



The Highlands Happenings

Friday, November 28



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Department & Service Hotlines

Front Desk

(610) 775-2300

Lab Courier

(484) 220-8268

Certified Registered Nurse Practitioner

(717) 639-2969

Dining Services Hotline

diningorders@thehighlands.org, (484) 220-8316

Transportation Hotline

transportation@thehighlands.org, (484) 220-8319

Salon & Spa

(484) 220-8569

Podiatry

(610) 376-4880

IT Concierge

(484) 220-8343

Dermatology

(877) 345-5300

Maintenance Hotline

maintenance@thehighlands.org, (484) 220-8302

Support Services Hotline

housekeeping@thehighlands.org, (484) 220-8290

Residential Living Hotline

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

Happy Birthday

Community News

Semi-Annual Fire System Inspections

On December 2nd through December 4th and December 9th through December 11th, Yarnell will be on site conducting on The Highlands semi-annual fire system inspections. A member of the Front Desk team will be a Yarnell representative as they conduct their inspection throughout the campus. Questions or concerns can be directed to the Front Desk at 610-775-2300.

The Highlands Holiday Cookie Recipes and Cookbook

Share the sweetness of the season by contributing to **The Highlands Holiday Cookie Cookbook!**

Your treasured family recipe could become a new community favorite! Submit recipes **throughout the month of December to the drop box at the Resident Services Suite**. When submitting, please include your name and a little *why, what, or who* “memory” message about your cookie recipe and how it makes you think of family or sentimental traditions.

A cookbook with all recipes will be printed and made available in early January and again next holiday season.

Endowment Fund Concert Featuring Jonathan Burns

Join us on **Saturday, December 21st at 4:30 p.m.** in the Cultural Center for a spectacular evening of entertainment, followed by a special dinner.

Tickets are \$100 per person with proceeds benefiting the Highlands Endowment Fund.

Formal invitations and RSVP details have been mailed out to residents. **Complete and return your response card to the locked drop box in the resident mail room by Monday, December 15.**

See Cameron Martin if you need another RSVP.

We are delighted to welcome **Jonathan Burns** as our featured performer — a world-renowned comedian, magician, and contortionist known for his witty, wildly imaginative, and wonderfully unexpected performances. Jonathan has amazed judges on *America's Got Talent*, baffled Penn & Teller on *Fool Us*, and dazzled audiences on *The Late Show* and *The Late Late Show*. Hailed by *The New York Times* as “**extremely funny**” and honored as **Variety Artist of the Year — three times**, Jonathan promises a performance full of *laughter, astonishment, and unforgettable surprises*. Prepare for an evening you won't want to miss!

Safe Berks Holiday Drive

Drop off new, unwrapped items to the Resident Services Suite from November 17 – December 4.

Requested Items Include:

Toys • Dolls • Games • Art Kits • Books & Journals • Headphones/Earbuds • Teen Gifts • New Clothing (all sizes) • Shoes/Boots • Pajamas & Slippers • Coats & Winter Accessories • Beauty & Hair Care Items • Bedding & Towels • Kitchen Items • Luggage/Bags • Gift Cards (Amazon, iTunes, Walmart, GameStop, Bus/Uber passes, Salon services)

All donations benefit individuals and families supported by Safe Berks

Community News

Veterans Project

6th graders at Governor Mifflin Intermediate School are conducting a research project and would like to interview veterans via video recording. The final project will result in a documentary film to be created. If you are a veteran and would like to participate in this project or would like to know more information, you should call (484) 706-2353.

Meet Kellyanne Rittle, CRNP – WellSpan Geriatrics

Kellyanne Rittle, Certified Registered Nurse Practitioner with WellSpan Geriatrics, is available to residents for primary care visits as well as acute (sick) appointments. She is not available for emergency situations. If you would like to schedule an appointment or have general questions, please call **717-639-3240**.

In the event of an emergency, residents have multiple ways to get help:

- Pull the emergency pull cord located in your apartment
- Call the front desk to report the emergency
- Dial 911 directly

Residents may use any combination of these options to ensure immediate assistance.

If you have any questions regarding insurance coverage or co-pays, please reach out to the office at the number listed above.

Need to Schedule a Lab Appointment

Please Contact the Resident Services Hotline at **484-220-8268** or rlp@thehighlands.org

To ensure every resident is scheduled promptly, accurately, and without delay, all lab appointment requests must be made through the Resident Services Hotline, not by calling individual staff members directly. Using the hotline guarantees your request is received even if a team member is out of the office, allowing us to coordinate your appointment quickly and efficiently. Thank you for helping us streamline this important process so that we can continue providing timely, reliable support for all residents.

Wheatland Chorale

The Highlands is happy to announce that it will facilitate the purchase of tickets for \$15 (instead of \$25) for the Wheatland Chorale Winter Concert on Saturday, December 13 at 3 pm at Atonement Lutheran Church (5 Wyomissing Blvd.). No transportation will be available for this opportunity. Residents can contact another resident registered about carpooling to the event. Come on a journey with this award-winning choral group as they present a "*Rose in Winter*", which weaves together new and exciting arrangements of traditional carols and other pieces for the season as we explore the hope, wonder, and beauty we experience during this time of year. The tickets will be available for pickup at the Front Desk on Wednesday, December 10th.

The Search for *McJingles* is On – December 1st through 24th

McJingles the Elf has returned to The Highlands for the holiday season! Each day, residents are invited to search the campus for his new hiding spot as he gets up to festive mischief. Join the fun and see if you can spot *McJingles* each day before he heads back to the North Pole on December 24!

Join in for this whimsical tradition of physical activity to help burn the extra holiday calories!

Highlands Holiday Kick Off

A reminder that the holidays officially kick-off on Monday, December 1st at 4:30pm in the Main Lounge with our tree lighting ceremony. After dinner, come back to the Main Lounge at 6:30pm for caroling and cookies/hot chocolate with the Berks Youth Chorus. Let's get that holiday spirit started early and keep it going a little longer this year! Happy Holidays Everyone!

Registration Required

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Holiday Light Tour	12/3	9/1	12/3	-	10
Star Barn Christmas Elite Trip	12/4	9/1	12/1	\$199.00	2
Bingo	12/4	Open	-	\$3.00	Unlimited
Dans at Green Hills Holiday Dinner	12/7	9/1	12/5	\$12.50	1
Holiday Fragrant Naturals Craft Workshop	12/9	9/1	12/8	-	Wait List
International Cuisine Luncheon	12/9	11/14	12/8	MC + \$20	Wait List
Healing Power of Presence	12/10	9/1	12/9	-	10
Holiday Light Tour	12/10	9/1	12/10	-	2
Cooking With Kevin	12/11	Open	-	\$3.00	22
Chester Children's Chorus Concert	CANCELED				
Holiday Light Tour	12/17	9/1	12/17	-	Wait List
Bird-in-Hand Lunch & Show	12/20	9/3	12/16	\$67 (adult) \$42 (child)	12
Endowment Fund Concert & Dinner	12/21	Open by RSVP	12/15 by RSVP	\$100.00	Unlimited

Programming News and Information:

For those registered for the Sunday, December 7th - 4:30pm Holiday Dinner at Dans at Green Hills, if using Highland's transportation, please arrive at the Transportation Center no later than 4:00pm.

The Matinee Movie on Sunday, December 7th is changed from 2:00pm to 7:00pm.

Sports Talk on Monday, December 8th is changed from Side-A of the Cultural Center to Side-B due to needed set-up time for the Highlandaires and Bellaires Holiday Concerts.

The following programs have been added on to the schedule for the month of December:

I Played My Best for Him (*Song & Story Devotional*) – Wednesday, December 3 | 3:30pm | Cultural Center

Cocktail Hour & Reading High Vocal Company – Tuesday, December 9 | 4:00pm | Cultural Center

Endowment Fund Concert & Dinner – Sunday, December 21 | 4:30pm | Cultural Center

Olivet Children's Holiday Program – Monday, December 22 | 4:00pm | Cultural Center

Week At A Glance

Saturday, November 29

7:00pm Butch Cassidy & Sundance Kid CCB

Sunday, November 30

2:00pm Butch Cassidy & Sundance Kid CCB

Monday, December 1

All Month McJingles Search is On! campus

All Month Holiday Cookie Recipes RSS

9:00am ~~Yoga Flow~~ CANCELED FCG

9:00am Supervised Gym FCG

10:00am Sports Talk CCA

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

1:30pm Highlandaires CCA

3:15pm Bellaires CCA

4:30pm Holiday Kickoff Tree Lighting ML

6:30pm Caroling-Berks Youth Chorus ML

Tuesday, December 2

9:00am Bone Builders FS

10:00am 12 Days of Christmas Exercise FS

10:00am Aqua Zumba FCP

10:30am Coffee w/ Chris TR

11:00am Community Connect-Fitness TR

11:00am Rabbi Michelson CCA

1:00pm Qigong FS

2:00pm Bean Bag Baseball CCB

7:00pm Mt' Laurel Brass Concert CC

Wednesday, December 3

8:00am Stand n' Drum FS

9:00am Arthritis Ability FS

10:00am Pet Therapy & Pet Treats Craft CCB

10:00am SMARTfit FCG

1:30pm Line Dancing FS

2:00pm Chapel Service CC

3:30pm I Played My Best for Him CC

5:00pm Holiday Light Tour TC

Thursday, December 4

9:00am Coffee & Conversation ML

9:00am Bone Builders FS

10:00am Zumba Gold FS

10:30am Star Barn Elite Coach Trip TC

11:00am Sea Sculpt FCP

1:00pm Pilates FS

7:00pm Bingo CCA

Friday, December 5

9:00am Fists of Fury FS

10:00am Shopping Loop TC

10:00am Cubigo Training CCA

11:00am The Great Courses CCB

Saturday, December 6

7:00pm Holiday Inn (1942 Musical) CCB

Sunday, December 7

4:00pm Dan's at Green Hills Holiday Dinner TC

7:00pm Holiday Inn (1942 Musical) CCB

Monday, December 8

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk CCB

10:00am Arthritis Ability FS

11:00am Supervised Swim FCP

11:00am ~~The Great Courses~~ CANCELED CCB

2:00pm Highlandaires & Bellaires Concert CC

7:00pm Highlandaires & Bellaires Concert CC

Room Locations (Key):

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

RSS= Resident Services Suite

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.*