



The Highlands Happenings

Friday, May 3



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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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Happening at The Highlands

RESIDENT SPOTLIGHT #3 of 35 – TONY AND DIANA KLEINER

Tony and Diana moved into their villa at The Highlands in August 2015. “We realized our lives weren’t going to get any easier, and we wanted to be prepared for the eventualities,” said Tony. Having lived in Wyomissing since 1970, the Kleiners knew they wanted to stay in the area. With 3 sons and 9 grandchildren scattered across the country, they decided that The Highlands would provide them with security of long-term care and the comforts of staying in Wyomissing. Tony, a retired obstetrician-gynecologist, enjoys his time working in the community garden as well as in raised beds and their personal gardens at their villa. He happily shares his fresh-cut flowers with staff and residents at the front desk in the main building. They are both members of the Berks Art Alliance and help to coordinate and rotate paintings on display in the main hallway. Diana also organizes the membership show which takes place at The Highlands from November through January each year. Tony and Diana have each

served on many committees during their nine years at The Highlands. They have both been involved in the activities committee and helped to coordinate resident trips including one to the Hudson River Valley, Tanglewood, and MA to see the Boston Symphony. Tony has also served on the grounds-keeping and fitness committees, and Diana on the marketing and hospitality committees. In their spare time, Tony enjoys cooking and watercolor painting. Diana is a member of a book club and a recently retired member of Friends of the Reading Hospital, a volunteer organization committed to providing quality services and programs for the Hospital and community. They are also season ticket members of the Philadelphia Orchestra and enjoy the change of scenery and environment of attending concerts in the city each month. To future residents and those considering a move to The Highlands, they noted the value in keeping your circle of friends and interests outside of The Highlands as well as the importance of making your decision to move when you are healthy and not during a crisis. “Don’t wait until it’s too late,” said Diana, “It was nice that we could come together.” Tony and Diana love the park-like setting of the campus as well as the caring and courteous staff, but more than anything they love their Highlands friends and neighbors. “We are a family,” said Diana. “Yes,” said Tony, “We are an unbelievable collection of very talented and very bright people who have each accomplished great things.”



EMPLOYEE SPOTLIGHT #4 OF 35 – JEN EVANS

Jen Evans, who has been a member of the dining wait staff since she started working at The Highlands in 1996, spends her time serving meals to residents in Aspire Memory Support, Skilled Nursing, Personal Care, and the Bistro. “I go where I’m needed,” she said with a smile. Her favorite thing about working at The Highlands is the residents, many who have been here since she started and whom she has seen transition from independent living to higher levels of care. Jen’s favorite memories include participating in a resident and staff bridal fashion show, helping out with a resident talent show and game night, playing marbles and teaching the residents to play “hand and foot.” In her spare time Jen enjoys spending time with her fiancé and planning her October wedding, hanging out with her best friend and her puppy, and baking, especially at Christmas time.



Community News

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.

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 at 484-220-8268 or programming@thehighlands.org. Registration is open 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!

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

DISPOSAL OF MOTHERS DAY FLOWERS

No need to send your Mother's Day flowers to the landfill once they fade! You may place the flowers/foilage (and soil, if any) in a white plastic shopping bag, such as those used for carrying take-out meals, and put the bag outside any door with a Door Garden (8, 9, 10, or 11) for collection by the grounds crew each morning for composting. Be sure to *NOT* to put any plastic or other non-organic material in the bag! Recyclable plastic items may be cleaned and placed in our recycling bins. This service is available any time in the growing season.

Community News

BEAN BAG BASEBALL & CORNHOLE SUMMER SCHEDULE

In anticipation of the nicer weather, Beanbag Baseball and Cornhole will take place, weather permitting, in the Fitness Garden, Tuesdays at 2pm, starting May 14, 2024. This new outside venue features a pond with a cascading waterfall, a sunshade awning, and a soft rubberized patio surface. Drinks and snacks will be provided. Plan on attending for fun, fresh air, and fellowship. In case of inclement weather, the games will still occur in the Fitness Studio.

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.

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.

WELLNESS TIP

COPD stands for chronic obstructive pulmonary disorder and is a long-term illness where airflow is limited going in and out of the lungs. It is a progressive disease and includes two diseases: emphysema and chronic bronchitis. Some individuals may have both. Emphysema is when the air sacs in the lungs weaken and rupture, creating larger air spaces instead of smaller ones. Chronic bronchitis causes the bronchi to make large amounts of mucus and can lead to a chronic cough and breathing issues. According to the Health in Aging Foundation, some common ways to prevent COPD are to quit smoking, practice breathing exercises, manage stress levels, and participate in small bouts of exercises as tolerated.

WINNERS OF APRIL FITNESS CHALLENGE

Congratulations to everyone who participated in the April Fitness Center Challenge! Winners can pick up their prizes on May 6th at 1:30 to 2pm and May 7th from 3-3:30pm in Brenda's office, which is located behind the Concierge Desk.

Community News

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. Max number of tables is 23, but residents may share a table with another table. 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. It will occur May 5th at 4pm at the Scottish Rite Cathedral (430 S Seventh Ave. West Reading). Tickets are \$15 in advance (readingchoral.org) or \$20 at the door.

CUBIGO INFORMATION RELOCATION

The following items were relocated on Cubigo into dedicated areas.

- 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

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.

KINDNESS QUOTE

I know you are tired. I know you are physically and emotionally drained. But keep believing in yourself, stay strong and keep going.

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 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)
- Resident Council Meeting (5/10)

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)

Week of May 26th:

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

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 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

MONDAY, MAY 6

9:00am Yoga FS
10:00am Drum n' Fun FS
10:00am Sports Talk IR
10:00am Weis Grocery Store TC
10:00am Therapy Dept.—What can they do? CCA
11:00am Supervised Lap Swim FCP
11:00am Wondrium CCB
2:15pm Aromatherapy PR
7:00pm Beyond Limits: Exploring AI CC
7:00pm Card Party P

TUESDAY, MAY 7

9:00am Bone Builders FS
~~10:00am Coffee with Chris~~ TR
~~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
11:00am Rabbi Michelson CCB
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 FS
3:00pm Ukuleles Unite CCB
7:00pm Vienna Secession CC

WEDNESDAY, MAY 8

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
4:00pm Happy Hour w/ Senior Leadership CCA
4:30pm Tom Witman ML
7:30pm Know Your Symphony CC

THURSDAY, MAY 9

9:00am Bone Builders FS
~~10:00am Zumba Gold~~ FS
10:00am Helping Hands PR
10:00am Transportation Loop TC
10:00am Cubigo Training CCB
11:00am Supervised Gym FCG
~~11:00am Sea Sculpt~~ FCP
11:00am Community Connect (Homecare) TR
1:00pm 12 Step Meeting MR
1:00pm Therapy Dept.—What do they do? CCB
1:30pm Chorus CCA
3:15pm Bells CCA
7:00pm Highlandaires & Bellaires Showcase CC

FRIDAY, MAY 10

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
1:30pm GM Middle School Band CC
~~2:00pm Boeee~~ CC
2:00pm Wyo Library Pickup/Drop LR
7:00pm Marbles CCB
7:00pm Game Night CCA

SATURDAY, MAY 11

1:00pm Duplicate Bridge CCA
6:00pm RSO Shuttle #1^{Sign Up} TC
6:30pm Pinochle CCA
6:40pm RSO Shuttle #2^{Sign Up} TC
7:00pm Greater (2016) CCB

SUNDAY, MAY 12

3:00pm Esteban Ruiz ML
7:00pm Greater (2016) 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 Change

Sign-Up = Registration Required

Future Outlook

Monday	Tuesday	Wednesday
<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 2:00pm – Cornhole 2:30pm – 92nd Street Y 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 8:30am – Public Affairs ^{Sign Up} 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 12:00pm – Audiology Visits ^{Sign Up} 2:15pm – Aromatherapy 7:00pm – Card Party</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 7:00pm – Game Night</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>
<p>27 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 – 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 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>

Future Outlook

Thursday	Friday	Saturday
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 (Security) 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 10:00am – Genealogy Club 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	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
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 Frday 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	Saturday 1 6:30pm – Pinochle 7:00pm – Movie Sunday 2 3:00pm – Dr. Eager Piano Recital 7:00pm – Movie

Feature Events

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

VIENNA SECESSION PRESENTATION

Experience the revolution of art and design in Europe with Successionist Vienna. Join us for a presentation by Gail Dawson-White as she traces the legacy of leaders who transformed dress and art during the Vienna Secession. Discover how this movement reshaped Austria's conservative tradition, leaving a lasting impact that reverberates into the 21st century.

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

Feature Events

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

KNOW YOUR SYMPHONY

Dr. Daniel Immel, Professor of Music at Kutztown University, will be the last lecturer of the 2023-24 season of Know Your Symphony. 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 Homecare. 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

HIGHLANDAIRE & BELLAIRE 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.

May 11, 2024, | 6:00 p.m. & 6:40 p.m. | Transportation Center

Feature Events

ESTEBAN RUIZ

Esteban Ruiz is a multi-instrumentalist from Reading, PA. Esteban Ruiz is a multi-instrumentalist who primarily plays violin, bass, and mandolin. He has played bass for 3 years and goes to Exeter Township High School. He participates in orchestra, jazz band, chamber orchestra, quartet, and other musical ensembles. He also regularly plays gigs out of school playing various instruments.

May 12, 2024, | 3:00 p.m. | Main Lounge

EUROPEAN VILLAGES OF ORIGIN – FOR MANY BERKS COUNTY IMMIGRANT FAMILIES

Join your fellow resident and author Evans Goodling reveals the European regions, including Germany, France, Switzerland, and Great Britain, from which Berks Countians migrated. This exploration aims to provide guests with a deeper insight into the diverse backgrounds that shape our community's unique heritage.

May 13, 2024, | 7:00 p.m. | Cultural Center

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.

May 14, 2024, | 2:30 p.m. | Cultural Center Side A

JIM CORRENTI

Join world-renowned pianist Jim Correnti for an evening of captivating music, featuring a range of classical and contemporary pieces from Jim Correnti. Jim studied at New York City's Juilliard School as a scholarship student of Adele Marcus, receiving his Bachelor of Music Degree. He has been a soloist with the Garden State Philharmonic Orchestra and the Plainfield Symphony (NJ) and does over 250 performances annually.

May 14, 2024, | 4:00 p.m. | Main Lounge

COOKING WITH KEVIN – REGISTRATION REQUIRED

Join us in Cooking with Kevin! Seats are limited to 40 individuals and registration is required directly on Cubigo or by contacting the Programming Hotline. Registration closes May 14 at 12:00pm.

May 15, 2024, | 3:00 p.m. | Terrace Room

DAVID ZIPSE

Come to the Cultural Center for a performance by David Zipse! David is a master of the piano who plays many different styles of music. He studied classical music for years, fell in love with jazz at an early age, and grew up listening to rock and roll; so, these are his influences. He then went to Shenandoah Conservatory of Music where he earned a degree in Music Composition. David is renowned for his vast repertoire of over 1000 memorized songs, and prides himself on being able to play most any request. From jazz standards to Broadway, from oldies and Motown to classic and modern rock, David knows them all.

May 15, 2024, | 7:00 p.m. | Cultural Center

Feature Events

COMMUNITY CONNECT – SECURITY / TRANSPORTATION

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 Jim and ask questions regarding Transportation and Security.

May 16, 2024, | 11:00 a.m. | Terrace Room

SACRED HEART MASS

Devotion to the Sacred Heart is devotion to Jesus and his love. Residents should attend a Catholic mass held by Sacred Heart Church to experience the rich Catholic traditions and engage in a community of worshippers who share similar beliefs, providing an opportunity for spiritual growth and reflection.

May 16, 2024, | 2:00 p.m. | Cultural Center B

RESIDENT ASSOCIATION

Come to the Cultural Center for Council Updates! Join Resident Council members. This meeting will provide updates to current Resident Council operations and other community updates.

May 16, 2024, | 7:00 p.m. | Cultural Center

GENEALOGY CLUB

The newly formed Genealogy Club will be meeting to share research and stories. If you are interested and have some expertise in genealogy, the group welcomes your participation. Interest in local as well as German, Irish, English, Austrian history will be explored and discussed.

May 17, 2024, | 2:00 p.m. | Parlor

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 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 is open and closes Friday, May 17th at 12:00pm. Registration is required directly on Cubigo or by contacting the Programming Hotline.

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

Event Topics

TECH TOPIC

- ~~5/7~~ — CANCELLED
- 5/14 – Scam prevention
- 5/21 - Cell Phone Emergency SOS

CHAPEL SERVICE

- 5/8 – Corrine Dautrich
- 5/15 – Jayme Babczak
- 5/22 – Corrine Dautrich

WONDRIUM (Mondays)

- 5/6 – Dutch Painting in 17th Century / Rembrandt
- 5/13 – Poussin & Claude / Baroque Painting in Spain
- 5/20 – Louis XIV & Versailles / French Art in 18th Century

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)

- 5/10 – Haydn-Symphony No. 104
- 5/17 – Mozart-Piano Concerto No. 24 in C Minor
- 5/24 – Mozart-Symphony in C Major, "Jupiter"

Feature Films

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

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

Physician Services

Audiology

Call 610-775-2300
Monday, May 20

Podiatrist

Call 610-376-4880
Thursday, May 16 & June 6

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

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.