



The Highlands Happenings

Friday, September 12



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Terry Wagner

Manager of Maintenance
wagnert@thehighlands.org, 484-220-8293

Department & Service Hotlines

Front Desk

(610) 775-2300

Salon & Spa

(484) 220-8569

Lab Courier

(484) 220-8268

Podiatry

(610) 376-4880

Dermatology

(877) 345-5300

Comcast / Xfinity

1-800-934-6489

Residential Living 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

Transportation Hotline

transportation@thehighlands.org
(484) 220-8319

Certified Registered Nurse

Practitioner
(717) 639-3240

Chaplain Office Hours:

Monday through Friday: 10:00 a.m. - 2:00 p.m.

Mark Christy: christym@thehighlands.org, 484-220-8326



Community News



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. Stay engaged and make your voice heard.

- Resident Council (9/12)
- Community Connect - Facilities (9/18)
- Resident Association (9/18)
- Coffee w/ Chris (9/23)
- Community Connect – Programming (9/25)
- Town Hall (9/25)
- Grounds & Maintenance Cmte. (10/1)
- Community Connect - Homecare (10/2)
- Dining Enhancement Cmte. (10/6)
- Coffee w/ Chris (10/7)

Community Staples

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

Supervised Gym: Mondays at 9:00 a.m. (Gym)
Supervised Swim: Mondays at 11:00 a.m. (Pool)
Card Party: Mondays at 7:00 p.m. (Parlor)

Game Night: Wednesdays at 7:00 p.m. (Parlor)
Shopping Loop: Fridays at 10:00 a.m. (Transportation)

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

Rosary Devotion: 2:00 p.m. – Meditation Room
Resident Contact: Paulette Krall
Meeting Date(s): Fridays

Bluebird Club: 9:30 a.m. – Parlor
Resident Contact: Lucy Cairns
Meeting Date(s): 1st Monday of March/May/July
and *September 15, 2025 and *September 14, 2026

French Group: 1:00 p.m. – Parlor
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

Walking Club: 9:00 a.m. – Main Lounge
Resident Contact: Bob Fleck
Meeting Date(s): Wednesdays

Pinochle: 6:30pm – Cultural Center A
Resident Contact: Susannah Sterling
Meeting Date(s): Saturdays

Knitting Group: 10:00 a.m. – Parlor
Resident Contact: (No Lead Contact)
Meeting Date(s): Thursdays

Geneology Group: 10:00 a.m. – Parlor
Resident Contact: Joan Gruber
Meeting Date(s): 3rd Friday

Community News

Vaccine Consent Forms

Residents who still need a vaccine consent form can obtain them on the Bulletin Board in the Main Building Mailroom.

Alvernia Seniors College – Fall 2025

Discover new ideas and perspectives with Alvernia Seniors College, where residents attend engaging sessions held right on the Alvernia University campus. We received the schedule later than expected and apologize for the shorter notice; we're excited to offer 24 spots per session. Registration opens for all sessions on Monday, September 15, 2025, at 9:00 a.m. Residents may register on Cubigo or by calling 484-220-8260. Come learn, connect, and explore new topics with fellow residents this fall. Refer to Cubigo or Alvernia's website for more details about each session.

Date:	Topic:	Departure:	Time:
September 16	Pollinations & Pollinators	10:00 a.m.	10:30 a.m.
September 23	Sustainable Energy by UGI	10:00 a.m.	10:30 a.m.
September 30	History of Bernardine Sisters	10:00 a.m.	10:30 a.m.
October 7	Watershed Basics	10:00 a.m.	10:30 a.m.
October 14	Hope Rescue Mission & State of Homelessness	10:00 a.m.	10:30 a.m.
October 21	Women's Work & Motherhood Activism	10:00 a.m.	10:30 a.m.
October 28 & November 4	The American Scripture Project	10:00 a.m.	10:30 a.m.
November 11	Treasures of Reading Public Museum	10:00 a.m.	10:30 a.m.
November 18	Highlights of Reading Public Museum Arboretum	10:00 a.m.	10:30 a.m.

Cubigo Update: Daily Assurance Check-In

Cubigo has enhanced their Daily Assurance Check-In feature. Residents who have opted out will no longer see or receive the morning check-in message on Cubigo. This change applies only to residents who have already chosen to opt out of the check-in. This process will begin on Monday, September 1, 2025. Any resident who has already opted out will not be required to submit a new form. If you no longer wish to receive the daily check-in, please contact the Front Desk to request and complete the opt-out form.

Write From the Heart

Have you always wanted to learn to write more creatively, more consistently, or more expressively? Well, here's your chance! Melissa Greene welcomes Highland's residents of all experience levels to reconnect with their creative voices through an Introductory Writing Workshop. This program happening Friday, October 10 is a free two-hour workshop from 3PM to 5PM in Cultural Center (side A) and is limited to 40 participants. More information can be found in Cubigo or in the "Spiritual" section of the Fall 2025 ENGAGE book.

Music & Memories During the WWII Years Part 2

On Tuesday, September 30th at 7:00 p.m. the program, *Music & Memories of WWII Part 2* will be presented by Barbara Witman, pianist, Cindy Laubach, narrator, & Naomi Koncsics, guest singer. The program will feature more memories of those serving during the war & returning home & those on the homefront. More music from the 1940s will be sung & heard. A video of music from this era will start approximately an hour before the program begins, so come early for a good seat & great listening & viewing pleasure.

Community News

Vaccine Clinic – October 8, 2025

We are planning a vaccination clinic for residential residents to take place on October 8, 2025. We are planning to offer the high-dose Influenza vaccine approved and recommended for adults 65 years or older. Also, the Covid-19 vaccine will be offered. At this time, we do not have any details as to manufacturer of the Covid-19 vaccination being provided.

The Centers for Disease Control and Prevention (CDC) issued guidance/recommendation that indicate that Flu and Covid-19 vaccines can be administered at the same time. The CDC refers to this practice as coadministration. Coadministration is a common practice that refers to receiving more than one vaccine during a visit or clinic. For additional information please refer to the CDC's website at: www.cdc.gov/flu/prevent.org. As a reminder, demand for vaccines, especially for senior adults, will be high.

Residents can register beginning Tuesday, September 2 at 9:00 a.m. via Cubigo or by calling 484-220-8265. While registering, ensure you register for the vaccination your desire. If you would like both the Flu and Covid-19 vaccinations, you will need to register for both events. Registering for both or one of the vaccines will help to ensure that we order sufficient quantities of each vaccine.

Vaccine consent forms will be distributed to residents on Tuesday, September 2, 2025, via their in-house mailboxes. To make the process of administering hundreds of vaccines as efficient as possible, the consent forms are to be completed in advance of the October 8th clinic. Also, please bring all insurance cards (Medicare, Medicare Advantage, Supplemental Insurance, etc.) to the clinic.

Hospitality Committee Invitation

If you are interested in a tour of The Highlands' main building, please contact Nancy Seifert at 610-780-6354.

Scavenger Hunt – Week of September 15th to 19th

Let's have some fun exploring the outdoors and experience this refreshing weather! Explore the community while following a clue sheet to find hidden objects. Solve the clues, discover the treasures, and enjoy fresh air and fun with friends. The Scavenger Hunt will take place all week from September 15-19 outside throughout the campus. Those interested can pick up the clue sheet in the mailroom. There are 10 clues and 10 cones with The Highlands Logo to find at your leisure. Register in Cubigo or by calling (484) 220-8268.

Programming Interests, Ideas, and Formats

With the launch of the ENGAGE Wellness Initiative in June 2025, the Residential Living team has shifted to planning programs on a quarterly basis. This is being restated because we appreciate hearing about program ideas from residents or better yet, involving residents in facilitating certain programs of interest. Program planning is currently underway for first quarter of 2026 (January through March). If you have ideas or know of happenings/opportunities within the greater community, please contact Todd Canfield, Life Enrichment Coordinator, at Canfieldt@thehighlands.org or (484) 220-8284.

October will be the start of our second full quarter of ENGAGE program offerings. Just as you have learned, we (the Residential Living team) too, are learning alongside you. We continue to receive feedback and plan to incorporate that feedback by making some formatting, scheduling, and communication changes that will make it easier to follow and comprehend programming information.

If you are not comfortable using Cubigo, please take advantage of the Cubigo training offered. Cubigo will continue to serve as the primary resource.

Community News

The Next Art Exhibit in The Highlands Art Gallery Starts September 13. The Next Showcased Artist (Steve Fabian) Introduces Himself and His Art:

The theme of my show is "*Moments In Time*". My color palette is mostly cool pastel colors, pale blues, turquoise, magenta, cool greens, and muted yellows. I find these colors tranquil and peaceful which is how many people have described my paintings. Some of the paintings in this show were painted "En Plein Air" (outside, on site), some were painted from photo references, and others were from my imagination or memories.

I was born in New Jersey but escaped to Berks County, Pennsylvania when I was three years old. In my childhood I developed a deep love of the natural world. I studied Biology at Penn State for two years before changing my major to art and transferring to Kutztown University. There I earned a BFA and graduated Magna Cum Laude. Throughout my years I have had the privilege of studying drawing, painting, and other art forms under many wonderful people.

I believe that art is all about imagination & feelings. As an artist it is my desire to stir emotions and start discussions. Art should cause you to feel something. Joy, sorrow, love, happiness, introspection; even fear, disgust, or anger. Everyone sees a piece of art differently based on their life experiences and beliefs.

I am inspired by the good, the bad, and the ugly. The human experience. The old masters, as well as contemporary artists. By the natural world, and by human nature. I paint because I have to. It is who I am and how I express my feelings. I believe that all forms of art are a celebration of what it means to be human.

Reporting Positive Flu and Covid Results

The beginning of September and the cool morning weather are reminders that fall is upon us. In addition to beautiful mild weather, and leaves changing colors, it's important that we are mindful that the cold and flu season is here. Both Covid-19 and influenza cases may begin to rise. Staying proactive can help us keep our community safe and healthy. We are asking residents who test positive for either Covid-19 or influenza, to please report this information to Jared Martz, Director of Community Life & Engagement at Martzj@thehighlands.org or by calling 484-220-8265 as soon as possible so we can monitor and respond appropriately. Thank you!

We greatly appreciate residents helping us protect the health and well-being of everyone here at the Highlands.

Comcast/Xfinity Customer Service Update

The Highlands has recently been informed that Comcast/Xfinity has implemented a new customer service system. As part of this update, residents should now contact 1-800-XFINITY (1-800-934-6489) for all support needs. While the previously provided 855 number is still in service, it will take longer to get support. When calling, residents are advised to use a phone number that is associated with their Xfinity account and to follow the prompts of the automated system to reach a customer service representative quicker. Please note: In most cases, simply power cycling your equipment—unplugging your internet modem or cable box and plugging it back in can resolve common issues. The customer service line is best used for situations that are not resolved by a power cycle.

Gratitude Challenge: Entire Month of September

Join our *Gratitude Challenge* and take a moment each week to focus on the good around you. Every weekend, stop by the Mailroom in the Main Building to pick up that week's set of simple, thoughtful challenges designed to spark reflection, kindness, and connection. Whether you're writing a thank-you note, complimenting a neighbor, or just pausing to appreciate the little things, each activity helps build a stronger, more positive community. Let's make gratitude a habit—together!

Community News

Transportation Process for Pick-Ups

In response to resident concerns, we have implemented a new process for residents returning to The Highlands after their appointments are finished. This is specific to residents utilizing transportation services to and from The Highlands at Wyomissing.

When transportation delivers a resident to their destination/appointment, the driver will provide the resident with a small business card that identifies the phone number to call when they are ready to be picked up. The number goes directly to the driver – not the front desk – who will be picking them up. It is also possible that the driver will dispatch another driver to ensure this process occurs as timely as possible

Calling All Highlands Veterans

We are compiling a list of all veterans residing at The Highlands so that we may honor you at our Veterans and Memorial Day programs. If you have already completed a questionnaire in 2023 or 2024, you do not need to submit more information. If you are new to The Highlands, we would like you to complete a questionnaire and attach a photo from your time in the military. If you have no photo of yourself, indicate something we could portray that tells something about your service such as the ship you served on or station location.

Questionnaires are available in the Main Building Mailroom. Please submit the questionnaire to in-house mailbox #351 as soon as possible. We hope to have all our veterans participate and attend our Veterans Day Breakfast on Tuesday, November 11 at 9:30 a.m. and the Veterans Day Program on Tuesday, November 11 at 3:00 p.m.

Fall Fest! Save the Date and Information:

The cooler temperatures are a pleasant reminder that Fall is in the air. In fact, the autumnal equinox is just a few weeks away. We're celebrating the season with a Fall Fest on **Thursday, October 16 from 1:00 p.m. to 3:00 p.m.** in the **Cultural Center**. The festival will include a variety of fall-themed snacks and fun activities to be enjoyed by all to include the judging of the ***Pumpkin Decorating Contest*** and ***Pie Baking Contest***.

Pumpkin Decorating: Join us a week before Fall Fest on *October 10th* from *10:00 a.m. to 12:00 p.m.* in *Cultural Center Side-A* to decorate your pumpkin or pick up your pumpkin to decorate at home. Please register ahead of time so we know how many pumpkins are needed. Supplies will be provided to paint and decorate your pumpkin however way you wish, whether you're going for spooky, silly, or stunning, this is your chance to create a masterpiece and show it off to the community. Bring a friend or your family to decorate a pumpkin together.

Pie Baking: Do you love to bake! Here's your chance to show off your baking skills and showcase your famous family recipe. Residents are invited to bake their best pie (any kind – pumpkin, apple, fruit pies, etc.) and bring it, ready to be enjoyed, to the Fall Festival on Wednesday, October 16 by 2:00 p.m. All entries will be judged live during the event, with bragging rights and sweet recognition on the line! Why not get the family together and make it a family affair baking your family's pride and joy recipe pie.

Registering for Programs

Registration is now open for many of the programs occurring now through December. Program details (descriptions, registration deadline, cost, etc.) can be found in Cubigo or in your Fall 2025 ENGAGE booklet. You can register directly in Cubigo or by calling the Residential Living Hotline (484) 220-8268.

Be sure to register! Most programs requiring registration are limited.

If you find yourself unable to attend a program that you registered for, please remember to remove yourself from that program using Cubigo or request to be removed by calling (484) 220-8268. Removing yourself allows others on the "wait list" the possibility of attending.

Registration Required

September 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Shuffleboard Tournament	9/1	8/15	Closed	-	-
* Anthony's Coal Fired Pizza	9/3	8/4	Closed	\$10.00	-
Bingo	9/4	Open	Closed	\$3.00	-
* Grocery Store Tour	9/4	Open	Closed	\$12.50	-
* Reading Phillies	9/9	Open	Closed	\$20.00	-
Summer Send Off Painting	9/9	Open	Closed	-	-
Cooking Creations	9/11	8/4	Closed	-	-
Cooking With Kevin	9/11	Open	Closed	\$3.00	-
Scavenger Hunt	9/15	Open	9/10	-	Unlimited
* Alvernia Sr. College (Pollination)	9/16	Open	-	-	17
Bingo	9/18	Open	-	\$3.00	Unlimited
* Alvernia Sr. College (Sustainable Energy)	9/23	9/15	-	-	24
* Reading Symphony Orchestra Shuttle	9/27	Open	9/26	\$12.50	Wait List
* Alvernia Sr. College (Bernardine Sisters)	9/30	9/15	-	-	24

October 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
* Ganley's Irish Pub Lunch Outing	10/1	9/1	9/30	\$10.00	Wait List
International Wine Pairing Event	10/1	9/1	9/29	\$45.00	26
Bingo	10/2	Open	-	\$3.00	Unlimited
* Friends of Chamber " <i>The Amaro Trip</i> "	10/3	9/1	10/2	\$12.50	23
Fitness Assessment	10/7	9/15	10/3	-	14
* Alvernia Sr. College (Watershed Basics)	10/7	9/15	-	-	24
Ready Set Read!	10/8	Open	-	-	11
Cooking With Kevin	10/9	Open	-	\$3.00	41
Pumpkin Painting	10/10	9/1	10/6	-	Unlimited
Write From the Heart: <i>Introductory Workshop</i>	10/10	9/1	10/9	-	36
* Outing: Oregon Dairy Trip & Corn Maze	10/13	9/22	10/10	\$12.50 + \$13.00 maze	23
Table Temptations with Justin	10/13	9/1	10/10	MC+\$20.00 or \$40.00	2
* Alvernia Sr. College (Homelessness)	10/14	9/15	-	-	24
International Cuisine Luncheon	10/14	9/1	10/13	MC or \$20	Wait List
Pie Baking Contest	10/16	Open	-	-	Unlimited
Pumpkin Toss Challenge	10/17	9/26	10/16	-	Unlimited
* Alvernia Sr. College (Women's Work)	10/21	9/15	-	-	24
Watercolor Mixing Magic	10/27	9/1	10/24	-	35
* Alvernia Sr. College (American Scripture)	10/28	9/15	-	-	24
Trunk or Treat	10/30	9/1	-	-	Unlimited
* Friends of Chamber " <i>Curtis on Tour</i> "	10/31	9/1	10/30	\$12.50	20

Registration Required

November 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Table Temptations	11/3	Open	-	MC+\$20.00 or \$40.00	3
*Alvernia Sr. College (American Scripture)	11/4	Open	-	-	24
* Annamarie's on Main Lunch Outing	11/5	9/1	11/4	\$10.00	Wait List
Cooking Creations	11/5	9/1	11/5	-	9
ELITE TRIP: Bryn Athyn Historic District	11/6	9/1	10/8	\$156.00	38
Bingo	11/6	Open	-	\$3.00	Unlimited
* Outing: Exeter Hing School Play	11/9	9/1	11/7	\$12.50	36
From the River Documentary 2 nd Showing	11/10	9/1	11/10	-	38
Veterans Day Breakfast	11/11	9/1	-	-	23
*Alvernia Sr. College (Treasures of Museum)	11/11	9/15	-	-	24
Cooking Creations	11/12	9/1	11/12	-	9
International Cuisine Luncheon	11/13	10/15	11/12	MC or \$20	40
Cooking With Kevin	11/13	Open	-	\$3.00	39
* Outing: Reading Symphony Orchestra	11/15	9/1	11/14	\$12.50	10
*Alvernia Sr. College (Museum Highlights)	11/18	9/15	-	-	24
Happy Hour Trivia	11/18	9/1	11/18	\$3.00	72
Bingo	11/20	Open	-	\$3.00	Unlimited
Outing: Mozart's The Magic Flute	11/23	9/1	11/21	\$15.00	Unlimited

December 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
* Outing: Holiday Light Tour	12/3	9/1	12/3	-	17
ELITE TRIP: Star Barn Christmas	12/4	9/1	10/23	\$199.00	36
Bingo	12/4	Open	-	\$3.00	Unlimited
* Dans at Green Hills Annual Holiday Dinner	12/7	9/1	12/5	\$12.50	Wait List
Holiday Fragrant Naturals Craft Workshop	12/9	9/1	12/8	-	Wait List
International Cuisine Luncheon	12/9	11/14	12/8	MC + \$20	40
Healing Power of Presence	12/10	9/1	12/9	-	27
* Outing: Holiday Light Tour	12/10	9/1	12/10	-	Wait List
Cooking With Kevin	12/11	Open	-	\$3.00	39
* Outing: Chester Children's Chorus Concert	12/14	9/1	12/11	\$12.50	21
* Outing: Holiday Light Tour	12/17	9/1	12/17	-	17
* Outing: Bird-in-Hand Lunch & Show	12/20	9/3	11/10	\$67 (adult) \$42 (child)	16

Pay special attention to the registration deadline for the Elite Coach Trips for November and December.

* Asterisk indicates Highlands Transportation is offered/provided.

Week At A Glance

Saturday, September 13

7:00pm Chariots of Fire (1981) CCB

Sunday, September 14

2:00pm Chariots of Fire (1981) CCB

Monday, September 15

8:00am Scavenger Hunt (9/15 to 9/19) OT

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk CCA

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

Tuesday, September 16

9:00am Bone Builders FS

10:00am Aqua Zumba FCP

10:00am Alvernia Sr. College - Pollination TC

1:00pm Qigong FS

2:00pm Bean Bag Baseball CCB

7:00pm Josh Duo Concert CC

Wednesday, September 17

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

6:00pm Summer Grilling TR

Thursday, September 18

9:00am Bone Builders FS

10:00am Zumba Gold FS

10:00am Knit & Crochet Connection PR

11:00am Sea Sculpt FCP

1:00pm Pilates FS

2:00pm Bingo CCB

Friday, September 19

9:00am Fists of Fury FS

10:00am Shopping Loop TC

11:00am The Great Courses CCB

Saturday, September 20

7:00pm Mrs. Miniver (1942) CCB

Sunday, September 21

2:00pm Mrs. Miniver (1942) CCB

Monday, September 22

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

7:00pm City Jazz Co. Concert CC

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

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.*