



The Highlands Happenings

Friday, July 4



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Department & Service Hotlines

Front Desk

(610) 775-2300

Podiatry

(610) 376-4880

Residential Living Hotline

programming@thehighlands.org
(484) 220-8268

Support Services Hotline

housekeeping@thehighlands.org
(484) 220-8290

Salon & Spa

(484) 220-8569

Dermatology

(877) 345-5300

Maintenance Hotline

maintenance@thehighlands.org
(484) 220-8302

Transportation Hotline

transportation@thehighlands.org
(484) 220-8319

Lab Courier

(484) 220-8268

Physician Assistant

(717) 738-2468

Dining Services Hotline

diningorders@thehighlands.org
(484) 220-8316



Happenings



Happy Birthday

Community Connection

Our *Community Connection* section keeps you in the loop with important dates and events that bring us together—like Town Halls, Resident Council meetings, and more. It's your go-to space for staying engaged and making your voice heard in our community.

- Dining Enhancement Committee (6/2)
- Grounds & Maintenance Committee (6/4)
- Community Connect: Programming (6/5)
- Fitness Advisory Committee (6/10)
- Community Connect: PC/MS (6/12)
- Resident Council (6/13)
- Community Connect: Social Services (6/19)
- Activity Advisory Committee (6/23)
- Community Connect: Homecare (6/26)
- Town Hall (6/26)

Community Staples

Stay in the loop with the weekly essentials that keep our community moving.

Supervised Gym
Supervised Swim
Card Party
Game Night
Shopping Loop

Mondays at 9:00 a.m. (Gym)
Mondays at 11:00 a.m. (Pool)
Mondays at 7:00 p.m. (Parlor)
Wednesdays at 7:00 p.m. (Parlor)
Fridays at 10:00 a.m. (Transportation Center)

Community Clubs

Duplicate Bridge: 1:00 p.m. – Cultural Center A

Resident Contact: Mike Kastenbaum

Meeting Date(s): 2nd & 4th Saturdays

American Mahjong: 1:00pm – Cross Over Bridge

Resident Contact: Lucy Reifsnnyder

Meeting Date(s): Mondays

Marbles: 7:00pm – Cultural Center B

Resident Contact: Rose Marie Fogarty

Meeting Date(s): Fridays

Ukulele: 3:00pm

Resident Contact: Cindy Laubach

Meeting Date(s): Tuesdays

Pinochle Lessons: 1:00pm – Cross Over Bridge

Resident Contact: Shelba Pfleger

Meeting Date(s): Wednesdays

Walking Club: 9:00 a.m. – Main Lounge

Resident Contact: Paul Hetrich

Meeting Date(s): Wednesdays

French Group: 1:00 p.m. – Cross Over Bridge

Resident Contact: Pat Frankel

Meeting Date(s): 2nd & 4th Tuesdays

12-Step Meeting: 2:00 p.m. – Meditation Room

Resident Contact: Eve Kimball

Meeting Date(s): Thursdays

Psuedo Mahjong: 11:00am – Cross Over Bridge

Resident Contact: Gwen Fischer

Meeting Date(s): Mondays

***Genealogy:** 10:00am – Parlor

Resident Contact: Joan Gruber

Meeting Date(s): 3rd Friday of the month

Pinochle: 6:30pm – Cultural Center A

Resident Contact: Susannah Sterling

Meeting Date(s): Saturdays

Knitting Group: 10:00 a.m. – Parlor

Resident Contact:

Meeting Date(s): Thursdays

**The Genealogy Club is on summer hiatus until September.*

Community News

WELCOMING our VETERANS on the FOURTH of JULY

On Friday, July 4th, Tyler Boland & the WWII veterans will be gathering in the Cultural Center to get ready for the Wyomissing Parade. The veterans will begin arriving at 8:30 a.m. & return to the Highlands when the parade is over. We welcome residents to come & talk with them about their military experiences & thank them for their service. These men & women are our remaining heroes of WWII. Let's give them a big Highlands patriotic welcome & send-off. We will also need a few volunteers to help with this event. Please contact Barbara Witman if you are interested.

JULY 4th HOLIDAY MOVIE - YANKEE DOODLE DANDY – Friday, July 4 | 2PM | Cultural Center B
July Fourth is often a social holiday. Why not join others in a festive afternoon watching this all-American classic musical! James Cagney stars in this portrayal of vaudeville composer and performer George M. Cohan in this biography. Contains some of Cohan's finest songs, including, "Yankee Doodle Dandy," "Over There," and "Give My Regards to Broadway". A "must-see" American classic, Leonard Maltin awards it four stars. Inducted into the Library of Congress National Film Registry.

CHAUTAUQUA LAKE ELITE TRIP – LAST CALL FOR REGISTRATIONS!!!

Registration for this Elite Coach Trip ends at 12:00 noon on Monday, July 7.

Make it a September to Remember! The attractions include: a stop at The Little League Museum, a stay at the beautiful waterfront Chautauqua Harbor Hotel, explore Lucille Ball's hometown and visit the Lucy and Desi Museum, laugh at the National Comedy Center (deemed by TIME as one of the World's Greatest Places), cruise the lake aboard the historic Chautauqua Belle Paddle Wheel Steamboat, visit the Eliot Ness Museum and take in magnificent views of Pennsylvania's Grand Canyon on a horse drawn covered wagon ride. The price range is \$1080 to \$1455 depending on the type of accommodation chosen. Hotel room choices are single, double, triple, and quad. Reservations can be made in Cubigo, or by calling 484-220-8284.

ANNUAL BAKE SALE / CRAFT SALE – CALLING ALL CRAFTERS

Save the date of Friday, November 14th (9:00 a.m. to 1:00 p.m.) A craft show is planned for the same time as the bake sale. Crafters willing to sell their craft items and donate proceeds to the Employee Compassion Fund should contact Vicki Hoover or Tucker Erisman ASAP! Musicians are needed to provide music for listening during the sale. Contact Vicki Hoover or Carol Anderson if you are willing to play music during the sale. All instruments are welcome.

ARE YOU PASSIONATE ABOUT HELPING CHILDREN SUCCEED?

Consider volunteering with *Ready Set Read*, a reading initiative through the United Way that supports second graders who are reading at or below grade level. Beginning in October and continuing throughout the school year, volunteers read with students each Wednesday, providing encouragement and helping to build literacy skills. Residents can choose to volunteer every week or alternate weeks with another resident. Your time and care can make a lasting difference in a child's life. If you are interested in getting involved, please contact Jared Martz at 484-220-8265.

ROSARY DEVOTION STARTING JULY 11th

Rosary Devotion is a new activity which will be held every Friday at 2:00 p.m. in the Meditation Room starting on Friday, July 11. For more information, contact Paulette Krall (ph.) 610-777-9844.

Community News

THE HIGHLANDS SPORTS TALK SPECIAL GUESTS – JULY 21st MEETING

Monday, July 21st | 10:00 a.m. | Cultural Center B

Sports Talk is a resident club that meets every Monday at 10:00 a.m. to, well, talk sports! A special session is being planned for July 21st, where the West Reading All-Stars team (Head Coach, Tony Balistrere, along with additional staff and student athletes) will be honored guests. They will be sharing information about their week-long experience participating in the West Reading – Sacramento Cultural Exchange, a Berks County basketball institution for more than 50 years. Sports Talk meetings are usually held in the Iris Room. The July 21st meeting will be in Cultural Center Side B to accommodate more expected participants.

COOKING with KEVIN – (BREAKFAST)

Reminder: the July session of Cooking with Kevin will be a special breakfast edition starting at 8:30 a.m. on Thursday, July 10th in Cultural Center Side B.

DATE CHANGES for ONSITE DERMATOLOGY

Onsite dermatology is changing the dates they will be on site for the next two cycles.

Instead of 8/6/25 the dermatologist will be here on 7/30/25

Instead of 9/3/25 the dermatologist will be here on 8/27/25

For more information, please contact Lynann DeCusatis, Home Care Administrator, 484-220-8281.

SCAM and PHISHING ALERT

To avoid scams, you should be cautious of unsolicited communications, especially those requesting personal information or urgent payments. Verify the identity of anyone claiming to be from a legitimate organization and never send money or sensitive information to unknown individuals or through unconventional methods like gift cards, wire transfers, or cryptocurrency.

- Don't answer calls from unknown numbers, and be wary of emails, texts, or social media messages from unfamiliar sources.
- Don't be pressured to act quickly: Scammers often create a sense of urgency to prevent you from thinking critically.
- Don't share sensitive information: Never give out personal information like social security numbers, bank details, or credit card numbers over the phone, email, or online unless you initiated the contact.
- Verify before you act: If someone claims to be from a legitimate organization, verify their identity by contacting the organization directly using a trusted phone number or website.

PIANO and SONG (Add on Program) – Thursday, July 10 | 4:00 p.m. – 5:00 p.m. | Main Lounge

Riley Butler, a senior at Wyomissing Area High School, is a Reading Foundation Scholarship recipient for solo performances and piano accompaniment. She will be performing a variety of songs and may even take requests.

FEATURES THIS WEEK

Great Courses topics for Monday, July 7 | 11:00 a.m. | Cultural Center B (24-part series: *World Heritage*)

21 of 24: The Acropolis of Athens

22 of 24: Tibet's Potala Palace and Jokhang Temple

Chapel Service Leader for Wednesday, July 9 | 2:00 p.m. | Cultural Center is **Pastor Bryce Wandrey**

Great Courses for Friday, July 11 | 11:00 a.m. | Cultural Center B (8-part series: *Great Masters – Mozart*)

02 of 08: Leopold and the Grand Tour

Registration Required

June 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Theorem Stencil Painting	6/6	Open	-	\$40.00	-
Reading Museum Walk	6/11	Open	Closed	-	-

July 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Juliana's	7/2	Open	Closed	\$10.00	2
Iron Chef	7/3	Open	Closed	-	0
Bingo	7/3	Open	-	\$3.00	unlimited
Cooking Creations	7/8	Open	7/8	-	1
Culinary Classroom	7/10	Open	7/9	\$75.00	9
Cooking With Kevin	7/10	Open	-	\$3.00	14
Fitness Assessment	7/17	Open	7/16	-	13
Hazel & Empty Easel Play	7/23	Open	-	-	48
Drumming Circle	7/28	Open	7/25	-	15

August 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
VegFest 2025!	8/2	Open	7/31	\$12.50	14
Ballroom Dancing	8/5	Open	8/4	-	unlimited
Mimmo's	8/6	7/7	8/5	\$10.00	25
Bingo	8/7	Open	-	\$3.00	unlimited
Ready Set Read!	8/8	6/30	8/8	-	-
Cooking With Kevin	8/14	Open	-	\$3.00	30
Murder Mystery	8/16	Open	8/14	\$30.00	52
Nutrition & Healthy Aging	8/27	7/14	8/27	-	unlimited

September 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Shuffleboard Tournament	9/1	8/15	8/25	-	-
Anthony's Coal Fired Pizza	9/3	8/4	-	\$10.00	25
Bingo	9/4	Open	-	\$3.00	unlimited
Grocery Store Tour	9/4	Open	-	\$12.50	11
Reading Phillies	9/9	Open	9/5	\$45.00	38
Summer Send Off Painting	9/9	Open	9/8	-	19
Cooking Creations	9/11	8/4	-	-	10
Cooking With Kevin	9/11	Open	-	\$3.00	35
Scavenger Hunt	9/15	Open	9/10	-	-
Lake Chautauqua Trip	9/16	Open	*7/7	Varies	32

Week At A Glance

Saturday, July 5

7:00pm The Life of Waler Mitty (2013) CCB

Sunday, July 6

2:00pm The Life of Walter Mitty (2013) CCB

Monday, July 7

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

5:00pm Table Temptations (Chef Justin) TR

7:00pm KayBe Concert CC

Tuesday, July 8

9:00am Bone Builders FS

10:00am Aqua Zumba FCP

1:00pm Qigong FS

2:00pm Cornhole CCB

2:00pm Cooking Creations IR

Wednesday, July 9

8:00am Stand n' Drum FS

9:00am Arthritis Ability FS

10:00am SMARTfit FCG

1:30pm Line Dancing FS

2:00pm Chapel Service CC

4:00pm Social Hour w/ Senior Leadership CCA

6:00pm Summer Grilling TR

Thursday, July 10

8:30am Cooking with Kevin CCB

9:00am Bone Builders FS

10:00am Zumba Gold FS

11:00am Sea Sculpt FCP

2:30pm Culinary Classroom TC

4:00pm Piano and Song by Riley ML

7:00pm Berks Nature – Kittatiny Ridge CC

Friday, July 11

9:00am Cardio Blast FS

10:00am Shopping Loop TC

11:00am The Great Courses CCB

2:00pm Bocce CC

Saturday, July 12

7:00pm Little Miss Sunshine (2006) CCB

Sunday, July 13

2:00pm Little Miss Sunshine (2006) CCB

Monday, July 14

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

1:30pm 92nd Street Y CCA

Room Locations

B = Bistro

BR = Billiards Room

CC = Cultural Center

FCG = Gym

FCP = Pool

FG = Fitness Garden

FS = Fitness Studio

IR = Iris Room

LR = Library

ML= Main Lounge

MR = Meditation Room

PCP = Personal Care Patio

OT = Other

PG = Putting Green

PR = Parlor

RC = Resident Clinic

TC = Transportation

TR = Terrace Room

WR = Wyomissing Club Room



*The Highlands Happenings is distributed by Resident Services.
Questions related to the Highlands Happenings, or its contents should be directed to 484-220-8268.*