



The Highlands Happenings

Friday, May 17



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ENGAGE Wellness

The Highlands at Wyomissing is dedicated to fostering a wellness-centered lifestyle that empowers senior adults to embrace life to its fullest. Our comprehensive care offerings are designed to cater to all levels of needs, incorporating specialized programming that prioritizes the six dimensions of well-being, including:

- Emotional – benefit from mindful support and programs
- Spiritual – seek meaningful connections
- Nutritional – make good food choices
- Physical – stay active
- Intellectual – keep your brain sharp
- Social – make connections

Department Hotlines

Front Desk
610-775-2300

Programming Hotline
programming@thehighlands.org,
484-220-8268

Support Services Hotline
housekeeping@thehighlands.org,
484-220-8290

Salon & Spa
610-796-1777

Maintenance Hotline
maintenance@thehighlands.org,
484-220-8302

Notification of Absence Hotline
absence@thehighlands.org,
610-775-2300

IT Concierge Service
484-220-8343

Dining Services Hotline
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Staff Directory

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Happening at The Highlands

EMPLOYEE SPOTLIGHT #5 OF 35 – LORI STERNER

If you have been to the Highlands at Wyomissing®, it is more than likely you have met Lori Sterner. Lori started at the Highlands nine years ago as a temporary receptionist, but it only took six months for her to become a permanent and much-loved member of the Highlands Family. Lori, who is officially a member of the security team, spent some time working at the concierge's desk, but has spent most of her nine years working at The Highlands' front desk and prefers to call herself the receptionist. Lori does everything from answering the phones to responding to resident alarms and sorting the mail. She is a wealth of information for residents and their families, always in the know about happenings at The Highlands and what is coming next. "This is the perfect job for me," said Lori, "I love helping with whatever I can." And that is exactly what she does. In her free time, Lori enjoys reading and spending time with her son, Kyle, and daughter, Lexi. In fact, Lori and her husband, Kerry, and Lexi are traveling to Greece this summer to visit Kyle who lives in Thessaloniki. They will spend almost three weeks in Greece and in Rome sightseeing and spending time together.



CONGRATULATIONS TO CAMERON MARTIN

Congratulations to our very own Cameron Martin, Vice President of Development and Marketing, who graduated from LeadingAge PA's Fellows in Leadership program last week at the Annual Conference! Constructed around the needs of today's providers, Fellows in Leadership equips leaders with actionable strategies and practical knowledge to help solve real-world challenges in member communities. The program assists emerging and experienced leaders in defining, clarifying, and practicing the skills needed to lead aging services organizations into the future. Congrats, Cameron, on your commitment to improving the field of aging services!



Community News

MEMORIAL DAY – MAY 27, 2024

As Memorial Day approaches, our hearts are filled with gratitude for the brave men and women who made the ultimate sacrifice for our freedom. Their courage and selflessness will never be forgotten. Behind every fallen hero is a story of love, courage, and sacrifice. This Memorial Day, let us pause to remember their legacy and honor their memory. Whether it's a moment of silence, visiting a memorial, or reaching out to a veteran, every act of remembrance is a testament to their enduring spirit. Since its inception in 1868, Memorial Day has been a day of solemn reflection and gratitude. Let us continue this tradition with reverence and respect for those who have served and sacrificed for our nation. Thank you to all who have served, and may we never forget the price of freedom.

FIDDLER ON THE ROOF LIVE – REGISTRATION REQUIRED

Servant Stage Company exists to serve the community with outstanding musical and theatrical experiences. Fiddler on the Roof centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores. This timeless, universal show is a musical theatre TRADITION! Highland's Transportation will be provided for a \$10 fee. Show starts at 2:00 p.m. on June 15th at Servant Stage (201 W Main St, Strasburg, PA 17579). Tickets are free and registration is required! Registration opens Monday, May 20th at 9:00 a.m. and closes Thursday, June 13th at 12:00 p.m. Register directly on Cubigo or contact the Programming Hotline Servant Stage makes the arts accessible to all, especially people with financial or physical limitations, provide a creative outlet for artists in our community to develop and share their talents, create performances that inspire, educate, challenge, and entertain; and to have fun while doing it!

AUDIOLOGY VISITS MAY 20

Dr. Sunday is taking appointments for May 20th beginning at 1PM for Audiology in the Resident Clinic. Call 610-775-2300 to make your appointment.

THE BIG CHEESE RETURNS – MARK YOUR CALENDARS

Are you looking for an opportunity to make a difference in your community while having fun at the same time? Look no further than the Big Cheese event hosted by the United Way of Berks County. And with the Big Cheese event being one of the most high-profile events in Berks County, there's no better way to make an impact in our community by labeling the bags that will be packaged with mac and cheese kits for distribution as part of the weekender backpack program that benefits over 5,000 students every weekend. Residents can enjoy an assorted macaroni and cheese bar while assisting with this great cause. No registration required.

All 3 dates will be held in the Cultural Center.

Monday, June 10, 2024, at 1:30 p.m.

Tuesday, June 11, 2024, at 1:30 p.m.

Thursday, June 13, 2024, at 1:30 p.m.

KINDNESS QUOTE

Calmness is a human superpower. The ability to not over react or take things personally keeps your mind clear and your heart at peace.

Community News

SCAM PROTECTION

In our attempts to stay ahead of scammers, education remains one of the best methods of defense! Tax season is yet another optimal time of year for scammers to strike. Typical methods include Impersonation Calls: Scammers may call pretending to be from the Social Security Administration (SSA), claiming there's a problem with your benefits or that your SS number has been compromised. They may ask for personal information or demand immediate payment to resolve the issue. Threats of Legal Action: Some scammers use fear tactics, threatening legal action or arrest if you don't comply with their demands. Remember, LEGITIMATE government agencies will NEVER threaten you with arrest over the phone. Phishing Emails: Be cautious of unsolicited emails that appear to be from the SSA asking for personal information or directing you to "click" on suspicious links. These could be attempts to steal your identity or install malware on your device. Fake Social Security Websites: Scammers may create websites that look like the official SSA site to trick you into providing sensitive information. Always double-check the URL and look for signs of legitimacy, such as a secure connection (<https://>) and the presence of "gov" in the domain.

SPRING SHUFFLEBOARD TOURNAMENT

With spring in full swing, Shuffleboard is coming back! The Spring Shuffleboard Tournament will be starting on Monday, May 20. To sign up to be part of the tournament, a partner is required. Please refer to the flyer in the Mailroom to sign up.

PRIMARY CARE VISITS – CHANGE IN SCHEDULE

Starting in June, Primary Care Visits with physician assistant Laura Vedder will be held on the 3rd Thursday of each month from 1:00pm to 5:00pm in the Resident Clinic. Appointments are required and can be made by calling 717-738-2468

REPUBLIC SERVICES SCHEDULE FOR VILLA RESIDENTS

Memorial Day is on Monday, May 27, 2024, and Republic Trash Services will be delayed by one day due to the holiday.

WELLNESS TIP

Sunburns cause irreversible skin damage from UVA rays and summer is not the only time of the year that you need to protect your skin. During the summer months, the UV rays are stronger, but our skin is vulnerable all year long—even when driving a car. Skin cancer is the most common form of cancer and can happen to anyone who had extensive sun exposure. Physicians state that having moles, light skin/eyes, and previous skin cancers are all risk factors. Dermatologists at the University of Pittsburgh Medical Center recommend evaluating moles using ABCDEs. When looking at a mole, you want asymmetry and take notice of any border irregularity. Color is very important and you want to notice if the mole is not uniform in color. Check to determine if the diameter is greater than 6mm, about the size of a pencil eraser, and if it is evolving at all. Sunscreen should be used all year round with a broad spectrum and water resistant. Roughly, it takes an ounce of sunscreen for your body and a teaspoon for your face/neck. SPF 30 is a safe option to choose and should be reapplied every 90 minutes.

Community News

INVITE A FRIEND TO BECOME A NEIGHBOR

Do you know someone who would be a great neighbor? Provide us with their contact information and we will be delighted to contact them to schedule a personal tour. They'll be flattered to learn you referred them and amazed to learn about all the advantages and benefits The Highlands at Wyomissing® has to offer! As a thank you for providing a name of a new referral, you and your future neighbor will each be eligible for a \$1,000 referral bonus! The process is simple:

1. E-mail Marketing@thehighlands.org and tell them who you believe would make great neighbors by sharing the names and addresses of your friends, relatives, colleagues and acquaintances.
2. We will confirm who qualifies (Only names not previously in Marketing's database will be considered).
3. If your friend decides to become a resident, you and your friend will receive a one-time \$1,000.00 credit on your monthly billing statement! (Credit will be posted after your friend becomes a resident of The Highlands at Wyomissing and has met the 90-day requirements).

*Only one credit per referred resident. Credit is issued to the first resident submitting a qualified prospect's name. There is no limit to the number of credits you can earn.

NEW HOPE / DOYLESTOWN TRIP – REGISTRATION REQUIRED

Join Elite Bus Trip to Moravian Tileworks, lunch at the Cock N Bull in Peddler's village, and to New Hope for a railroad ride on July 26th! See the full itinerary on Cubigo or on the flyer in the Mailroom. Price is \$181 and registration is required. Registration closes May 31st at 12:00pm. Register directly on Cubigo or contact the Programming Hotline.

CRUISE TO BERMUDA – REGISTRATION REQUIRED

Embark on a 7-day cruise (June 1 – June 8, 2025) to Bermuda departing from Cape Liberty, NJ. Experience the all-inclusive amenities, including delicious meals, entertainment, a classic beverage package with gratuities, and Wi-Fi while onboard. Don't miss out on this incredible opportunity—register today! Sign up directly on Cubigo or contact the Programming Hotline. Registration closes on Friday, July 19th. After registration, a representative from Singer Travel will reach out to residents for cabin selection. For more information, check out the flyer in the mailroom or visit Cubigo.

PHILLIES GAME REGISTRATION EXTENDED

The Highlands and Elite Coach present a trip to the Reading Phillies Game on Tuesday, July 30! First pitch is at 11:00am. Join us for a day at FirstEnergy Stadium and enjoy a delicious buffet in the picnic area while watching the Reading Phillies vs. Hartford Yard Goats. Elite Coach will provide transportation to and from the stadium's Main Entrance. Buffet features BBQ ribs, chicken, sandwiches, hot dogs, and more, from 10:00am to 12:30pm. The price is \$55 per person and includes game ticket, buffet, and transportation. The bus departs at 10:00am and returns around 3:30pm. Register directly on Cubigo or contact the Programming Hotline.

CONSUMER FRAUD WEBINAR—REGISTRATION REQUIRED

On Wednesday, May 22 from 11:00a.m. to 12:00p.m., Tompkins Bank is hosting a webinar discussion on how to identify and protect yourself against fraud. To join this webinar, registration is required on tompkinsbank.com.

Community Connection

Here, we aim to keep you informed and involved in the various threads that weave through life on The Highlands' campus. From committee meetings to council events, and Highlands-specific activities, this section serves as your compass to navigate through key events shaping our community.

Week of May 19th:

- Lunch & Learn (5/21)
- Scholarship Committee Meeting (5/21)
- Resident Town Hall (5/23)

Week of May 26th:

- Activity Committee Meeting (5/27)
- Community Connect: Support Services (5/30)

Week of June 2nd:

- Dining Committee Meeting (6/3)
- Grounds & Maintenance Committee Meeting (6/5)

Week of June 9th:

- Big Cheese Labeling (6/10, 6/11, & 6/13)
- Fitness Committee Meeting (6/11)
- Social Hour with Senior Leadership (6/12)
- Community Connect: Residential Living (6/13)
- Resident Council Meeting (6/14)

Please note that dates, times, and locations are subject to change. As we work to continuously expand and enhance this section, its appearance may be altered from week to week.

Week At A Glance

SATURDAY, MAY 18

6:30pm Pinochle CCA
7:00pm You've Got Mail (1998) CCB

SUNDAY, MAY 19

3:00pm Kutztown Pipe Band ML
7:00pm You've Got Mail (1998) CCB

MONDAY, MAY 20

8:30am Public Affairs: Vanessa Star CCA
9:00am Yoga FS
10:00am Drum n' Fun FS
10:00am Sports Talk IR
10:00am Weis Grocery Store TC
10:00am Tech Topic CCB
11:00am Supervised Lap Swim FCP
11:00am Wondrium CCB
12:00pm Audiology Visits ^{Sign Up} RC
2:15pm Aromatherapy PR
7:00pm GoggleWorks by Levi Landis CC
7:00pm Card Party P

TUESDAY, MAY 21

9:00am Bone Builders FS
10:00am Aqua Zumba FCP
10:00am Coffee with Chris TR
10:00am Stayin' Upright FS
10:30am Stand n' Drum FS
11:00am Supervised Gym FCG
1:00pm Primary Care Visits ^{Sign-Up} RC
1:30pm Blood Pressure Clinic RC
1:30pm Fulton Bank & CVS TC
2:00pm Bean Bag Baseball FG
3:00pm Ukuleles Unite ML
7:00pm Game Night CCA
7:00pm Classic Movie: Tootsie (1982) CCB

WEDNESDAY, MAY 22

8:30am Lab Courier Visits ^{Sign Up} RC
9:00am Arthritis Ability FS
10:00am Fists of Fury ^{Sign-Up} FS
10:00am Caregiver Connect Group P
11:00am Supervised Swim FCP
1:30pm Lancaster Ave Shopping TC
2:00pm Chapel Service CCA
4:30pm Tom Witman ML
7:00pm* Marbles CCB

THURSDAY, MAY 23

9:00am Bone Builders FS
10:00am Zumba Gold FS
10:00am Helping Hands PR
10:00am Transportation Loop TC
10:00am TED Talk CCB
11:00am Supervised Gym FCG
11:00am Sea Sculpt FCP
11:00am Lattes with Lisa TR
1:00pm 12 Step Meeting MR
2:00pm Bocce CC
7:00pm Resident Town Hall CC

FRIDAY, MAY 24

9:00am Fists of Fury ^{Sign-Up} FS
10:00am Giant Grocery Store TC
10:00am Arthritis Ability FS
11:00am Supervised Swim FCP
11:00am Wondrium CCB
1:00pm Shillington Farmers Market TC
1:00pm Seated Exercise Class FG
2:00pm Wyo Library Pickup/Drop LR
3:00pm Memorial Day Program CC
7:00pm Hunter O'Neil CC

SATURDAY, MAY 25

1:00pm Duplicate Bridge CCA
6:30pm Pinochle CCA
6:45pm Friends of Chamber Shuttle ^{Sign Up} TC
7:00pm Stronger (2017) CCB

SUNDAY, MAY 26

7:00pm Stronger (2017) CCB

Room Location Key

B = Bistro
CC = Cultural Center
FCP = Pool
IR = Iris Room
ML = Main Lounge
RC = Resident Clinic
TR = Terrace Room
WCR = Wyomissing Room
FCG = Gym
FS = Fitness Studio
LR = Library
PR = Parlor
TC = Transportation
GS = Gift Shop
MR = Meditation Room
FG = Fitness Garden


Key

Anything Crossed-Out = Program Cancelled

* = Time/Day Change

Sign-Up = Registration Required

Future Outlook

Monday	Tuesday	Wednesday
<p>27 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p> 	<p>28 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Tech Topic 10:00am – Stayin’ Upright 10:30am – Stand N’ Drum 11:00am – Supervised Gym 11:00am – Wondrium 1:00pm – Primary Care Visits ^{Sign-Up} 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole 3:00pm – Ukuleles Unite 7:00pm – Brain on Music (pt. 1 of 2)</p>	<p>29 8:30am – Lab Courier Visits ^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 11:00am – Supervised Swim 11:00am – Wondrium 2:00pm – Chapel Service</p>
<p>3 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 10:00am – Security Info. Session 11:00am – Lap Swim 11:00am – Wondrium 1:30pm – 92nd Street Y 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>4 9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Tech Topic 10:00am – Coffee with Chris 10:00am – Stayin’ Upright 10:30am – Stand N’ Drum 11:00am – Supervised Gym 11:00am – Rabbi Michelson 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 3:00pm – Ukuleles Unite 7:00pm – Diners and Drives (John Maietta)</p>	<p>5 8:30am – Lab Courier Visits ^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 11:00am – Supervised Swim 11:00am – B2 Bistro + Bar Luncheon ^{Sign Up} 12:00pm – Dermatology Visits ^{Sign Up} 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service</p>
<p>10 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 11:00am – Wondrium 1:30pm – Big Cheese Labeling Event 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>11 9:00am – Bone Builders 9:00am – Reading Hospital Foundation 10:00am – Aqua Zumba 10:00am – Coffee with Chris 10:00am – Stayin’ Upright 10:30am – Stand N’ Drum 11:00am – Supervised Gym 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 1:30pm – Big Cheese Labeling Event 2:00pm – Cornhole 3:00pm – Ukuleles Unite 7:00pm – Wyomissing Band</p>	<p>12 8:30am – Lab Courier Visits ^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury ^{Sign Up} 10:00am – Caregiver Connect Group 10:00am – Tech Topic 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 4:00pm – Happy Hour w/ Senior Leadership 4:30pm – Tom Witman</p>

Future Outlook

Thursday	Friday	Saturday
30 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 10:00am – What is Aspire Homecare? 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Great Decisions 11:00am – Community Connect (Support Services) 1:00pm – 12 Step Meeting 2:00pm* —Discover Friday 2:00pm – What is Aspire Homecare? 7:00pm – Chris Emkey	31 9:00am – Fists of Fury ^{Sign Up} 10:00am – Giant Grocery 10:00am – Arthritis Ability 10:00am – Flea Market 11:00am – Supervised Swim 1:00pm -- Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off 7:00pm – Marbles	1 6:30pm – Pinochle 7:00pm – Movie Sunday 2 3:00pm – Dr. Eager Piano Recital 7:00pm – Movie
6 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:30am – Summer Luau Social 1:00pm – Podiatrist Visits ^{Sign Up} 1:00pm – 12 Step Meeting 7:00pm – Bingo	7 9:00am – Fists of Fury ^{Sign Up} 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am -- Wondrium 1:00pm -- Wyomissing Farmers Market 1:00pm – Seated Exercise Class 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Discovery Friday 7:00pm – Marbles	Saturday 8 1:00pm – Duplicate Bridge 6:30pm – Pinochle 7:00pm – Movie Sunday 9 7:00pm – Movie
13 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 10:00am – Cubigo Training 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Great Decisions 11:00am – Community Connect (Community Life) 1:00pm – 12 Step Meeting 1:30pm – Big Cheese Labeling Event 7:00pm – Brain on Music (pt. 2 of 2)	14 9:00am – Fists of Fury ^{Sign Up} 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am -- Wondrium 1:00pm -- Shillington Farmers Market 1:00pm – Seated Exercise Class 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce 7:00pm – Marbles	Saturday 15 12:45pm – Fiddler on the Roof Live ^{Sign Up} 6:30pm – Pinochle 7:00pm – Movie Sunday 16 7:00pm – Movie

Feature Events

KUTZTOWN PIPE BAND

The Kutztown Pipe Band is both a student group at Kutztown University and a non-profit community group in the Borough of Kutztown. Band members include faculty, staff and students from Kutztown University, staff and students from local schools, and residents of the Borough of Kutztown and nearby communities.

May 19, 2024, | 3:00 p.m. | Main Lounge

PUBLIC AFFAIRS – REGISTRATION REQUIRED

Join Vanessa Starr, Development, Director for Connections Work, formerly Berks Connections / Pretrial Services, as she presents information about Connections Work. Connections Work believes that life-changing success is possible for everyone, when barriers are removed, and people are encouraged to believe in their future and given the tools and opportunities to pursue it. Registration closed Friday, May 17th at 12:00pm. Registration is required directly on Cubigo or by contacting the Programming Hotline.

May 20, 2024, | 8:30 a.m. | Cultural Center A

GOGGLEWORKS CENTER FOR THE ARTS BY LEVI LANDIS

Join Levi Landis as he presents on GoggleWorks Center of the Arts. Levi Landis is an artist and nonprofit leader with 20 years of experience in management, administration, arts, and education. He is currently the President and Executive Director of GoggleWorks Center for the Arts, where he has launched over two dozen major programs, opened five new studios on the campus as well as a makerspace with Penn State, and raised over \$10m in new operating revenue and secured the first endowment of \$12m.

May 20, 2024, | 7:00 p.m. | Cultural Center

CLASSIC MOVIE

This month's Classic Movie is Tootsie (1982). New York actor Michael Dorsey (Dustin Hoffman) is a talented perfectionist who is so hard on himself and others that his agent (Sydney Pollack) can no longer find work for him. After a soap opera audition goes poorly, Michael reinvents himself as actress Dorothy Michaels and wins the part. What was supposed to be a short-lived role turns into a long-term contract, but when Michael falls for his castmate Julie (Jessica Lange), complications develop that could wreck everything.

May 21, 2024, | 7:00 p.m. | Cultural Center B

TOM WITMAN

Grab a seat, converse with friends, and enjoy some pre-dinner music as you wait for your dinner reservations. Do you have a favorite song? Feel free to provide your requests in the moment.

May 19, 2024, | 3:00 p.m. | Main Lounge

LATTES WITH LISA

Indulge in the comfort of your favorite coffee as you join us for a delightful experience. Come chat with Lisa Boylan, Social Services Coordinator, in a relaxed setting where your curiosity is welcomed. This unique opportunity allows you to sip, learn, and connect on the fourth Thursday of each month. Unlock valuable insights into navigating social services while enjoying a time of learning, laughter, and camaraderie.

May 23, 2024, | 11:00 a.m. | Terrace Room

Feature Events

RESIDENT TOWN HALL

Join us in the Cultural Center for a community update. President & CEO, Kevin DeAcosta will be presenting a resident town hall to update residents on current community information.

May 23, 2024, | 7:00 p.m. | Cultural Center

MEMORIAL DAY PROGRAM

Our annual Memorial Day program will be held in the Cultural Center on Friday, May 24th at 3:00pm. This is a time to acknowledge, remember & thank the millions of men & women in uniform who gave their lives for our country. We will celebrate Poppy Day & the 80th Anniversary of D-Day. A guest speaker, Tyler Boland, will talk about his involvement with WWII veterans including our own 4 Highlands veterans who served during WWII. Tyler will also bring his WWII jeep. The program will be presented by Barbara Witman, pianist, Dan Kimball, narrator, & Nancy Allmon, technician. Please join us for this patriotic program.

May 24, 2024, | 3:00 p.m. | Cultural Center

HUNTER O'NEIL

Welcome back Hunter O'Neil. Enjoy a wonderful piano recital by Hunter O'Neil. Hunter is a classically trained pianist, composer and multi-instrumentalist from Chesterfield County, Virginia, south of the River James and the City of Richmond. One of his passions is enriching people's lives by spreading joy through performing and teaching music. He performs at Assisted Living Facilities, Rehab Facilities and other venues throughout Pennsylvania, Maryland, Virginia and North Carolina! He provides a nice variety of music ranging from beautiful classical piano pieces by Bach, Chopin and others, the great Traditional Christian Hymns, Jazz Standards and other popular tunes that people love to sing along to. He also enjoys seeing the smiles on people's faces when they request a song that he knows!

May 24, 2024, | 7:00 p.m. | Cultural Center

FRIENDS OF CHAMBER MUSIC SHUTTLE – REGISTRATION REQUIRED

Our season wouldn't be complete without a concert by our friends in the Brentano String Quartet, returning for their 26th year! They are joined by Lucy Fitz Gibbon, a soprano noted for her "dazzling virtuosic singing", for the Reading premiere of Schoenberg's visionary second quartet. Registration is required for the shuttle to Friends of Chamber Music directly on Cubigo or by contacting the Programming Hotline.

May 25, 2024, | 6:45 p.m. | Transportation Center

THIS IS YOUR BRAIN ON MUSIC (PART 1 OF 2)

Join fellow resident, Stanley Furrow, as he presents a 2-part series on This is your Brain on Music.

May 28, 2024, | 7:00 p.m. | Cultural Center B

Feature Events

ASPIRE HOMECARE – WHAT DO THEY OFFER?

Join Lynann DeCusatis, Home Care Administrator, as she presents the benefits of Homecare. Aspire Homecare services are customized to meet short- or long-term needs, and staff are happy to provide a little more attention when needed to make your lifestyle more comfortable. Lynann will give an overview of what Homecare offers and allow residents to ask questions about their services.

May 30, 2024, | 10:00 a.m. | Cultural Center B

May 30, 2024, | 2:00 p.m. | Cultural Center B

GREAT DECISIONS – HIGH SEAS TREATY

Get ready for an enriching journey into world affairs with Great Decisions, America's largest discussion program. Engage in thoughtful discussions on the most critical global issues facing America today. Mark your calendars and join us for an insightful exploration of world affairs.

May 30, 2024, | 11:00 a.m. | Cultural Center A

COMMUNITY CONNECT – SUPPORT SERVICES

Informal session designed to foster a sense of community and provide you with the chance to ask questions, share feedback, and gain insights into various aspects of our retirement community. Join us for an engaging and informative session where residents can connect directly with Elijah and ask him questions regarding Support Services.

May 30, 2024, | 11:00 a.m. | Terrace Room

CHRIS EMKEY

Chris Emkey is a professional musician and music teacher based in Central Pennsylvania. Originally from Reading, PA, his start in music came at age 9, stumbling through “Ode to Joy” by ear at home after hearing it played by the school band. After gigging his way through high school in local bars and restaurants, Chris enrolled in Berklee College of Music in Boston, MA, where he earned a degree in Piano Performance. After graduating in 2016 Chris headed to Nashville, Tennessee, where he spent over 6 years performing and recording with dozens of bands and artists as well as teaching private piano lessons. During this time, he was able to work with some of the Music Industry’s best, including jazz keyboardist Karlton Taylor (Victor Wooten), blues guitarist Carl Stewart (BB King), rock guitarist Kris Bell (Bo Diddley) and country drummer Vincent Dee (Brenda Lee). Now back in PA, Chris continues to use this depth and variety of experience to create memorable live performances and an inspiring and creative teaching environment.

May 30, 2024, | 7:00 p.m. | Cultural Center

FLEA MARKET –REGISTRATION REQUIRED FOR SELLERS

Join us in the Cultural Center for a Flea Market from 10am to 2pm! Residents are invited to showcase and sell their items. To register to become a seller, register on Cubigo or by contacting the Programming Hotline by Friday, May 24th at 12:00pm. Sellers may occupy a full table or a half table. Space is limited. Residents will be able to attend the Flea Market and purchase items that are being sold! All proceeds will go to the Employee Benevolent Fund. Cash and checks will be accepted. Please make checks payable to The Highlands at Wyomissing and put Flea Market on the memo line. We look forward to seeing you there!

May 31, 2024, | 10:00 p.m. | Cultural Center

Feature Events

DR. MICHAEL EAGER PIANO RECITAL

Join resident Dr. Michael Eager in the Main Lounge for piano classics by Gershwin, Jerome Kern and other favorites.

June 2, 2024, | 3:00 p.m. | Main Lounge

INFORMATIONAL SESSION ON SAFETY PROCEDURES

Join Jim Marasco, Manager of Security and Transportation, as he reviews safety and fire procedure at The Highlands. Fire safety reduces the risk of injury that fires can cause and is a crucial aspect of providing a secure living environment. Come ask questions and learn how you can be safer.

June 3, 2024, | 10:00 a.m. | Cultural Center A

92nd STREET Y

The 92nd Street Y, New York is a world-class cultural and community center where people all over the world connect through culture, arts, entertainment, and conversation. For over 140 years, we have harnessed the power of arts and ideas to enrich, enlighten and change lives, and the power of community to repair the world.

June 3, 2024, | 1:30 p.m. | Cultural Center B

DINERS AND DRIVE-IN MOVIES BY JOHN MAIETTA

Join us in a presentation by John Maietta on Diners and drive-in movies – icons of the American roadside scene. A native of Williamsport, Pa., John Maietta retired from a lifelong public relations career in 2010. For many years he operated a successful free-lance business in the Harrisburg area, while simultaneously serving as a public affairs officer with the Pennsylvania National Guard. Starting in 2002, he completed numerous active-duty assignments with the U.S. Army, including long-term deployments to Bosnia, Kosovo, Germany, and Iraq. In 2014 he received a master's degree in applied history from Shippensburg University. He later taught introductory courses in world history at Shippensburg and York College of Pennsylvania. His popular presentations on history and culture have been featured at many libraries, retirement centers, and other venues throughout the region.

June 4, 2024, | 7:00 p.m. | Cultural Center B

B2 BISTRO + BAR LUNCHEON – REGISTRATION REQUIRED

Join us for an 11:30 a.m. lunch reservation on June 5th at B2 Bistro + Bar! B2 Bistro + Bar occupies the first floor of the historic Narrow Fabric Building. The Executive Chef and his talented team transform the freshest locally-sourced ingredients into delectable culinary creations reminiscent of the American and Mediterranean bistro-style of cooking. Registration is required directly on Cubigo or contact the Programming Hotline.

Reservations are open and close Friday, May 31st at 12:00 p.m. Highland's Transportation will be provided for a \$10 fee. There will be separate checks with 20% gratuity added.

June 5, 2024, | 11:00 a.m. | Transportation Center

Event Topics

TECH TOPIC

- 5/20 - Cell Phone Emergency SOS
- 5/28 – Telehealth Options
- 6/4 – Cell Phone Notifications

CHAPEL SERVICE

- 5/22 – Corrine Dautrich
- 5/29 – Corrine Dautrich
- 6/5 – Corrine Dautrich

WONDRIUM (Mondays)

- 5/20 — Louis XIV & Versailles / French Art
- 5/28—Romanticism / Romanticism in 19th Century
- 6/3 — Realism / The Birth of Impressionism

CUBIGO TRAINING

- 6/13 – Information Cube / Activity Cube

TED TALK

- 5/23 – 5 Bold Ideas Driving a Sustainable Future

DISCOVERY FRIDAY

- 5/31 – Ham: the first astrochimp
- 6/7 – The World's Most Famous Train

WONDRIUM (Fridays)

- 5/24 – Mozart-Symphony in C Major, "Jupiter"
- 5/29 – Beethoven-Symphony No. 3
- 6/7 – Beethoven-Piano Concerto No. 4

Feature Films

You've Got Mail (1998)

Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity. Eventually Joe learns that the enchanting woman he's involved with is actually his business rival. He must now struggle to reconcile his real-life dislike for her with the cyber love he's come to feel.

May 18 & 19 | 7:00 p.m. | Cultural Center B

Stronger (2017)

Jeff Bauman loses both of his legs when two bombs explode during the Boston Marathon on April 15, 2013. After regaining consciousness in the hospital, Jeff is able to help law enforcement identify one of the suspects, but his own battle is just beginning. With unwavering support from his family and girlfriend, Bauman embarks on a long and heroic journey to physical and emotional rehabilitation.

May 25 & 26 | 7:00 p.m. | Cultural Center B

Harriet (2019)

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

June 1 & 2 | 7:00 p.m. | Cultural Center B

Physician Services

Audiology

Call 610-775-2300
Monday, May 20

Podiatrist

Call 610-376-4880
Thursday, June 6 & 20

Dermatology

Call 877-345-5300
Wednesday, June 5

Blood Pressure Clinic

Tuesdays at 1:30 p.m.
No appointment needed.

Lab Courier

Call 610-775-2300
Wednesday Mornings

Laura Vedder PA-C

Call 717-738-2468
Tuesdays, 1:00 p.m. to 5:00 p.m.

Welcome New Residents



Donald and Jean Ann Burger | Apartment 122

Donald and Jean Ann Burger are moving to The Highlands from their home in Shillington, where they lived for 60 years. They first met at the Shillington pool where Donald was working as the pool manager when Jean Ann came to the pool to buy a ticket. Both graduates of Kutztown University, Donald earned his Master's Degree in Education at Temple University. He taught Biology at Governor Mifflin High School for 37 years and part-time at Penn State/Berks Campus for 36 years. At age 21, Donald was the President of the BAIRD Society Ornithological Club and today is the oldest living President of the BAIRD Society. Jean Ann earned her Master's Degree in Reading and was a Reading Specialist at Cocalico School District for 26 years. Donald enjoys reading, walking and biology or science articles or programs. Jean Ann enjoys reading, puzzles, word searches, gardening and art activities. Together they enjoy bird watching and attending family gatherings with their four daughters,

12 grandchildren, and nine great grandchildren (with one on the way), all of whom live and/or work in the area. Welcome to the Highlands at Wyomissing®, Donald and Jean Ann.

Happy Birthday

Sydney Malick – May 17
Lucy Schroeder – May 20
Kathleen Raffaelli – May 20
William Kilpatrick – May 21
Doris Grassi – May 21

Sheryl Roland – May 23
Michelle Becker – May 23
Bernadette Carlson – May 24
Richard Odenweller – May 24
Linda McCrae – May 27

Stephanie Ernst – June 5
Margaret Pendergast – June 6
Henry Koch – June 7
Carol Kerstetter – June 8
Elizabeth Nuniata – June 10



THE
HIGHLANDS
AT WYOMISSING®

The Highlands Happenings is distributed by the Residential Living Programming department. Questions related to the Highlands Happenings, or its contents should be directed to 484-220-8268.