



# The Highlands Happenings

## Friday, April 19



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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](mailto:programming@thehighlands.org),  
484-220-8268

**Support Services Hotline**  
[housekeeping@thehighlands.org](mailto:housekeeping@thehighlands.org),  
484-220-8290

**Resident Clinic**  
610-796-1777

**Maintenance Hotline**  
[maintenance@thehighlands.org](mailto:maintenance@thehighlands.org),  
484-220-8302

**Notification of Absence Hotline**  
[absence@thehighlands.org](mailto:absence@thehighlands.org),  
610-775-2300

**IT Concierge Service**  
484-220-8343

**Dining Services Hotline**  
[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org),  
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# Staff Directory

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Manager of Residential Living Programming

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# Happening at The Highlands

## **EMPLOYEE SPOTLIGHT #2 OF 35 – JENNIFER LAWRENCE**

As part of our 35th Anniversary celebration, we will be highlighting 35 remarkable employees whose dedication and hard work have truly shaped our community. Jen Lawrence, the Training and Development Coordinator, has been working at The Highlands since November 1989. Hired as a waitress, Jen worked in dining for almost 35 years, most recently as the Associate Director of Dining Services, before moving into her new role in January. As the Training and Development Coordinator, Jen teaches Highlands University, a training program completed by all Highlands' employees, as well as the Hearthstone Institute Approach, an interactive training that incorporates the "I'm Still Here" Philosophy for people living with dementia. Jen's favorite thing about working for The Highlands is interacting with both residents and coworkers. Jen has three teen age daughters and, outside of work, she enjoys spending time with them and her husband, most of which includes traveling to softball and volleyball games and tournaments to watch her daughters play.



# Community News

## **COMCAST REMOTE OPTIONS**

Xfinity/Comcast does provide various remote options for those residents who seek larger buttons. Residents interested can call 1-855-270-0379 and say either “accessibility” or “large button remote”. Important: These remote options will require the resident to program it to their TV. In addition, they will be different than your current remote and may not contain all the features of the X1 remote provided during installation.

## **XFINITY/COMCAST CUSTOMER SERVICE**

Moving forward, the technicians will no longer be on site, unless for a service call. All customer service needs should be addressed directly to Xfinity/Comcast. Residents can receive customer service through three different avenues:

1. Call Center
  - a. Residents can call 1-855-638-2855 to place a customer service request. During the call, residents should have their Xfinity/Comcast account number available to quickly navigate the automative system.
2. Online Account Chat Service
  - a. Residents can log into their Xfinity account online and start a customer service chat. The chat system will allow residents to describe their issue and a representative will be able to assist.
3. Xfinity Store
  - a. Residents can visit the Xfinity store, in the Wyomissing Target shopping center, to speak to a representative in-person to assist with their issue or to help schedule a service call.

## **XFINITY/COMCAST VOICE REMOTE – TUTORIAL CLASSES**

Residents received a voice control remote as part of the Xfinity/Comcast installation. This remote allows residents to control nearly all aspects of their TV watching experience with a single button. A tutorial will be hosted on Tuesday, April 30 at 10:00 a.m. in Cultural Center Side B.

## **PHILLIES GAME REGISTRATION EXTENDED**

The Highlands and Elite Coach Bus presents a trip to the Reading Phillies Game Tuesday, July 30<sup>th</sup>! Join us for a fantastic day at FirstEnergy Stadium and enjoy a delicious buffet in the picnic area while watching the Reading Phillies vs. Hartford Yard Goats game. Elite Coach provides 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 RL Programming Hotline at 484-220-8268, or [programming@thehighlands.org](mailto:programming@thehighlands.org).

## **KINDNESS QUOTE**

Sometimes all you need is a hug from the right person and all the stress will melt away...

# Community News

## **CUBIGO INFORMATION RELOCATION**

As more residents adopt Cubigo and as The Highlands continues to increase its digital communication, it requires the relocation of information currently posted on Cubigo into dedicated areas. This relocation will allow the documents to be housed in its relevant area and provide easier access. The summary of the relocation is below:

- Relocated to Activity Cube
  - Highlands Happenings
  - Fitness Newsletter
  - Registration Links
- Relocated to Committee Cube
  - Resident Council Comment Form
- Remains in the Information Cube
  - General Information (campus map, etc.)
  - Dining
  - Finance
  - Residential Living Communications
  - Personal Care / Skilled Nursing

Questions or concerns can be directed to Jared Martz, Director of Community Life and Engagement at 484-220-8265 or [martzj@thehighlands.org](mailto:martzj@thehighlands.org)

## **SENTRICS EQUIPMENT RETURN PROCESS**

Residents are to return their Sentrics equipment (E-Hub, TiVo boxes, and remotes) to the Resident Services Suite Area (behind the Concierge Desk) on Monday, April 22 between 10 a.m. and 2 p.m. When returning the equipment, see a team member of Resident Services so they can check your name off the return list. Questions can be directed to Jared Martz, Director of Community Life and Engagement.

## **NEW HOPE / DOYLESTOWN TRIP – REGISTRATION REQUIRED**

Join us on an 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 Friday, July 26<sup>th</sup>! See the full itinerary on Cubigo or on the flyer in the Mailroom. Price is \$181 and registration is required. Registration closes May 31<sup>st</sup> at 12:00pm. Register directly on Cubigo or contact the Programming Hotline.

## **VOLUNTEER APPRECIATION WEEK**

Volunteer Appreciation Week is April 21-27! This year's National theme is: "Something for Everyone," which goes right along with our theme of thanking everyone for all they do to make the Highlands a fantastic place to live. From the smallest act of kindness- saying "hello" to a person you pass in the hall to a bigger act of kindness- volunteering to assist residents in Memory Care so that they may experience the solar eclipse, these are all important volunteer actions. There are so many ways we volunteer each day that we don't realize how special we are. So, wear your "Thank you Highland's Volunteer" bracelet to remind yourself that you are an important volunteer. If you don't have one, or know of someone who needs one, see George or Sandy Post for a bracelet.

# Community News

## **WELLNESS TIP**

Improving your flexibility can allow you to move more freely when reaching to tie your shoe or to look over your shoulder. Important areas to stretch are your back, ankles, hamstrings (back of leg), and neck/shoulders. Flexibility exercises can be done anywhere, and no equipment is required. Before stretching, you want to be sure your muscles are warmed up (see your exercise specialists for examples). It is important to stretch after endurance and strength exercises and not to stretch so far that it hurts. Keep in mind to breathe normally while holding your stretch. If you are unsure about a particular exercise, please see your healthcare provider or exercise specialist.

## **FLEA MARKET ON FRIDAY, MAY 31**

Join us in the Cultural Center for a Flea Market on Friday, May 31, running from 10am to 2pm! Residents are invited to showcase and sell their items. To participate in selling, residents are required to sign up directly on Cubigo or by contacting the Programming Hotline. Registration opens Monday, May 6 and closes Friday, May 24 at 12:00pm. Sellers can pick up seller guidelines from Ashleigh Vogt, RL Programming Manager.

## **PROGRAM CANCELLATION**

We understand that life can sometimes throw unexpected curveballs, and plans may need to change. If, for any reason, you find yourself unable to attend a registered experience, we kindly ask that you reach out to the Programming department at 484-220-8268 or via email at [programming@thehighlands.org](mailto:programming@thehighlands.org). Your communication allows us to promptly remove your registration and prevent any potential charges, especially if you cancel before the registration deadline. More importantly, your consideration enables your fellow neighbors to seize the opportunity to attend the program. We appreciate your understanding and cooperation.

## **ATTENDANCE PROGRAM TRACKING**

The Highlands ensures accurate attendance tracking across various programs. Whether it's Fitness Classes in the Fitness Studio and pool, or engaging events like Discovery Friday and Wondrium, attendance is recorded. Our dedicated staff members use the Cubigo Staff App to manage attendance seamlessly during each event. The Programming Department consistently assesses the success of on-campus programs, and any program falling short of attendance standards undergoes thorough evaluation. Your participation matters, and we are committed to delivering exceptional experiences for everyone.

## **CARD PARTY**

Card Party will now be held every Monday at 7 p.m. in the Parlor. This will provide residents who attend with a consistent day, location, and time.

## **PROGRAMMING SCHEDULE EFFECTIVE MAY 1**

Effective May 1<sup>st</sup>, Cubigo Training will take place the second Thursday of each month in Cultural Center Side B at 10:00am. TED Talk Discussions will occur on the 4<sup>th</sup> Thursday of each month at 10:00am in the Cultural Center side B.

# 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 April 21<sup>st</sup>:**

- Activity Committee Meeting (4/22)
- Endowment Fund Committee Meeting (4/23)
- Cooking with Kevin (4/24)
- Resident Town Hall (4/24)

## **Week of April 28<sup>th</sup>:**

- Marketing Lunch & Learn (4/30)
- Grounds & Maintenance Committee Meeting (5/1)
- Community Connect – Maintenance (5/2)
- Community Impact Symposium (5/3)

## **Week of May 5<sup>th</sup>:**

- Therapy Education/Informational Session (5/6 & 5/9)
- Dining Enhancement Committee (5/6)
- Hospitality Committee Meeting (5/8)
- Marketing Committee Meeting (5/8)
- Social Hour with Senior Leadership (5/8)
- Community Connect: Homecare/Resident Clinic (5/9)

## **Week of May 12<sup>th</sup>:**

- Mother's Day (5/12)
- Fitness Committee Meeting (5/14)
- Cooking with Kevin (5/15)
- Community Connect: Security/Transportation (5/16)
- Resident Association (5/16)

*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, APRIL 20

6:30pm Pinochle CCA  
7:00pm Home Team (2022) CCB

## SUNDAY, APRIL 21

3:00pm Ukulele Sing-A-Long ML  
7:00pm Home Team (2022) CCB

## MONDAY, APRIL 22

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 <sup>Sign Up</sup> RC  
2:15pm Aromatherapy PR  
3:00pm Transitions of Care CCB  
7:00pm Current State of Higher Education CC  
7:00pm Card Party P

## TUESDAY, APRIL 23

~~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 <sup>Sign-Up</sup> RC  
1:30pm Blood Pressure Clinic RC  
1:30pm Fulton Bank & CVS TC  
2:00pm Cornhole FS  
3:00pm Ukuleles Unite ML

## WEDNESDAY, APRIL 24

8:30am Lab Courier Visits <sup>Sign Up</sup> RC  
~~9:00am Arthritis Ability FS~~  
10:00am Caregiver Connect Group CCA  
~~10:00am Fists of Fury <sup>Sign-Up</sup> FS~~  
~~11:00am Supervised Swim FCP~~  
1:30pm Lancaster Ave Shopping TC  
2:00pm Chapel Service CCA  
3:00pm Cooking with Kevin <sup>Sign Up</sup> TR  
3:30pm Tom Witman ML  
7:00pm Resident Town Hall CC

## THURSDAY, APRIL 25

~~9:00am Bone Builders FS~~  
10:00am Zumba Gold FS  
10:00am Helping Hands PR  
10:00am Transportation Loop TC  
10:00am TED Talk Discussion CCB  
~~11:00am Supervised Gym FCG~~  
11:00am Sea Sculpt FCP  
11:00am Lattes with Lisa TR  
1:00pm 12 Step Meeting MR  
1:30pm Chorus CCA  
3:15pm Bells CCA  
7:00pm The Place We Call Home CC

## FRIDAY, APRIL 26

9:00am Fists of Fury <sup>Sign-Up</sup> 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  
2:00pm Bocce CC  
2:00pm Grip Assessments <sup>Sign Up</sup> FS  
7:00pm Marbles CCB  
7:00pm Game Night CCA

## SATURDAY, APRIL 27

~~1:00pm Duplicate Bridge CCA~~  
3:00pm Sunday Sinfonia CC  
6:30pm Pinochle CCA  
7:00pm Twins (1988) CCB

## SUNDAY, APRIL 28

4:00pm Fred Bernardo Duo CC  
7:00pm Twins (1988) 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

### Cancel Key

~~Anything Crossed-Out~~ = Program Cancelled

### Registration Key

Sign-Up = Registration Required

\* = Time Change

# Future Outlook

Monday	Tuesday	Wednesday
<p><b>29</b>            9:00am – Yoga            10:00am – Sports Talk            10:00am – Drum n’ Fun            10:00am – Weis Market            11:00am – Lap Swim            11:00am – Wondrium            2:15pm – Aromatherapy            7:00pm – Hessian Prisoners in PA            7:00pm – Card Party</p>	<p><b>30</b>            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            1:00pm – Primary Care Visits <sup>Sign-Up</sup>            1:30pm – Blood Pressure Clinic            1:30pm – Fulton Bank, CVS, etc.            3:00pm – Ukuleles Unite            4:30pm – The Vintage Jazz Trio            7pm – All About Sweet Treats</p>	<p><b>1</b>            8:30am – Lab Courier Visits <sup>Sign Up</sup>            9:00am – Arthritis Ability            10:00am – Fists of Fury <sup>Sign Up</sup>            11:00am – Supervised Swim            11:00am – Wondrium            12:00 – Craft 2700 Luncheon <sup>Sign Up</sup>            12:00pm – Dermatology Visits <sup>Sign Up</sup>            1:30pm – Lancaster Ave Shopping            2:00pm – Chapel Service            7:00pm – Game Night</p>
<p><b>6</b>            9:00am – Yoga            10:00am – Sports Talk            10:00am – Drum n’ Fun            10:00am – Weis Market            10:00am – Therapy Presentation            11:00am – Lap Swim            11:00am – Wondrium            2:15pm – Aromatherapy            7:00pm – Exploring the Power of AI            7:00pm – Game Night            7:00pm – Card Party</p>	<p><b>7</b>            9:00am – Bone Builders  <del>10:00am – Aqua Zumba</del>            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            1:00pm – Primary Care Visits <sup>Sign-Up</sup>            1:30pm – Blood Pressure Clinic            1:30pm – Fulton Bank, CVS, etc            2:00pm – Bean Bag Baseball            3:00pm – Ukuleles Unite            7:00pm – Vienna Session Presentation</p>	<p><b>8</b>            8:30am – Lab Courier Visits <sup>Sign Up</sup>            9:00am – Arthritis Ability            10:00am – Fists of Fury <sup>Sign Up</sup>            10:00am – Caregiver Connect Group            11:00am – Supervised Swim            1:30pm – Lancaster Ave Shopping            2:00pm – Chapel Service            4:00pm – Happy Hour w/ Senior Leadership            4:30pm – Tom Witman            7:30pm – Know Your Symphony</p>
<p><b>13</b>            9:00am – Yoga            10:00am – Sports Talk            10:00am – Drum n’ Fun            10:00am – Weis Market            11:00am – Lap Swim            11:00am – Wondrium            2:15pm – Aromatherapy            7:00pm – European Villages of Origin            7:00pm – Card Party</p>	<p><b>14</b>            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            1:00pm – Primary Care Visits <sup>Sign-Up</sup>            1:30pm – Blood Pressure Clinic            1:30pm – Fulton Bank, CVS, etc            1:30pm – 9nd Street Y            2:00pm – Cornhole            3:00pm – Ukuleles Unite            4:00pm – Jim Correnti            7:00pm – Game Night</p>	<p><b>15</b>            8:30am – Lab Courier Visits <sup>Sign Up</sup>            9:00am – Arthritis Ability            10:00am – Fists of Fury <sup>Sign Up</sup>            11:00am – Supervised Swim            1:30pm – Lancaster Ave Shopping            2:00pm – Chapel Service            7:00pm – David Zipse</p>

# Future Outlook

Thursday	Friday	Saturday
<b>2</b> 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Great Decisions 11:00am – Community Connect 1:00pm – 12 Step Meeting 1:30pm – Chorus 3:15pm – Bells 7:00pm – Bingo	<b>3</b> 9:00am – Fists of Fury <sup>Sign Up</sup> 9:00am – Community Impact Symposium <sup>Sign Up</sup> 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 1:00pm – Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off 7:00pm – Marbles	<b>4</b> 6:30pm – Pinochle 7:00pm – Movie  <b>Sunday</b> <b>5</b> 2:30pm – Movie 7:00pm – Yom Hashoah
<b>9</b> 9:00am – Bone Builders <del>10:00am – Zumba Gold</del> 10:00am – Helping Hands 10:00am – Transportation Loop 10:00am – Cubigo Training 11:00am – Supervised Gym <del>11:00am – Sea Sculpt</del> 11:00am – Community Connect 1:00pm – Therapy Presentation 1:00pm – 12 Step Meeting 1:30pm – Chorus 3:15pm – Bells 7:00pm – Highlandaires & Bellaires Spring Concert	<b>10</b> 9:00am – Fists of Fury <sup>Sign Up</sup> 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 1:30pm – Governor Mifflin MS Band 2:00pm – Wyo Library Pickup/ Drop Off <del>2:00pm – Boccee</del> 7:00pm – Marbles	<b>Saturday</b> <b>11</b> 1:00pm – Duplicate Bridge 6:05 – ROS Shuttle #1 <sup>Sign Up</sup> 6:30pm – Pinochle 6:45pm – RSO Shuttle #2 <sup>Sign Up</sup> 7:00pm – Movie  <b>Sunday</b> <b>12</b> 3:00pm – Estenam Ruis 7:00pm – Movie
<b>16</b> 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Great Decisions 11:00am – Community Connect 1:00pm – Podiatrist Visit <sup>Sign Up</sup> 1:00pm – 12 Step Meeting 2:00pm – Fitness Workshop 2:00pm – Sacred Heart Mass 7:00pm – Resident Association	<b>17</b> 9:00am – Fists of Fury <sup>Sign Up</sup> 10:00am – Giant Grocery 10:00am – Arthritis Ability 11:00am – Supervised Swim 11:00am -- Wondrium 1:00pm -- Wyomissing Farmers Market 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Discovery Friday 7:00pm – Marbles	<b>Saturday</b> <b>18</b> 6:30pm – Pinochle 7:00pm – Movie  <b>Sunday</b> <b>19</b> 3:00pm – Kutztown Pipe Band 7:00pm – Movie

# Feature Events

## **UKULELE UNITE SING-A-LONG**

Get ready to strum, sing, and smile as the Highlands' very own Ukulele Unite host a sing-a-long session in the Main Lounge on Sunday, April 21st, at 3:00 PM. Experience the joy of community music-making as we unite in song, led by our talented Ukulele Group. Bring your voice, your friends, and your ukulele if you have one, or simply come as you are! Whether you're a seasoned singer or just love to hum along, everyone is welcome to join in the fun.

**April 21, 2024, | 3:00 p.m. | Main Lounge**

## **TRANSITIONS OF CARE PRESENTATION**

Join Lisa Boylan and Andrea Garner as they discuss the transitions of care at The Highlands. The quarterly Transitions meeting provides an overview of the process of transitioning to another level of care. We also discuss the changes that a resident may experience which may warrant consideration for a level of care assessment. Andrea Gardner of PC will also be present to answer questions regarding Personal care/Memory Support.

**April 22, 2024, | 3:00 p.m. | Cultural Center B**

## **THE CURRENT STATE OF HIGHER EDUCATION**

Sponsored by the Endowment Fund Committee, Glynis A. Fitzgerald, Ph.D., will be giving a presentation on Higher Education. She began her tenure as Alvernia University's eighth president and first lay female president on July 1, 2023. Before joining Alvernia, Glynis served as associate vice president of Academic Affairs and dean of the School of Graduate Studies at Central Connecticut State University. She developed her expertise in undergraduate and graduate program development, expansion of online learning options, and community and corporate partnerships. As a seasoned faculty member, she rose through the ranks to full professor in the department of communication at Central Connecticut State, where she also served as department chair.

**April 22, 2024, | 7:00 p.m. | Cultural Center**

## **COOKING WITH KEVIN – REGISTRATION REQUIRED**

This is turning into a very popular event with the participation growing monthly. Therefore, we are increasing the maximum capacity to 40! Reservations go quickly, so if you are interested, please sign up today.

Registration is required directly on Cubigo or by contacting the Programming Hotline.

**April 24, 2024, | 3:00 p.m. | Terrace Room**

## **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.

**April 24, 2024, | 4:30 p.m. | Main Lounge**



# 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.

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

## **LATTES WITH LISA**

Indulge in the comfort of your favorite coffee as you join us for a delightful experience at "Lattes with Lisa!" 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.

**April 25, 2024, | 11:00 A.m. | Terrace Room**

## **THE PLACE WE CALL HOME**

Brought to you by the Grounds and Maintenance committee! Learn how our community at The Highlands is contributing to a brighter tomorrow for life on earth by providing habitat for beneficial native plants and animals and responsibly managing both our beautiful campus and our indoor lives. Hear about opportunities to do even better in our collective and individual lives, and about the modern approach to caring for our one and only planet, designed to sustain a high standard of living for future generations.

**April 25, 2024, | 7:00 p.m. | Cultural Center**

## **GRIP ASSESSMENTS – REGISTRATION REQUIRED**

The hand grip strength measurement indicates the muscle health in the hands and forearms. Grip strength is important for everyday functions and is also a good indicator of overall strength. Registration can be done on Cubigo or by contacting the Programming Hotline.

**April 26, 2024, | 2:00 p.m. | Fitness Studio**

## **SUNDAY SINFONIA**

The Sunday Sinfonia Orchestra originated in 2010 as the "Sinfonia Orchestra" at the Pennsylvania Academy of Music in Lancaster, PA. Founded by Simon Maurer and one of his students, Gail Frederick, the goal was to provide a place for adult community members to play in a casual orchestra.

**April 27, 2024, | 3:00 p.m. | Cultural Center**

## **FRED BERNARDO DUO**

Join us for a delightful duo performance featuring Fred on the guitar and his coworker on the mandolin (description coming soon). Fred's musical journey began in 1972 when he founded his iconic music store, catering to the needs of the vibrant musical community. Embrace the opportunity to be part of this musical experience, where Fred shares his love for swing and contemporary tunes.

**April 28, 2024, | 4:00 p.m. | Cultural Center**

# Feature Events

## **HESSIAN PRISONERS IN PENNSYLVANIA**

Stop by and learn from Michael Jesberger, Mr. US History, who provides a view into history that won't be found in many history books. Sponsored by the Endowment Fund Committee, this lecture focuses on how the Continental Army dealt with enemy prisoners captured in battle and uses eyewitness accounts to highlight some of the experiences of German as well as British prisoners of war during the American Revolution in the Berks, Lancaster Pennsylvania region. Mr. Jesberger is an independent military historian who specializes in the American Revolution and Civil War time periods. He is renowned for his depth and breadth of knowledge, as well as his engaging and passionate presentation style.

**April 29, 2024, | 7:00 p.m. | Cultural Center**

## **THE VINTAGE JAZZ TRIO**

Join The Vintage Jazz Trio in the Main Lounge for some wonderful music! The Vintage Jazz Trio consists of Ben Mauger, Cornet; Bob Peruzzi, Trombone; and Bob Kreitz, Piano. We play all over central Pennsylvania and play early jazz music by all the greats such as Louis Armstrong, and have played in the "parlor" on several occasions.

**April 30, 2024, | 4:30 p.m. | Main Lounge**

## **THE SWEET SUCCESS STORY OF SWEET TREAT DESERTS**

Sponsored by the Endowment Fund Committee. Sweet Treat Deserts is owned and operated by Sandy Salomon. This success story began in Reading, PA in 1979 with chocolate chip cookies and operating in a two-car garage. Sweet Treat Since then, she has grown the company to become a globally recognized dessert brand.

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

## **CRAFT 2700 LUNCHEON – REGISTRATION REQUIRED**

With 15 years of experience cooking in the local restaurants, Chef Daniel Groff is excited to present his vision to you and all our guests using the freshest local ingredients in a scratch kitchen. Craft 2700 has a caring and committed staff that makes sure you have a fantastic experience with them from start to finish. If the weather is nice, the group may sit on the Patio. Seating will be indoors if there is inclement weather. For those who may require transportation, Highland's transportation services to and from our restaurant will be provided if needed. However, please note that registration is required for all guests, regardless of whether transportation is needed. Registration Closes Friday, April 26, 2024 at 12:00pm. directly in Cubigo or contact the Programming Hotline.

**May 1, 2024, | 11:30 a.m. | Transportation Center**

## **COMMUNITY CONNECT – MAINTENANCE**

Join us for an engaging and informative session where residents can connect directly with Terry and ask him questions regarding Maintenance.

**May 2, 2024, | 11:00 a.m. | Terrace Room**

# Feature Events

## **GREAT DECISIONS – NATO’S FUTURE**

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 2, 2024, | 11:00 a.m. | Cultural Center Side A**

## **COMMUNITY IMPACT SYMPOSIUM—REGISTRATION REQUIRED**

You are cordially invited to join The Highlands at Wyomissing for our community impact symposium: Guiding Through Transitions: Equipping Caregivers with Memory Support Education, Strategies, and Resources. Registration is required through Cubigo or by contacting the Programming Hotline. Dr. Nancy Hodgson, internationally recognized as a nurse expert in biobehavioral research methods for older adults, will present and discuss her research focus on the development, testing, and dissemination of care programs to older adults with dementia and their family caretakers.

**May 3, 2024, | 9:00 a.m. | Cultural Center**

## **YOM HASHOAH – HOLOCAUST REMEMBRANCE DAY**

Yom HaShoah, also known as Holocaust Remembrance Day, occurs on the 27th of the Hebrew month of Nisan. Shoah, which means “catastrophe” or “utter destruction” in Hebrew, refers to the atrocities that were committed against the Jewish people during World War II. This is a memorial day for those who died in the Shoah. The Shoah is also known as the Holocaust, from a Greek word meaning "sacrifice by fire."

**May 5, 2024, | 7:00 p.m. | Cultural Center**

## **THERAPY DEPARTMENT – WHAT CAN THEY DO?**

Join Michael Allebach, Director of Rehabilitation at The Highlands, as he explains what the therapy department offers, how to receive services, and more! Bring your questions along!

**May 6, 2024, | 10:00 a.m. | Cultural Center Side A**

**May 9, 2024, | 1:00 p.m. | Cultural Center Side B**

## **BEYOND LIMITS: EXPLORING THE POWER OF AI**

Sponsored by the Endowment Committee. Dave Kaul's journey began at 12 when he created his first computer adventure game, sparking a lifelong passion for computer graphics. With degrees from Syracuse University and The Ohio State University, he interned at Industrial Light and Magic, worked at Metrolight Studios, and contributed to projects like a Dodge commercial for the Superbowl and the Mask CD-ROM. Dave now teaches Game Development at Albright College, sharing his expertise with students. He's also owned a digital media company, serving clients like Fisher Price and architects. His expertise in Maya Dynamics and 3D visualization has earned him accolades and made him a sought-after industry expert. Dave lives with his wife and four cats, enjoying a fulfilling career and sharing his knowledge with others.

**May 6, 2024, | 7:00 p.m. | Cultural Center**

# Event Topics

## TECH TOPIC

- 4/22 – Xfinity Voice Remote Tutorial
- 4/30 – Xfinity Voice Remote Tutorial
- ~~5/7 – CANCELLED~~

## CHAPEL SERVICE

- 4/24 – Jayme Babczak
- 5/1 – Bonnie Oplinger

## WONDRIUM (Mondays)

- 4/22 – Caravaggio / Italian Baroque Painting
- 4/29 – Gian Lorenzo Bernini / Peter Paul Rubens
- 5/6 – Dutch Painting in 17th Century / Rembrandt

## TED TALK DISCUSSION

- 4/18 – What the Fossil Fuel Industry Doesn't Want You to Know
- 4/25 – Let Your Garden Grow Wild

## DISCOVERY FRIDAY

- 5/17 – Suddenly I Hear You
- 5/31 – Ham: the first astrochimp

## WONDRIUM (Fridays)

- 4/26 – Bach-Brandenburg Concerto No. 2
- 5/1 – Bach-Violin Concerto in E Major
- 5/10 – Haydn-Symphony No. 104

# Feature Films

## Home Team (2022)

Sean Payton returns to his hometown two years after being terminated as NFL head coach due to his involvement in a scandal, and finds himself reconciling with his 12-year-old son by coaching his Pop Warner football team.

**April 20 & 21 | 7:00 p.m. | Cultural Center B**

## Twins (1988)

The products of a genetic experiment, fraternal twins Julius (Arnold Schwarzenegger) and Vincent (Danny DeVito) are separated at birth. Their mother, Mary Ann (Bonnie Bartlett), is told they're dead. Now Vincent, an unscrupulous street hustler, ekes out a living in Los Angeles. Julius, raised by a scientist (Tony Jay), grows up humble, intelligent and strong, but very naive about the larger world. When Julius learns of his mother and brother, he heads to Los Angeles to find his family.

**April 27 & 28 | 7:00 p.m. | Cultural Center B**

## Megan Leavy (2017)

The true-life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. Assigned to clean up the K-9 unit after a disciplinary hearing, Leavey starts to identify with Rex, a particularly aggressive dog that she trains. Over the course of their service, Megan and Rex complete more than 100 missions until an improvised explosive device injures both, putting their fates in jeopardy.

**May 4 & 5 | 7:00 p.m. | Cultural Center B**



# Physician Services

## **Audiology**

Call 610-775-2300  
Monday, April 22

## **Podiatrist**

Call 610-376-4880  
Thursday, May 2 & 16

## **Dermatology**

Call 877-345-5300  
Wednesday, May 1

## **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

# Happy Birthday



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**HIGHLANDS**  
AT WYOMISSING®

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