



The Highlands Happenings

Friday, March 21



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

Highlands Hotlines

Front Desk
(610) 775-2300

Salon & Spa
(484) 220-8569

IT Concierge Service
(484) 220-8343

Programming Hotline
programming@thehighlands.org
(484) 220-8268

Maintenance Hotline
maintenance@thehighlands.org
(484) 220-8302

Dining Services Hotline
diningorders@thehighlands.org
(484) 220-8316

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

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

Xfinity/Comcast Support
(855) 638-2855

Physician Services

Podiatry
(610) 376-4880
Odd Thursdays

Lab Courier
484-220-8268
Every Wednesday

Dermatology
(877) 345-5300
1st Wednesday

Jessica Adams CRNP
(717) 639-2969
1st & 3rd Tuesdays



35 for 35 Years



Happy Birthday

Community News

SWEET TREATS FOR EVERY CRAVING!

Starting Friday, March 21st, satisfy your sweet tooth with Lori's delicious eggs —now available in the Gift Shop for only \$7.00 per ½ pound box.

Indulge in these irresistible flavors:

- Dark Chocolate Peanut Butter
- Butter Cream
- Coconut

REFERRAL INITIATIVE

As part of our 35th Anniversary celebration, The Highlands at Wyomissing® is thrilled to offer a limited time referral initiative! When you refer a friend who decides to make The Highlands their home, both you and your referred friend will each receive a \$1,750 credit—a total of \$3,500! To make it even easier, we're waiving the usual requirement that the referral not already be in our database. Your friend simply needs to sign a residency agreement on their selected apartment by June 30, 2025. Please note: this special offer does not apply to those participating in the Leapfrog program or those who have already selected an apartment and are going through the qualification process..

Referral brochures have been placed in your mailboxes. Completed forms can be dropped off at the front desk to the attention of the Marketing Team.

Have questions? Call us at 484-220-8237—we're here to help you share the gift of community!

CUBIGO – DINING SERVICES

In March, The Highlands successfully launched the first phase of enhancing the resident experience with Cubigo, expanding into Dining Services. This transition has been a success, with only a few expected speed bumps along the way. Residents now can check their meal balances in real time via the website and app, streamlining their dining experience. We are thrilled to announce the next phase of this transition, which will go into effect on April 1, 2025. Residents will be able to view the dining menu, order To-Go meals, and submit dining reservation requests directly through Cubigo.

Residents can still make reservations and order To-Go meals via telephone and email if they prefer. ***Of note:*** Additionally, to ensure a smooth reservation process moving forward, any reservation request must include all members of the party. Reservations will not be accepted until all individuals have been identified. To help residents make the most of these new features, Resident Services will be hosting training sessions throughout April to review all available enhancements in Cubigo. The training sessions are listed below, and we encourage everyone to participate to fully explore the new options.

- Thursday, April 3, 2025, at 2:00 p.m. in Cultural Center B
- Monday, April 7, 2025, at 10:00 a.m. in Cultural Center B
- Monday, April 14, 2025, at 10:00 a.m. in Cultural Center B
- Monday, April 25, 2025, at 10:00 a.m. in Cultural Center B

Should you have any questions or concerns, please feel free to contact Jared Martz at 484-220-8265 or martzj@thehighlands.org.

Community News

ROUTINE SHOPPING TRIPS

The Highlands has been discussing with Resident Council options to accommodate an increase in morning medical transportation appointments and decrease pick up wait times following the appointment. In April, we will be adjusting our routine shopping trip transportation schedule to better accommodate the increasing demand for medical appointment transportation, particularly during the morning hours.

Over the past six months, we've noticed that routine shopping trips to locations like grocery stores, pharmacies, and banks are not being used often, nor by many residents. The Highlands continues to offer these trips regularly throughout the week, but we want to prioritize medical appointments, Monday through Thursday. This change will primarily impact a small number of residents, and it's important to note that we will still be maintaining the same locations for transport—just adjusting the schedule. Below highlights the new routine shopping trip schedule, effective Sunday, April 6, 2025.

Fridays:

- Locations:
 - Weis Grocery
 - Giant Shopping Center (Giant, Fulton Bank, and Wine & Spirits)
 - CVS Pharmacy
 - Lancaster Ave Shoppes (Farmers Market, Wells Fargo, DMV, etc.)¹
 - Wyomissing Shoppes (Farmers Market, Loft, Chico's, Talbots, etc.)²
- Departure:
 - Every 60 minutes starting at 10:00 a.m. until 1:00 p.m.

1 - 1st, 3rd, & 5th Fridays

2 - 2nd & 4th Fridays

NEW PLANTER BOXES – VOLUNTEERS NEEDED

You may have noticed the large planter boxes at the entrance to the main courtyard. Red from our grounds crew built them for us. In early May, they should be filled with “deer resistant” flowers. The grounds and maintenance committee will periodically spray them, but we need volunteers to assist with watering the plants. If we garner enough volunteers, each person would only be responsible for watering less than once per week. There is a water hose nearby for easy convenience. Please contact Betty Mraz in apartment #269 or jbmraz@dejazzd.com

COMMUNITY CONNECTION

Week of March 23rd:

- Activity Committee (3/24)
- Resident Town Hall (3/27)

Week of March 31st:

- Grounds & Maintenance Committee (4/2)

Registration Required

Residents can register in Cubigo or by calling 484-220-8268.

COOKING WITH KEVIN

Join us for a fun and interactive cooking experience hosted by our CEO! Each session features a special guest Sous Chef, adding an extra layer of excitement as we prepare delicious dishes together. Whether you're a seasoned chef or just starting out, this program is a great way to learn new cooking tips, enjoy tasty food, and connect with others. Don't miss out on this unique experience – we look forward to cooking with you!

Registration Opens / Closes: Open Now / No Deadline

Event Date: Thursday, April 10 | 3:30 p.m. | Cultural Center Side B

Cost: \$3.00 (Wine)

BERKS JAZZ FEST – BOBBY LYLE – LIMITED SEATS AVAILABLE (175)

Bobby Lyle is a seasoned jazz musician with over three decades in the industry, known for his work as a performer, composer, recording artist, and educator. His career took off after moving to Los Angeles, where he was mentored by Wayne Henderson and signed to Capitol Jazz. Lyle's discography spans labels like Atlantic Jazz, Three Keys, and Heads Up, and he's earned recognition with chart-topping albums like *The Journey*. As a musical director, educator, and philanthropist, Lyle has had a significant impact on the Houston music scene and continues to perform, teach, and release music through his own label, New Warrior Music.

Registration Opens / Closes: Monday, March 24 at 9:00 a.m. / Friday, April 11 at 12:00 p.m.

Event Date: Sunday, April 13 | 5:00 p.m. | Cultural Center

PUTTING LEAGUE TOURNAMENT

The Putting League is the perfect way to stay active, socialize, and enjoy a little friendly competition. Sign up today and let's hit the greens! This is a 4-week tournament with a different course each week.

Registration Opens / Closes: Monday, March 24 at 9:00 a.m. / Friday, April 11 at 12:00 p.m.

Tournament Dates: Tuesday, April 8, 2025, through Friday, May 2, 2025, | Putting Green

DO GOODS TAVERN

Opened in September 2021, Do Goods Tavern is a Myerstown neighborhood restaurant and bar serving American cuisine in a casual atmosphere. Their commitment to a welcoming environment makes them a great choice for families and friends.

Registration Opens / Closes: Monday, March 17 at 9:00 a.m. / Monday, April 7 at 12:00 p.m.

Event Date: Wednesday, April 9 | 11:30 a.m. | Do Goods Tavern

FITNESS ASSESSMENT

A new fitness assessment to test strength, cardiovascular endurance, balance, and flexibility.

This test is designed to test older adults, ages 60+, across a wide range of ability levels. The assessment focuses on testing different fitness components such as strength, cardiovascular endurance, balance, and flexibility. It is also a great tool to track progress and development of an exercise program.

Registration Opens / Closes: Monday, March 24 at 9:00 a.m. / Wednesday, April 16 at 12:00 p.m.

Event Date: Thursday, April 17 | 1:00 p.m. & 2:00 p.m. | Cultural Center

Registration Required

Residents can register in Cubigo or by calling 484-220-8268.

READING SYMPHONY ORCHESTRA SHUTTLES

A shuttle to the upcoming Reading Symphony Orchestra concerts.

Registration Opens: Monday, March 31 at 9:00 a.m.

Registration Closes: Friday, April 25 at 12:00 p.m.

Event Date: Saturday, April 26 | 6:05 p.m. & 6:45 p.m. | Transportation Center

WHEATLAND CHORALE

Come journey with this award-winning choral group as they present a rich tapestry of compositions that reflect the profound impact of music on our lives. The tickets will be available for pickup at the Front Desk on Wednesday, April 23, 2025.

Registration Opens / Closes: Monday, March 17 at 9:00 a.m. / Friday, April 18 at 12:00 p.m.

Event Date: Sunday, April 27 | 3:00 p.m. | Atonement Lutheran Church

Cost: \$20.00

COOKING WITH KEVIN

Join us for a fun and interactive cooking experience hosted by our CEO! Each session features a special guest Sous Chef, adding an extra layer of excitement as we prepare delicious dishes together. Whether you're a seasoned chef or just starting out, this program is a great way to learn new cooking tips, enjoy tasty food, and connect with others. Don't miss out on this unique experience – we look forward to cooking with you!

Registration Opens / Closes: Open Now / No Deadline

Event Date: Thursday, May 8 | 3:30 p.m. | Cultural Center Side B

Cost: \$3.00 (Wine)

CENTURIES OF HISTORIC THEOREM PAINTING (MINI DEMO FOLLOWING SEMINAR)

Join us for a historic journey into the world of Theorem Painting, an exquisite Early American Craft that flourished in popularity during the Colonial era through the mid-1800s. The craft of Theorem Painting uses multiple hand cut stencils with oil paints to replicate the appearance of hand painted art and was originally taught by itinerant artists to finishing schools for young ladies. Discover from this humble beginning how Theorem evolved over the years to become a much sought after collector's item and rarity among Historic art.

Registration Opens / Closes: Monday, March 17 at 9:00 a.m. / Friday, May 23 at 12:00 p.m.

Event Date: Friday, May 30 | 2:15 p.m. | Cultural Center

Cost: \$10.00

THEOREM STENCIL PAINTING - EARLY AMERICAN SHAKER TREE OF LIFE

Residents will have the opportunity to complete an Early American Shaker Tree of Life Theorem Painting hosted by a professional historian of the craft. Following the session, residents will be able to take home their completed artwork. The instructor can only instruct a few residents at one session. Therefore, we will be offering two sessions to maximize the possible number of residents.

Registration Opens / Closes: Monday, March 17 at 9:00 a.m. / Friday, May 23 at 12:00 p.m.

Event Date: Friday, June 6 & Tuesday, June 10 | 1:00 p.m. | Cultural Center

Cost: \$40.00

Week At A Glance

Saturday, March 22

7:00pm The Ten Commandments (1956) CCB

Sunday, March 23

1:00pm Wilson Iron Chef

2:00pm The Ten Commandments (1956) CCB

Monday, March 24

~~9:00am Yoga Flow~~ ~~FS~~

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Drum n' Fun FS

10:00am Weis Grocery TC

10:00am Cubigo Training – Dining CCB

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

1:30pm Chorus CCA

2:00pm Aromatherapy MR

3:15pm Bells CCA

Tuesday, March 25

9:00am Bone Builders FS

10:00am Coffee with Chris TR

10:00am Alvernia Seniors College Sign Up TC

10:00am Aqua Zumba FCP

10:00am SMARTfit FCL

1:00pm Living With Loss TR

1:30pm Fulton Bank, CVS, Wine & Spirits TC

2:00pm Cornhole FS

7:00pm Dan Kassel CC

Wednesday, March 26

8:00am Stand n' Drum FS

9:00am Arthritis Ability FS

10:00am Staying Upright FS

1:30pm Line Dancing FS

1:30pm Lancaster Ave Shopping TC

2:00pm Chapel Service CC

5:00pm 50s Sock Hop Sign Up CC

Thursday, March 27

~~9:00am Bone Builders~~ ~~FS~~

10:00am Shopping Loop TC

10:00am Zumba Gold FS

11:00am Sea Sculpt FCP

11:00am Community Connect – Hospice TR

~~1:00pm SMARTfit~~ ~~FCL~~

7:00pm Resident Town Hall CC

Friday, March 28

9:00am Cardio Blast FS

10:00am Giant Grocery TC

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

1:00pm Seated Exercise FS

1:00pm Shillington Farmer's Market TC

2:00pm Wyomissing Library LR

2:00pm Bocce CCB

6:45pm Friends of Chamber Music Sign Up TC

Saturday, March 29

7:00pm Driving Miss Daisy (1989) CCB

Sunday, March 30

2:00pm Driving Miss Daisy (1989) CCB

3:00pm Dr. Michael Eager ML

Monday, March 31

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Drum n' Fun FS

10:00am Weis Grocery TC

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

1:30pm Chorus CCA

2:00pm Aromatherapy MR

3:15pm Bells 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

PR = Parlor

RC = Resident Clinic

TC = Transportation

TR = Terrace Room

WR = Wyomissing Club Room

Feature Events

THE TEN COMMANDMENTS (1956)

Enjoying a life of ease in the court of Egypt's pharaoh, Moses (Charlton Heston) discovers his Hebrew heritage and, later, God's expectations of him. He dedicates himself to liberating his people from captivity and -- with the aid of plagues and divine intervention -- manages to lead them out of Egypt and across the Red Sea. A greater challenge comes in the form of the golden calf idol, however, and it takes an unforgettable visitation by God on Mount Sinai for Moses' mission to prevail.

March 22, 2025, | 7:00 p.m. | Cultural Center B

March 23, 2025, | 2:00 p.m. | Cultural Center B

WILSON IRON CHEF – Registration Was Required

Get ready for a flavor-packed experience at the 9th Annual Wilson Iron Chef on Sunday, March 23, 2025! We're cheering on our very own Highlands Culinary Manager, Justin Savage, as he competes in the People's Choice Competition – and we want YOU there to support and enjoy every bite of the action! Residents can pick up their tickets at the Front Desk, starting Wednesday, March 19.

March 23, 2025, | 1:00 p.m. | Transportation Center & Wilson High School

SPORTS TALK

"Sports Talk" is a great way for residents to stay informed and engage in lively discussions about current and past sporting events. It provides an opportunity to connect with neighbors who share similar interests and build a sense of community. Whether you're a die-hard fan or a casual viewer, "Sports Talk" offers an enjoyable space for everyone to contribute and learn.

March 24, 2025, | 10:00 a.m. | Wyomissing Club Room

CUBIGO TRAINING – Dining Services

Residents will learn how to navigate the new Dining Services enhancements through Cubigo, including checking their current meal balance.

March 24, 2025, | 10:00 a.m. | Cultural Center B

THE GREAT COURSES – 30 Masterpieces of the Ancient World

- ***Teotihuacan – Temple of the Feathered Serpent***
Venture north to the city of Teotihuacan, the "place of the gods." Here, the Temple of the Feathered Serpent is a mysterious pyramid that may contain a royal grave. You'll analyze the pyramid's repeating carved serpents and investigate one of the most enigmatic cultures in the Americas....
- ***Colossal Stone Statue of Coatlicue***
Aztec art has some of the most skilled, complex stone carvings in the world, yet it is difficult to understand. Professor McDonald explains the significance of the colossal sculpture of Coatlicue, the goddess known as Serpent Skirt. Find out what art historians think this terrifying sculpture means and how it fits into the myths of Aztec civilization....

March 24, 2025, | 11:00 a.m. | Cultural Center B

COFFEE WITH CHRIS

Join Chris Musselman, Director of Dining Services, for an engaging discussion regarding the current affairs of Dining Services. Residents are encouraged to bring questions or concerns related to Dining Services.

March 25, 2025, | 10:00 a.m. | Terrace Room

Feature Events

SMARTFIT®: COGNITIVE TRAINING

SMARTfit® offers a dual tasking, neurofunctional approach to wellness, combining cognitive training with physical movement. Backed by over 30 years of research, it delivers faster and more effective results than traditional methods, offering a fun and engaging way to train your brain and body simultaneously.

March 25, 2025, | 10:00 a.m. | Fitness Center Lobby

March 27, 2025, | 1:00 p.m. | Fitness Center Lobby

LIVING WITH LOSS – Hosted by Aspire for Well-Being Hospice Chaplain and Social Worker

Life brings with it many kinds of losses; aging brings physical losses and limitations; when we invite pets into our lives, it's usually with the knowledge we'll lose them; we experience material losses such as homes and belongings; time brings losses of hopes and dreams; and we lose dear ones, friends, neighbors, spouses and other family members. We'll gather monthly to discuss "living with loss" and chat about various topics related to coping with, remembering, and learn about healthy ways of navigating loss.

March 25, 2025, | 1:00 p.m. | Terrace Room

DAN KASSEL

Dan Kassel is a versatile cellist who performs in a variety of ensembles ranging from classical to electronica, jazz and rock. As a solo artist, Dan has made a name for himself with his innovative approach to live-looping technology. By tapping, plucking and bowing on his instrument and recording each layer to play back in real time, he's built a career as a one-man-band who provides soulful, original music.

March 25, 2025, | 7:00 p.m. | Cultural Center

CHAPEL SERVICE

Join us for our non-denominational chapel service, a peaceful time of reflection and community. This uplifting service will be hosted by Joe Motz, and all are welcome to attend.

March 26, 2025, | 2:00 p.m. | Cultural Center

SOCK HOP – Registration Was Required

Join us for an evening of food stations, drinks, music and dancing. Featuring live entertainment from Jeff Krick Jr., Reading's premiere Elvis tribute performer.

March 26, 2025, | 5:00 p.m. | Cultural Center

COMMUNITY CONNECT – Hospice

An 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.

March 26, 2025, | 11:00 a.m. | Terrace Room

RESIDENT TOWN HALL

Join us in the Cultural Center for a community update. The Highlands' Senior Leadership will be presenting a resident town hall to update residents on current community information.

March 27, 2025, | 7:00 p.m. | Cultural Center

Feature Events

THE GREAT COURSES (MUSIC) - TCHAIKOVSKY

- *Maturity*

Tchaikovsky took a number of structural liberties with his First Piano Concerto that drew criticism as well as praise. It soon became a favorite throughout Europe and the Americas. Despite his success, Tchaikovsky lacked confidence in his creative abilities and felt alienated by his homosexuality, which may have forced him to turn inward to a world of self-expression. *Swan Lake*, written in 1876, revolutionized the way ballet depicted mood, dramatic action, and characters in the tragic story.

March 28, 2025, | 11:00 a.m. | Cultural Center B

DRIVING MISS DAISY (1989)

Morgan Freeman and Jessica Tandy star in the screen adaptation of Alfred Uhry's Pulitzer Prize-winning play. Over 25 years, as the American South changes profoundly, the friendship between a highly independent, eccentric Jewish matron and the stalwart and very patient black widower her son hires as chauffeur endures and deepens, testing the limits of their differences...and similarities.

March 29, 2025, | 7:00 p.m. | Cultural Center B

March 30, 2025, | 2:00 p.m. | Cultural Center B

DR. MICHAEL EAGER

Join Dr. Michael Eager for an afternoon concert.

March 30, 2025, | 3:00 p.m. | Main Lounge

SPORTS TALK

"Sports Talk" is a great way for residents to stay informed and engage in lively discussions about current and past sporting events. It provides an opportunity to connect with neighbors who share similar interests and build a sense of community. Whether you're a die-hard fan or a casual viewer, "Sports Talk" offers an enjoyable space for everyone to contribute and learn.

March 31, 2025, | 10:00 a.m. | Wyomissing Club Room

THE GREAT COURSES – 30 Masterpieces of the Ancient World

- *Aztec Calendar Stone*

Many people are familiar with the iconic Aztec calendar stone, but few understand what it means. Discover the story of one of the most famous excavated objects from the ancient world. Why is it a masterpiece? What does it tell us about the Aztecs? What cataclysms does it portray?...

- *Moche Earspools – Miniature Masterpiece*

Go inside the Moche society in ancient Peru and marvel at the beautiful metal jewelry discovered in the Sipan tombs. Beyond the beauty and the sophisticated metalwork of the Moche earspools, the tomb of Sipan gives us a window into Moche society-including sacrificial ceremonies once believed to be purely mythical....

March 31, 2025, | 11:00 a.m. | Cultural Center B

Future At A Glance

Monday	Tuesday	Wednesday
31 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Weis Market 10:00am – Drum n’ Fun 11:00am – The Great Courses 11:00am – Supervised Swim 1:30pm – Chorus 3:15pm – Bells	1 9:00am – Bone Builders 10:00am – Aqua Zumba 11:00am – Rabbi Michelson 12:30pm – Alvernia Senior College ^{Sign Up} 1:00pm – Qigong 1:30pm – Fulton Bank, CVS, etc 2:00pm – Bean Bag Baseball 7:00pm – Opus One	2 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 9:45am – Longwood Trip ^{Sign Up} 10:00am – SMARTfit 1:30pm – Lancaster Ave Shopping 1:30pm – Line Dancing 2:00pm – Chapel Service
7 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Arthritis Ability 10:00am – Cubigo Training 11:00am – The Great Courses 11:00am – Supervised Swim 1:30pm – Chorus 3:15pm – Bells	8 9:00am – Bone Builders 10:00am – Great Decisions 10:00am – Coffee with Chris 10:00am – Aqua Zumba 10:30am – Alvernia Senior College ^{Sign Up} 1:00pm – Qigong 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole 7:00pm – The Last Big Band	9 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – SMARTfit 11:30am – DoGoods Tavern ^{Sign Up} 1:30pm – Line Dancing 2:00pm – Chapel Service 4:00pm – Social Hour
14 9:00am – Yoga Flow 9:00am – Supervised Gym 10:00am – Sports Talk 10:00am – Arthritis Ability 10:00am – Cubigo Training 11:00am – The Great Courses 11:00am – Supervised Swim 1:30pm – Chorus 3:15pm – Bells	8 9:00am – Bone Builders 10:00am – Great Decisions 10:00am – Coffee with Chris 10:00am – Aqua Zumba 10:30am – Alvernia Senior College ^{Sign Up} 1:00pm – Qigong 1:30pm – Fulton Bank, CVS, etc 2:00pm – Cornhole 7:00pm – The Last Big Band	16 8:00am – Stand n’ Drum 9:00am – Arthritis Ability 10:00am – SMARTfit 1:30pm – Lancaster Ave Shopping 1:30pm – Line Dancing 2:00pm – Chapel Service

Future At A Glance

Thursday	Friday	Saturday
3 9:00am – Bone Builders 10:00am – Knit and Crochet Connection 10:00am – Zumba Gold 10:00am – Shopping Loop 11:00am – Sea Sculpt 1:00pm – Pilates 2:00pm – Cubigo Training 7:00pm – Bingo	4 9:00am – Cardio Blast 10:00am – Giant Grocery 11:00am – The Great Courses 1:00pm – Wyomissing Famer’s Market 2:00pm – Wyo Library Pickup/ Drop Off	5 2:00pm – Sing Without End (1960) 7:00pm – Sing Without End (1960)
		Sunday
		6 6:00pm – So What!
10 9:00am – Bone Builders 10:00am – Knit and Crochet Connection 10:00am – Zumba Gold 11:00am – Sea Sculpt 2:00pm – Sacred Heart Mass 3:30pm – Cooking With Kevin <small>Sign Up</small>	11 9:00am – Fists of Fury 10:00am – Shopping Loop 11:00am – The Great Courses 2:00pm – Wyo Library Pickup/ Drop Off 2:00pm – Bocce	Saturday
		12 2:00pm – Sing Without End (1960) 7:00pm – Sing Without End (1960)
		Sunday
		13 5:00pm – Bobby Lyle <small>Sign Up</small>
17 9:00am – Bone Builders 10:00am – Knit and Crochet Connection 10:00am – Zumba Gold 11:00am – Sea Sculpt 1:00pm – Pilates 1:00pm – Fitness Assessment <small>Sign Up</small> 2:00pm – Fitness Assessment <small>Sign Up</small>	18 9:00am – Cardio Blast 10:00am – Great Decisions: Economy 10:00am – Shopping Loop 11:00am – The Great Courses 2:00pm – Wyo Library Pickup/ Drop Off	Saturday
		19 7:00pm – Midnight in Paris (2011)
		Sunday
		20 2:00pm – Midnight in Paris (2011)

Resident Clubs

Duplicate Bridge: 1:00 p.m. – Cultural Center A
Resident Contact: Mike Kastenbaum
Meeting Date(s): 2nd & 4th Saturdays

Card Party: 7:00pm – Parlor
Resident Contact: Programming Hotline
Meeting Date(s): Mondays

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 – See Cindy for Location
Resident Contact: Cindy Laubach
Meeting Date(s): Tuesdays

Pinochle Lessons: 1:00pm – Cross Over Bridge
Resident Contact: Shelba Pfleger
Meeting Date(s): Wednesdays

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

Game Night: 7:00pm – Parlor
Resident Contact: Programming Hotline
Meeting Date(s): Wednesdays

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

Club Announcements

NEW CLUB OPPORTUNITY

The Highlands is fortunate to have Eastern Bluebirds breeding on campus, but they need our help to thrive. If you are interested in joining a club whose mission is to attract and care for bluebirds, contact Lucy Cairns at ljanetcairns@gmail.com. Our first meeting will take place in early February.



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