



The Highlands Happenings

Friday, April 26



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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

Resident Clinic
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
diningorders@thehighlands.org,
484-220-8316

Staff Directory

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Manager of Residential Living Programming

danielsa@thehighlands.org, 484-220-8284

Happening at The Highlands

RESIDENT SPOTLIGHT #2 OF 35 – MARGARET PATCH

Following a rewarding career at IRS that placed her in Manhattan, Philadelphia, Baltimore and Washington, Margaret relocated to Wyomissing to be close to her family. Seeing The Highlands as an integral part of the community, she and her sister, Harriet, decided to place their names on the future resident list in 2006.

“Having lived in many places, I welcomed a community where all services were close and no rush hour! I decided to make Wyomissing the next chapter in my life, and The Highlands my forever home.” With no defined time to move to The Highlands,

Margaret and Harriet attended “Lunch and Learn” sessions and looked at apartments and villas. Margaret also used the Fitness Center which afforded her the opportunity to feel a part of The Highlands community. She had always coveted the villas on Pine Tree Lane, so twelve years later when one became available, even though the timing was a challenge, she did everything she could to make it happen. Margaret said that her “cottage” continues to be a joy, but she also noted that living at The Highlands exceeds all her expectations with welcoming and supportive staff as well as friendly neighbors. Watching the solar eclipse last week, Margaret said she was reminded how blessed she is to be here: “I was reminded that I am such a small cog in the universe, and I am in this safe oasis where I will be cared for the rest of my life.” When asked about her

favorite activities, Margaret said she enjoys her independence as well the sense of community The Highlands affords. A former member of the Resident Council she enjoys the educational seminars presented by The Highlands as well as using the fitness center to stay active. She also enjoys reading, music provided by the wonderful Reading Symphony and Friends of Chamber Music, gardening and travel. Her villa is filled with beautiful items, each attached to a memory or story of her travels around the world. When she shows her villa to future residents, she encourages them to “come before you think you need to, become part of a lovely community.” She also seeks to spread positivity and kindness to residents and staff and has taken it upon herself to print and post quotes around campus as a reminder to all of us working and living here. One of her recent quotes came from friends of the late Dr. Dina Geracimos Wert, daughter of our resident, Hazel Geracimos. Dina passed away suddenly last month. “You never know what words or actions of yours may change a life...so choose wisely. And have fun!!!! You.... are.... amazing.”



EMPLOYEE SPOTLIGHT #3 OF 35 – FRANK VITELLI

Frank Vitelli, Assistant Manager of Dining Health Services, oversees dining health services in personal care, skilled nursing, and memory support. Frank first started working at The Highlands in 2005 as a dining services supervisor in personal care. He is grateful that in 2015 he was able to return to school to become a Certified Dietary Manager and to receive tuition reimbursement from The Highlands. Frank loves being able to work with residents every day and the work-life balance provided by The Highlands. He enjoys being here on Christmas and other holidays, meeting residents’ families, and sharing a meal with them and other staff.

“The Highlands feels like home,” he said, “And everyone here feels like family.” In his free time, Frank enjoys hiking and swimming, and spending time with family and friends and his two cats, Maxie and Bella.



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 3 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.

CRUISE TO BERMUDA – REGISTRATION REQUIRED

Embark on an unforgettable 7-day cruise to Bermuda departing from Cape Liberty, NJ. Experience the luxury of 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 at 484-220-8268 or programming@thehighlands.org. Registration opens on Monday, April 29th, 2024, and closes on Friday, July 19th, 2024. 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.

THE HIGHLANDS AT WYOMISSING ANNUAL REPORT

We are excited to announce that the 2022-23 Highlands at Wyomissing Annual Report is now available for pickup! This comprehensive report highlights our community's achievements, milestones, and the wonderful moments we've shared over the past year. A limited number of printed copies will be available at the front desk for pickup, so be sure to grab yours while supplies last. If you prefer a digital version, it can be found on Cubigo on the Information Cube. Thank you for being an integral part of our community, and we look forward to creating more memories together in the year ahead!

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.

- 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

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.

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 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.

MAY FITNESS CHALLENGE

Starting from May 1st to May 31st, the Fitness Center is having an exciting group challenge, "Ride the Orient Express," covering the distance from Paris to Istanbul, totaling 1,700 miles (where each visit equals one mile). Additionally, there's an individual challenge where participants must utilize the Fitness Center at least 3 times a week throughout the month to qualify for a prize. To participate, simply sign into the Fitness Studio binder, use your key fob on the machines in the gym, and sign in at the pool entrance binder for pool usage. For any inquiries, reach out to Brenda at 484-220-8266 or via email at AxlineB@thehighlands.org.

KINDNESS QUOTE

If you have only one smile in you, give it to the people you love. Do not be surly at home; then go out in the street and start grinning "Good morning" at total strangers. -Maya Angelou

Community News

WELLNESS TIP

As we age, the human body does not process medications doses the same as a younger individual. Generally, side effects are determined by studies done in a relatively young and healthy population. According to the Health in Aging Foundation, older adults need a lower dose of medications and should increase the dose as needed. The American Geriatrics Society's Beers Criteria lists medications that may not be safe in older people and can be used as a tool when you talk with your provider or pharmacist about using safe medications. When taking medications, you want to be sure the medication is right for you, your age, and that you are taking the proper dose for the correct conditions and for the length of time your provider prescribes.

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! All funds will go towards the Employee Benevolent fund. 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 and anyone interested in selling can pick up seller guidelines from Ashleigh Vogt, RL Programming Manager.

READING CHORAL SOCIETY

The Reading Choral Society presents *Brahms: Liebeslieder Waltzes & Elgar: From the Bavarian Highlands*. It will feature pianists Mary Bishop and Ya-Jhu Yang. This will occur Sunday, May 5th at 4pm at the Scottish Rite Cathedral (430 S. Seventh Ave. West Reading). Tickets are \$15 in advance (www.readingchoral.org) or \$20 at the door.

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. 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.

PHILLIES GAME REGISTRATION EXTENDED

The Highlands and Elite Coach Bus presents a trip to the Reading Phillies Game on Tuesday, July 30th! 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.

Community Connection

Here, we aim to keep you informed and involved in the various threads that weave through life on The Highland's 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 28th:

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

Week of May 5th:

- 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 12th:

- 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)

Week of May 19th:

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

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 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	Strings in Time Duo	ML
7:00pm	Twins (1988)	CCB

MONDAY, APRIL 29

9:00am	Yoga	FS
10:00am	Drum n' Fun	FS
10:00am	Sports Talk	IR
10:00am	Weis Grocery Store	TC
11:00am	Supervised Lap Swim	FCP
11:00am	Wondrium	CCB
2:15pm	Aromatherapy	PR
7:00pm	Hessian Prisoners in PA	CC
7:00pm	Card Party	P

TUESDAY, APRIL 30

9:00am	Bone Builders	FS
10:00am	Aqua Zumba	FCP
10:00am	Tech Topic	CCB
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
3:00pm	Ukuleles Unite	ML
4:30pm	The Vintage Jazz Trip	ML
7:00pm	Sweet Street Desserts Story	CC

WEDNESDAY, MAY 1

8:30am	Lab Courier Visits ^{Sign Up}	RC
9:00am	Arthritis Ability	FS
10:00am	Fists of Fury ^{Sign-Up}	FS
11:00am	Supervised Swim	FCP
11:00am	Wondrium	CCB
11:30am	Craft 2700 Luncheon ^{Sign Up}	TC
12:00pm	Dermatology Visits ^{Sign Up}	RC
1:30pm	Lancaster Ave Shopping	TC
2:00pm	Chapel Service	CCA
7:00pm	Game Night	CCA

THURSDAY, MAY 2

9:00am	Bone Builders	FS
10:00am	Zumba Gold	FS
10:00am	Helping Hands	PR
10:00am	Transportation Loop	TC
11:00am	Supervised Gym	FCG
11:00am	Sea Sculpt	FCP
11:00am	Great Decisions	CCA
11:00am	Community Connect	TR
1:00pm	Podiatrist Visits ^{Sign Up}	RC
1:00pm	12 Step Meeting	MR
1:30pm	Chorus	CCA
3:15pm	Bells	CCA
7:00pm	Bingo	CCA

FRIDAY, MAY 3

9:00am	Fists of Fury ^{Sign-Up}	FS
9:00am	Community Impact Symposium ^{Sign Up}	CC
10:00am	Giant Grocery Store	TC
10:00am	Arthritis Ability	FS
11:00am	Supervised Swim	FCP
1:00pm	Wyomissing Farmers Market	TC
2:00pm	Wyo Library Pickup/Drop	LR
7:00pm	Marbles	CCB
7:00pm	Game Night	CCA

SATURDAY, MAY 4

6:30pm	Pinochle	CCA
7:00pm	Megan Leavy (2017)	CCB

SUNDAY, MAY 5

2:30pm*	Megan Leavy (2017)	CCB
7:00pm	Yom Hashoah	CC

Room Location Key

B = Bistro	FCG = Gym
CC = Cultural Center	FS = Fitness Studio
FCP = Pool	LR = Library
IR = Iris Room	PR = Parlor
ML = Main Lounge	TC = Transportation
RC = Resident Clinic	GS = Gift Shop
TR = Terrace Room	MR = Meditation Room
WCR = Wyomissing 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>6 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>7 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 1:00pm – Primary Care Visits ^{Sign-Up} 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 3:00pm – Ukuleles Unite 7:00pm – Vienna SAcession Presentation</p>	<p>8 8:30am – Lab Courier Visits^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury^{Sign Up} 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>13 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>14 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 ^{Sign-Up} 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 1:30pm – 92nd Street Y 2:00pm – Cornhole 3:00pm – Ukuleles Unite 4:00pm – Jim Correnti 7:00pm – Game Night</p>	<p>15 8:30am – Lab Courier Visits^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury^{Sign Up} 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 3:00pm – Cooking with Kevin 7:00pm – David Zipse</p>
<p>20 9:00am – Yoga 10:00am – Sports Talk 10:00am – Drum n’ Fun 10:00am – Weis Market 10:00am – Tech Topic 11:00am – Lap Swim 11:00am – Wondrium 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>21 9:00am – Bone Builders 10:00am – Coffee with Chris 10:00am – Aqua Zumba 10:00am – Stayin’ Upright 10:30am – Stand N’ Drum 11:00am – Supervised Gym 1:00pm – Primary Care Visits ^{Sign-Up} 1:30pm – Blood Pressure Clinic 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 3:00pm – Ukuleles Unite</p>	<p>22 8:30am – Lab Courier Visits^{Sign Up} 9:00am – Arthritis Ability 10:00am – Fists of Fury^{Sign Up} 10:00am – Caregiver Connect Group 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 4:30pm – Tom Withman 7:00pm – Marbles</p>

Future Outlook

Thursday	Friday	Saturday
9 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 – Community Connect 1:00pm – Therapy Presentation 1:00pm – 12 Step Meeting 1:30pm – Chorus 3:15pm – Bells 7:00pm – Highlandaires & Bellaires Spring Concert	10 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 1:30pm – Governor Mifflin MS Band 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce 7:00pm – Marbles	11 1:00pm – Duplicate Bridge 6:05 – RSO Shuttle #1 ^{Sign Up} 6:30pm – Pinochle 6:45pm – RSO Shuttle #2 ^{Sign Up} 7:00pm – Movie Sunday 12 3:00pm – Estenam Ruis 7:00pm – Movie
16 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 ^{Sign Up} 1:00pm – 12 Step Meeting 2:00pm – Fitness Workshop 2:00pm – Sacred Heart Mass 7:00pm – Resident Association	17 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 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Discovery Friday 7:00pm – Marbles	Saturday 18 6:30pm – Pinochle 7:00pm – Movie Sunday 19 3:00pm – Kutztown Pipe Band 7:00pm – Movie
23 9:00am – Bone Builders 10:00am – Zumba Gold 10:00am – Helping Hands 10:00am – Transportation Loop 10:00am – TED Talk 11:00am – Supervised Gym 11:00am – Sea Sculpt 11:00am – Lattes with Lisa 1:00pm* – Bocce 1:00pm – 12 Step Meeting 7:00pm – Resident Town Hall	24 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 3:00pm – Memorial Day Program 7:00pm – Hunter O’Neil	Saturday 25 1:00pm – Duplicate Bridge 6:30pm – Pinochle 6:45 pm – Friends of Chamber Music 7:00pm – Movie Sunday 26 7:00pm – Movie

Feature Events

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

Featured on the mandolin is Joe Todaro. Joe plays engagements on classical guitar and mandolin both solo and with various groups in the Philadelphia area. Joe is also the founder and leader of both the Reading and Philadelphia mandolin orchestras. Fred Bernardo is a Berks native. Now retired, Fred was the owner/operator of Fred’s Music Shop in Shillington for 45 years. Fred also has spent over 60 years being a professional guitarist playing everything from R&B to musical theater, big bands, and ethnic orchestras. Strings in Time plays musical selections from all genres, including but not limited to. Italian and other traditional ethnic styles, Big Band / Swing, Beatles, Country& Western, Folk, R&B, Musical Theater and contemporary selections.

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

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 STREET DESSERTS

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

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

Feature Events

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. Register 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

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

Feature Events

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

VIENNA SECESSION PRESENTATION

Formation of the Vienna Secession marked the formal beginning of modern art in Austria - a nation at the time noted for its attachment to a highly conservative tradition. Successionist Vienna 1890-1910 revolutionized the dress and art in Europe. Leaders Klimt and Floge left a legacy of design, paint and wealth at the end of The Austro-Hungarian Empire that we experience and copy into the 21st century. Presentation by Gail Dawson-White continues to trace the thread of loss and prejudice during the damage of the Second World War and national art.

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

HAPPY HOUR WITH SENIOR LEADERSHIP

Join us for a delightful afternoon as you will be able to engage in casual conversations with our Senior Leadership team. This is your chance to get to know the faces behind the leadership roles, share your thoughts, and enjoy the company of fellow residents.

May 8, 2024, | 4:00 p.m. | Cultural Center

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 8, 2024, | 4:30 p.m. | Main Lounge

Feature Events

KNOW YOUR SYMPHONY

Dr. Daniel Immel, Professor of Music at Kutztown University, will be the last lecturer of the 2023-2024 season of Know Your Symphony. Dr. Immel will speak on Wednesday, May 8th at 7:30 pm in the Cultural Center. He will give background information on Michelle Cann playing Chopin's Piano Concerto No. 1. Dr. Immel will be playing excerpts from this. He will also talk about the Symphonie Fantastique by Berlioz. Dr. Immel is a professional pianist who has presented numerous concerts around the world. His lectures are always interesting and educational and help listeners to understand the Saturday night Reading Symphony Orchestras concerts.

May 8, 2024, | 7:30 p.m. | Cultural Center

COMMUNITY CONNECT -- HOMECARE

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 series where residents can connect directly with Lynann and ask questions regarding Homecare.

May 9, 2024, | 11:00 a.m. | Terrace Room

HIGHLANDAIRES & BELLAIRES SPRING CONCERT

The Spring Concert is presented by our own residents who sing with The Highlandaires and/or play hand bells with The Bellaires. The Highlandaires and Bellaires are bound for Broadway! Join them at 7:00pm Thursday, May 9th as they take you to Broadway. They will share many beautiful melodies from favorite musicals, including *South Pacific*, *State Fair*, *Fiddler on the Roof*, *The Phantom of the Opera*, and others.

May 9, 2024, | 7:00 p.m. | Cultural Center

GOVERNOR MIFFLIN MIDDLE SCHOOL BAND

Join Governor Mifflin SD Middle School Band for a relaxing afternoon. The Governor Mifflin Music Association is a not-for-profit group which actively supports all K-12 music programs and music education in the Governor Mifflin School District.

May 10, 2024, | 1:30 p.m. | Cultural Center

RSO SHUTTLES (REGISTRATION REQUIRED)

A truly 'fantastical' close to the RSO's season with Berlioz's *Symphonie Fantastique* complete with cackling witches, nightmarish waltzes and tolling bells! Before that we ease you in gently with music from the piano grandmaster of the Romantic era, Frederic Chopin and his delectable Piano Concerto No.1 played by the wonderful Michelle Cann. Registration is required directly on Cubigo or by contacting the Programming Hotline. Registration closes May 10th at 12:00pm. *Note:* There are 2 shuttles. Be sure to sign up for the shuttle you prefer.

May 10, 2024, | 6:00 p.m. & 6:40 p.m. | Transportation Center

Event Topics

TECH TOPIC

- 4/30 – Xfinity Voice Remote Tutorial
- ~~5/7 – CANCELLED~~
- 5/14 – Scam prevention

CHAPEL SERVICE

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

WONDRIUM (Mondays)

- 4/29 – Gian Lorenzo Bernini / Peter Paul Rubens
- 5/6 – Dutch Painting in 17th Century / Rembrandt
- 5/13 – Poussin and Claude-The Allure of Rome / Baroque Painting in Spain

CUBIGO TRAINING

- 5/9 – Registering/Sign Ups for Programs

TED TALK

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

DISCOVERY FRIDAY

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

WONDRIUM (Fridays)

- 5/1 – Bach-Violin Concerto in E Major
- 5/10 – Haydn-Symphony No. 104
- 5/17 – Mozart-Piano Concerto No. 24 in C Minor

Feature Films

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

Greater (2016)

American biographical sports film directed by David Hunt and modeled after the true life story of Brandon Burlsworth, the former walk-on from Harrison, Arkansas, drafted in the 3rd round in the 1999 NFL Draft.

May 11 & 12 | 7:00 p.m. | Cultural Center B

Physician Services

Audiology

Call 610-775-2300
Monday, May 20

Blood Pressure Clinic

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

Podiatrist

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

Lab Courier

Call 610-775-2300
Wednesday Mornings

Dermatology

Call 877-345-5300
Wednesday, May 1

Laura Vedder PA-C

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

Welcome New Residents

Happy Birthday



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.