Monday through Saturday 8:00 a.m. – 2:30 p.m. (Table Service)
 - Lunch: Monday through Saturday 11:30 a.m. – 2:30 p.m. (Table Service)
 - Dinner Buffet: Monday through Friday 4:00 p.m. – 6:30 p.m.
- Wyomissing Club – Reservations accepted for five or more.
 - Lunch: Monday through Friday 12:00 p.m. – 1:30 p.m. (Table Service)
 - Dinner: Monday through Friday 4:30 – 7:00 p.m. (Table Service)
 - Saturday Evenings: 4:30 – 6:30 p.m. (Shrimp, clams, and more menu)
 - Sunday Brunch: 11:30 a.m. – 2:30 p.m. and Burgers and more 4:30 – 6:30 p.m. (Table Service)
- Terrace Room – Reservations required Monday through Friday. Closed Saturdays
 - Dinner: Monday through Friday 5:00 p.m. – 7:00 p.m. (Table Service)
 - Sunday Brunch -11:30 a.m. – 2:30 p.m. (Table Service)

To-go & Room Service

To-go and room service orders are available during the following hours:
Monday - Friday 12:00-1:30 p.m. or 4:00-6:30 p.m.
Saturday 11:30 am -2:30pm or 4:30 – 5:30 p.m. Sunday 11:30am-2:30 p.m.
Please call 484-220-8316 or email diningorders@thehighlands.org.

Terrace Room Menu

May 16-21

STARTERS

Soup du Jour
Fresh Fruit Cup-GF
House Salad
with Balsamic Vinaigrette

Pear and Gorgonzola Salad GF
Honey Caramelized Pears, gorgonzola cheese and candied walnuts on a bed of romaine lettuce with Honey Lemon Vinaigrette

ENTREES

Chicken Liver Sauté
Fresh chicken livers fried crisp, tossed with a mushroom and onion demi sauce
Monk Fish Piccata
Fresh Monk Fish sauteed in butter, white wine, lemon, capers and fresh parsley

Veal Parmesan with Spaghetti
Tender Veal cutlet tossed in breadcrumbs and parmesan, then pan seared. Topped with marinara sauce and sharp provolone cheese.
Served with Spaghetti and garlic bread

ACCOMPANIMENTS

Green Bean with Red Peppers
Yukon Gold Potatoes
Vegetable Du Jour



Always Available

Pan Roasted Salmon, Grilled Chicken Caesar Salad, Pan Seared Strip Steak.