



The Highlands Happenings

March 2023



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Dimensions of Wellness

The Highlands at Wyomissing is dedicated to providing exceptional quality of life. We recognize the importance of offering programs and services that enable residents to live life to their greatest potential. Knowing that senior adults are disproportionately affected by chronic diseases, offering ways for residents to learn and practice whole person wellness is integral to overall well-being.

Emotional	Experiencing one's self through the spectrum of emotions
Intellectual	Stimulating one's mind through education and conversations
Nutritional	Nourishing your body through dietary selections and education
Physical	Challenging one's self to move in different ways
Social	Rejuvenating one's self through interaction with friends, groups, and the world
Spiritual	Fulfilling one's purpose through the mind, body, and soul connection

Staff Directory

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Monday	Tuesday	Wednesday
		<p>1</p> <p>8:00am – Cardio Blast 9:00am – Arthritis Ability 10:00am – Supervised Gym 10:00am – Tech Topic 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Know Your Symphony</p>
<p>6</p> <p>8:45am – Supervised Gym 9:00am – Yoga Flow 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 1:00pm – Learn A Bit 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>7</p> <p>9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Stand n’ Drum 11:00am – Pilates 11:00am – Rabbi Michelson 11:00am – Supervised Gym 11:30am – Great Decisions 1:00pm – Bean Bag Baseball 1:30pm – Fulton Bank, CVS, etc. 2:00pm – Headlines Around The World 3:00pm – Ukulele’s Unite 7:00pm – Violin & Piano Recital</p>	<p>8</p> <p>8:00am – Cardio Blast 9:00am – Arthritis Ability 10:00am – Tech Topic 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 3:00pm – Caregiver Connect 4:30pm – Tom Witman 7:00pm – Unsung Women of 18th Century</p>
<p>13</p> <p>8:45am – Supervised Gym 9:00am – Yoga Flow 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 1:30pm – 92nd Street Y 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>14</p> <p>9:00am – Bone Builders 10:00am – Great Decisions 10:00am – Bible Study 10:00am – Aqua Zumba 10:00am – Stand n’ Drum 11:00am – Pilates 11:00am – Supervised Gym 1:00pm – Cornhole 1:30pm – Fulton Bank, CVS, etc. 2:00pm – Headlines Around The World 3:00pm – Ukulele’s Unite 7:00pm – Bunco</p>	<p>15</p> <p>8:00am – Cardio Blast 9:00am – Arthritis Ability 10:00am – Supervised Gym 10:00am – Tech Topic 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 4:00pm – Neighbor Connect 7:00pm – Unleash Inner Opera Fan</p>
<p>20</p> <p>8:30am – Public Affairs 8:45am – Supervised Gym 9:00am – Great Decisions 9:00am – Yoga Flow 10:00am – Drum n’ Fun 10:00am – Weis Market 11:00am – Lap Swim 1:00pm – Balance Assessments 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Classic Movie</p>	<p>21</p> <p>9:00am – Bone Builders 10:00am – Aqua Zumba 10:00am – Stand n’ Drum 10:30am – PC Ninja Scams 11:00am – Pilates 11:00am – Supervised Gym 1:00pm – Bean Bag Baseball 1:30pm – Fulton Bank, CVS, etc. 2:00pm – Headlines Around The World 3:00pm – Ukulele’s Unite 7:00pm – Female Spies</p>	<p>22</p> <p>8:00am – Cardio Blast 9:00am – Arthritis Ability 10:00am – Supervised Gym 10:00am – Tech Topic 11:00am – TED Talk Discussion 11:00am – Supervised Swim 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 3:00pm – Caregiver Connect 4:30pm – Tom Witman</p>
<p>27</p> <p>8:45am – Supervised Gym 9:00am – Yoga Flow 10:00am – Drum n’ Fun 10:00am – Weis Market 1:00pm – Grip Assessments 2:00pm – Passover Service 2:15pm – Aromatherapy 7:00pm – Card Party 7:00pm – Game Night</p>	<p>28</p> <p>9:00am – Bone Builders 10:00am – Stand n’ Drum 11:00am – Supervised Gym 1:00pm – Cornhole 1:30pm – Fulton Bank, CVS, etc. 2:00pm – Bible Study 3:00pm – Ukulele’s Unite 7:00pm – Unleash Inner Opera Fan</p>	<p>29</p> <p>8:00am – Cardio Blast 9:00am – Arthritis Ability 10:00am – Supervised Gym 10:00am – Tech Topic 1:30pm – Lancaster Ave Shopping 2:00pm – Chapel Service 7:00pm – Know Your Symphony</p>

Thursday	Friday	Saturday
2 9:00am – Drum n’ Fun 10:00am – Helping Hands 10:00am – TED Talk Discussion 10:00am – Zumba Gold 10:00am – Aqua Ability 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Tai Chi 2:00pm – Chorus 2:00pm – Sacred Heart Mass 3:15pm – Bells 7:00pm – Bingo	3 9:00am – Stayin’ Upright 10:00am – Seated Pilates 10:00am – Supervised Swim 10:00am – Giant Grocery 11:00am – Line Dancing 11:15am – Aqua Fit 1:00pm – Open Bridge 1:00pm – Wyomissing Farmers Market 2:00pm – Discovery Friday 6:30pm – Friends of Chamber Music 7:00pm – Marbles	4 6:00pm – RSO Trip #1 6:30pm – Pinochle 6:50pm – RSO Trip #2 7:00pm – Movie Sunday 5 11:00am – Line Dancing 12:30pm – Hamataschen Baking 7:00pm – Movie
9 9:00am – Drum n’ Fun 10:00am – Helping Hands 10:00am – TED Talk Discussion 10:00am – Zumba Gold 10:00am – Aqua Ability 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Tai Chi 2:00pm – Chorus 3:15pm – Bells 7:00pm – Stravinsky in Hollywood	10 9:00am – Bone Builders 10:00am – Seated Pilates 10:00am – Supervised Swim 10:00am – Giant Grocery 11:00am – Line Dancing 11:15am – Aqua Fit 1:00pm – Shillington Farmers Market 2:00pm – Bocce 7:00pm – Marbles	Saturday 11 1:30pm – Duplicate Bridge 6:30pm – Pinochle 7:00pm – Movie Sunday 12 11:00am – Line Dancing 7:00pm – Movie
16 9:00am – Drum n’ Fun 10:00am – Helping Hands 10:00am – TED Talk Discussion 10:00am – Zumba Gold 10:00am – Aqua Ability 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Tai Chi 2:00pm – Chorus 3:15pm – Bells 7:00pm – Resident Association	17 9:00am – Stayin’ Upright 10:00am – Seated Pilates 10:00am – Supervised Swim 10:00am – Giant Grocery 11:00am – Line Dancing 11:15am – Aqua Fit 1:00pm – Wyomissing Farmers Market 3:00pm – St. Patrick’s Day Celebration 7:00pm – Marbles	Saturday 18 6:30pm – Pinochle 7:00pm – Movie Sunday 19 11:00am – Line Dancing 7:00pm – Movie
23 9:00am – Drum n’ Fun 10:00am – Helping Hands 10:00am – Zumba Gold 10:00am – Aqua Ability 10:00am – Transportation Loop 11:00am – Supervised Gym 11:00am – Tai Chi 2:00pm – Chorus 3:15pm – Bells 7:00pm – Hunter O’Neil	24 9:00am – Bone Builders 10:00am – Supervised Swim 10:00am – Giant Grocery 11:00am – Holleran Survey Results 1:00pm – Shillington Farmers Market 2:00pm – Bocce 6:30pm – Friends of Chamber Music 7:00pm – Marbles	Saturday 25 1:30pm – Duplicate Bridge 6:30pm – Pinochle 7:00pm – Movie Sunday 26 11:00am – Line Dancing 7:00pm – Movie
30 9:00am – Drum n’ Fun 10:00am – Helping Hands 10:00am – Homecare Presentation 10:00am – Zumba Gold 10:00am – Transportation Loop 11:00am – Tai Chi 2:00pm – Chorus 3:15pm – Bells 7:00pm – Homecare Presentation	31 9:00am – Stayin’ Upright 10:00am – Seated Pilates 10:00am – Giant Grocery 11:00am – Line Dancing 7:00pm – Marbles	

Community News

Program Update Communication

We recognize that there will be times when communication is required to update residents about changes in the programming schedule due to unforeseen circumstances. A weekly newsletter will still be made available that will contain information related to Program Updates, Policy Updates, and other organization news. Should a program need immediate communication about a change in schedule, residents can refer to the Concierge Desk, Signage on Doors, and Email.

Resident Satisfaction Survey

You participated in a satisfaction survey hosted by Holleran in January, and now it's time to hear the results. We invite you to attend an information session on Friday, March 24th at 11:00 a.m. in the Cultural Center to learn about what you told us. The information session promises to be informative and engaging. See you on March 24th at 11:00 a.m. in the Cultural Center!

Clubs at The Highlands

Are you looking for a new hobby or activity to take part in? Why not start a club and bring together like-minded individuals with shared interests? Starting a club is easy and a great way to connect with others, learn new skills, and have fun. Whether it's a book club, a gardening club, or a chess club, the possibilities are endless. And once you have your club up and running, we can help you spread the word! Simply contact the Programming Department, and we will include it in our monthly newsletter, reaching all residents of the community. This will give your club the exposure it needs to increase participation and make it a success.

Discover the Rich Tapestry of Life at The Highlands

We are looking for residents who are eager to share their life stories, experiences, hobbies, or careers with their fellow community members. Whether you're a seasoned traveler, an accomplished artist, or a retired CEO, your unique journey can inspire and enlighten others. By sharing your passion and accomplishments, you can foster a sense of community and camaraderie among residents. Don't miss this opportunity to connect with your neighbors and create lasting memories. Share your story today! If interested, contact Jared Martz for more information. Let's come together and create a vibrant and inclusive community!

Primary Care Physician Services – Dr. Irwin

Beginning, Tuesday, March 7th, Dr. Irwin will be changing his hours in the residential clinic. Instead of 8:00 a.m. to 12:00 p.m. he will now be available from 1:00 p.m. to 5:00 p.m.. We are finding most residents would like to be seen later in the day and we are hoping to accommodate and attract more residents to use this convenient service. If a resident already had a scheduled appointment, Dr. Irwin's office will be reaching out to you to reschedule that appointment.

Schedule Pool Maintenance

The Pool will be closed starting Sunday, March 26 and expected to be closed for a duration of 1 week. During the closure, the pool will be drained, and maintenance will occur to repair the pool deck.

Programs

Tech Topic – Netflix 101

Did you know that technology changes exponentially? On average technology will double its capacity in only 1.5 years. In an ever changing world, it's good to learn about the advancements. Residents are encouraged to bring their smart devices with to class.

Wednesday, March 1 at 10:00 a.m.

Cultural Center B

Intellectual

Chapel Service

A non-denominational service is hosted for all residents who wish to practice their religious and spiritual beliefs. This service will be presided by Reverend Corrine Dautrich.

Wednesday, March 1 at 2:00 p.m.

Cultural Center

Spiritual

Know Your Symphony

Get a preview of that Saturday's RSO concert. The beautiful yet brooding melodies of Brahms famous 4th Symphony will transport you to another place. Brahms's achievement in the Fourth Symphony is the ferocity and concentration of expression that is achieved.

Wednesday, March 1 at 7:30 p.m.

Cultural Center

Intellectual

TED Talk Discussion – Supersized Space Rockets To Explore The Universe

The interest provides access to infinite information about any topic you desire. Hear from experts, in a short 10-20 minute video, about current innovations, medical advancements, and so much more. Following the video, stick around to discuss the material with the class.

Thursday, March 2 at 10:00 a.m.

Cultural Center B

Intellectual

Chorus & Bells

Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language.

Thursday, March 2 at 2:00 p.m. (Chorus) & 3:15 p.m. (Bells)

Cultural Center A

Emotional

Bingo

Grab a friend and come win some prizes as you shout BINGO! A \$3.00 fee will be charged to your resident account.

Thursday, March 2 at 7:00 p.m.

Cultural Center A

Social

Programs

Albert Einstein – The Greatest Brain of the 20th Century

The man known as Albert Einstein was born on the 14th of March in 1879 in the city of Ulm. Witness this incredible documentary that examines the life of the man known to have the greatest brain of the 20th century.

Friday, March 3 at 2:00 p.m.

Cultural Center B

Intellectual

Aromatherapy

The sense of smell can create powerful memories and help relax the mind and body. Join Ashleigh Daniels, Fitness Center Coordinator, some mindful breathing, and relaxation techniques.

Monday, March 6 at 2:15 p.m.

Parlor

Emotional

Rabbi Michelson

Join Rabbi Brian I. Michelson of Reform Congregation Oheb Sholom in Reading, PA for a spiritual based discussion. He has served the community in a multitude of ways and has been the rabbi of Oheb Sholom since 1998.

Tuesday, March 7 at 11:00 a.m.

Cultural Center A

Spiritual

Great Decisions Session #6

Join Dr. Bethanne Bruninga of Albright College for the 6th session of the Great Decision Series. This week's topic will be on Politics in Latin America. Residents are encouraged to read the section prior to attending the class to help stimulate further conversation.

Tuesday, March 7 at 11:30 a.m.

Cultural Center B

Intellectual

Headlines From Around The World

Every second around the world, news happens. Technology allows us to stay more connected to global events and situations in real time. Join fellow residents as they discuss those headlines in a safe, respected environment.

Tuesday, March 7 at 2:00 p.m.

Cultural Center B

Intellectual

Eliezer Gutman Recital

Eliezer Gutman is one of the founders of the Copeland String Quartet and a member of the Delaware Symphony Orchestra since 1994. He studied under David Arben, Philadelphia Orchestra assistant concertmaster. Eliezer finds his greatest joy spending time with his two children, Elad and Ayelet. He will be accompanied by pianist Lotus Cheng.

Tuesday, March 7 at 7:00 p.m.

Cultural Center

Social

Programs

Tech Topic – How to Video Chat

Did you know that technology changes exponentially? On average technology will double its capacity in only 1.5 years. In an ever changing world, it's good to learn about the advancements. Residents are encouraged to bring their smart devices with to class.

Wednesday, March 8 at 10:00 a.m.

Cultural Center B

Intellectual

Chapel Service

A non-denominational service is hosted for all residents who wish to practice their religious and spiritual beliefs. This service will be presided by Reverend Joe Motz of Bausman United Church of Christ.

Wednesday, March 8 at 2:00 p.m.

Cultural Center

Spiritual

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.

Wednesday, March 8 at 4:30 p.m.

Main Lounge

Social

Unsung Women of 18th Century

Travel back in time to the 18th Century as Dolores McDevitt dives deeps into the history of some of most famous contributions made by women who did not receive the recognition they deserved for their work.

Wednesday, March 8 at 7:00 p.m.

Cultural Center

Intellectual

TED Talk Discussion – The Future of Work

The internet provides access to infinite information about any topic you desire. Hear from experts, in a short 10-20 minute video, about current innovations, medical advancements, and so much more. Following the video, stick around to discuss the material with the class.

Thursday, March 9 at 10:00 a.m.

Cultural Center B

Intellectual

Chorus & Bells

Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language.

Thursday, March 9 at 2:00 p.m. (Chorus) & 3:15 p.m. (Bells)

Cultural Center A

Emotional

Programs

Stravinsky in Hollywood

Stravinsky immigrated to America in September 1939; he was looking to build a new life. Widely considered the world's greatest living composer, he moved hoping to find new employment and inspiration in working for the silver screen. Run time, 50 minutes.

Thursday, March 9 at 7:00 p.m.

Cultural Center

Social

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.

Monday, March 13 at 1:30 p.m.

Cultural Center A

Intellectual

Aromatherapy

The sense of smell can create powerful memories and help relax the mind and body. Join Ashleigh Daniels, Fitness Center Coordinator, some mindful breathing, and relaxation techniques.

Monday, March 13 at 2:15 p.m.

Parlor

Emotional

Great Decisions Session #7

Join us for the 7th session of the Great Decision Series. This week's topic will be on Global Famine. Residents are strongly encouraged to read the section prior to attending the class to help stimulate further conversation. Facilitator still to be determined.

Tuesday, March 14 at 10:00 a.m.

Cultural Center B

Intellectual

Bible Study

Join Steve Ohnsman of Calvary United Church of Christ as he hosts a non-denominational bible study designed to increase residents understanding of scripture and fulfill their spiritual needs.

Tuesday, March 14 at 10:00 a.m.

Cultural Center B

Intellectual

Headlines From Around The World

Every second around the world, news happens. Technology allows us to stay more connected to global events and situations in real time. Join fellow residents as they discuss those headlines in a safe, respected environment.

Tuesday, March 14 at 2:00 p.m.

Cultural Center B

Emotional

Programs

Tech Topic – Track Your Health with a Smart Phone

Did you know that technology changes exponentially? On average technology will double its capacity in only 1.5 years. In an ever changing world, it's good to learn about the advancements. Residents are encouraged to bring their smart devices with to class.

Wednesday, March 15 at 10:00 a.m.

Cultural Center B

Intellectual

Chapel Service

A non-denominational service is hosted for all residents who wish to practice their religious and spiritual beliefs. This service will be presided by Reverend Jayme Babczak of Immanuel United Church of Christ.

Wednesday, March 15 at 2:00 p.m.

Cultural Center

Spiritual

Neighbor Connect

Come join us and get to know your neighbors better! It's a great opportunity to connect with the community, share stories, and build meaningful relationships with those around you.

Wednesday, March 15 at 4:00 p.m.

Cultural Center B

Unleash Your Inner Opera Fan

Dave Ritchie from Berks Opera Company will be providing an insightful history about the upcoming Metropolitan Opera, *Lohengrin*. There will also be live performances of sample pieces for the Opera.

Wednesday, March 15 at 7:00 p.m.

Cultural Center

Intellectual

TED Talk Discussion – Architectural Forms of the Future

The internet provides access to infinite information about any topic you desire. Hear from experts, in a short 10-20 minute video, about current innovations, medical advancements, and so much more. Following the video, stick around to discuss the material with the class.

Thursday, March 16 at 10:00 a.m.

Cultural Center A

Intellectual

Chorus & Bells

Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language.

Thursday, March 16 at 2:00 p.m. (Chorus) & 3:15 p.m. (Bells)

Cultural Center A

Emotional

Resident Association

Join Resident Council members and Resident Council President, Jane Bitner, for the 2nd Resident Association meeting of 2023. This meeting will provide updates to current Resident Council operations and other community updates.

Thursday, March 16 at 7:00 p.m.

Cultural Center

Social

Programs

St. Patrick's Day Celebration

Students from Hooley's Irish Dance Academy will be here to perform traditional Irish dances. The academy opened in 2009 and has helped some of their students reach the World Championships.

Friday, March 17 at 3:00 p.m.

Cultural Center

Social

Public Affairs Session #1

Join Reverend Tom Scornavacchi on Common Ground Ministries for the 1st session of the Spring 2023 Public Affairs Series. Tom will be discussing the various forms of addiction and current recovery programs and techniques.

Monday, March 20 at 8:30 a.m.

Cultural Center A

Intellectual

Great Decisions Session #8

Join Dr. Farhad Saboori of Albright College in the last session of the Great Decision Series. This week's topic will be on Iran At A Crossroads. Residents are strongly encouraged to read the section prior to attending the class to help stimulate further conversation.

Monday, March 20 at 9:00 a.m.

Cultural Center B

Intellectual

Aromatherapy

The sense of smell can create powerful memories and help relax the mind and body. Join Ashleigh Daniels, Fitness Center Coordinator, some mindful breathing, and relaxation techniques.

Monday, March 20 at 2:15 p.m.

Parlor

Emotional

Singing In The Rain (1952)

A spoof of the turmoil that afflicted the movie industry in the late 1920s when movies went from silent to sound. When two silent movie stars', Don Lockwood and Lina Lamont, latest movie is made into a musical a chorus girl is brought in to dub Lina's speaking and singing.

Monday, March 20 at 7:00 p.m.

Cultural Center A

Social

PC Ninja – Avoiding Scams

Owner and operator, Melvin Foo, of the local computer store, PC Ninja, will be providing a detailed presentation on a variety of computer related topics. The presentations main focus will be on what to look out for to prevent scammers from accessing your information.

Tuesday, March 21 at 10:30 a.m.

Cultural Center B

Intellectual

Programs

Headlines From Around The World

Every second around the world, news happens. Technology allows us to stay more connected to global events and situations in real time. Join fellow residents as they discuss those headlines in a safe, respected environment.

Tuesday, March 21 at 2:00 p.m.

Cultural Center B

Intellectual

Female Spies

Every country utilizes individuals to spy on their fellow allies and enemies. When you think of a spy, what comes to mind? An informative lecture on the unheard of work completed by female spies will be presented by local historian Hallie Vaughan.

Tuesday, March 21 at 7:00 p.m.

Cultural Center

Intellectual

Tech Topic – How To Stop Apps From Tracking Your Data

Did you know that technology changes exponentially? On average technology will double its capacity in only 1.5 years. In an ever changing world, it's good to learn about the advancements. Residents are encouraged to bring their smart devices with to class.

Wednesday, March 22 at 10:00 a.m.

Cultural Center B

Intellectual

TED Talk Discussion – Electric Transportation

The interest provides access to infinite information about any topic you desire. Hear from experts, in a short 10-20 minute video, about current innovations, medical advancements, and so much more. Following the video, stick around to discuss the material with the class.

Wednesday, March 22 at 11:00 a.m.

Cultural Center B

Intellectual

Chapel Service

A non-denominational service is hosted for all residents who wish to practice their religious and spiritual beliefs. This service will be presided by Reverend Katie Lyon of Atonement Lutheran Church.

Wednesday, March 22 at 2:00 p.m.

Cultural Center

Spiritual

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.

Wednesday, March 22 at 4:30 p.m.

Main Lounge

Social

Programs

Chorus & Bells

Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language.

Thursday, March 23 at 2:00 p.m. (Chorus) & 3:15 p.m. (Bells)

Cultural Center A

Emotional

Hunter O'Neil Piano Recital

All the way from North Carolina, enjoy a wonderful piano recital to finish off the afternoon before heading to dinner.

Thursday, March 23 at 7:00 p.m.

Cultural Center

Social

Holleran Resident Satisfaction Survey Result Presentation

Representatives from Holleran will be here to review the results of the Resident Satisfaction Survey that was conducted in January 2023. All residents are encouraged to attend.

Friday, March 24 at 11:00 a.m.

Cultural Center

Intellectual

Art Reception

Join artist Marilyn Basehoar as her showcase is displayed in the art gallery.

Sunday, March 26 at 2:00 p.m.

Cultural Center B

Social

Passover Service

Experience the rich tradition of the Passover holiday through prayer, song, and reflection during our inspiring and uplifting service.

Monday, March 27 at 1:30 p.m.

Cultural Center A

Spiritual

Aromatherapy

The sense of smell can create powerful memories and help relax the mind and body. Join Ashleigh Daniels, Fitness Center Coordinator, some mindful breathing, and relaxation techniques.

Monday, March 27 at 2:15 p.m.

Parlor

Emotional

Bible Study

Join Katie Lyon of Atonement Lutheran Church as she hosts a non-denominational bible study designed to increase residents understanding of scripture and fulfill their spiritual needs.

Tuesday, March 28 at 2:00 p.m.

Cultural Center A

Spiritual

Programs

Unleash Your Inner Opera Fan

Dave Ritchie from Berks Opera Company will be providing an insightful history about the upcoming Metropolitan Opera, *Falstaff*. There will also be live performances of sample pieces for the Opera.

Tuesday, March 28 at 7:00 p.m.

Cultural Center

Intellectual

Tech Topic – How To Block Emails and Texts

Did you know that technology changes exponentially? On average technology will double its capacity in only 1.5 years. In an ever changing world, it's good to learn about the advancements. Residents are encouraged to bring their smart devices with to class.

Wednesday, March 29 at 10:00 a.m.

Cultural Center B

Intellectual

Chapel Service

A non-denominational service is hosted for all residents who wish to practice their religious and spiritual beliefs. This service will be presided by Reverend Jayme Babczak of Immanuel United Church of Christ.

Wednesday, March 29 at 2:00 p.m.

Cultural Center

Spiritual

Know Your Symphony

Get a preview of that Saturday's RSO concert. Vaughan Williams creates the atmospheric four-movement symphony that celebrates his adopted city, London. Outwardly a four-movement orchestral portrait of the composer's much-loved city (with 'Big Ben' chimes)

Wednesday, March 29 at 7:30 p.m.

Cultural Center

Intellectual

Highlands Homecare

Don't miss out on an opportunity to learn about our top-quality Home Care services that can help you or a loved one live independently with comfort and dignity. Our team of skilled professionals is dedicated to providing exceptional care and support tailored to your unique needs.

Thursday, March 30 at 10:00 a.m. & 7:00 p.m.

Cultural Center

Intellectual

Chorus & Bells

Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language.

Thursday, March 30 at 2:00 p.m. (Chorus) & 3:15 p.m. (Bells)

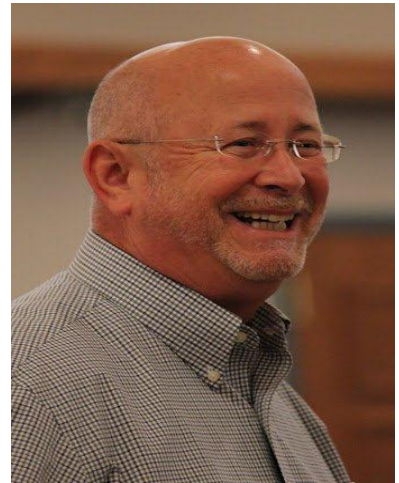
Cultural Center A

Emotional

Public Affairs Spring 2023

Session #1 – Monday, March 20 | Cultural Center A | 9:00 a.m.

The Rev. Tom Scornavacchi is pastor of Common Ground Recovery Community in Wyomissing and Reading Pennsylvania. As a person in long-term recovery, Pastor Tom works with individuals and families affected by the disease of addiction. In his work he combines the wisdom and practice of the 12-steps with the forgiveness and grace that comes from his Lutheran faith. He is passionate about creating safe communities where people can find faith, hope, and healing. Pastor Tom holds a Bachelor of Arts degree in Behavioral Health and Addiction Studies from Alvernia University and a Master of Divinity from The Lutheran Theological Seminary at Philadelphia. Tom and his wife, Christina, live in Robesonia and enjoy time with their grandchildren and their puppy, Mercy.



Session #2 – Monday, April 17 | Cultural Center A | 9:00 a.m.

Miller was the first woman elected to Reading City Council, the only woman elected mayor of Reading, serving two terms: born in the Chicago area, arriving in Reading in 1970 with her husband, Barry, after six years of living in Philadelphia. She worked at a variety of state government jobs in Harrisburg, first in the cabinet of Gov. Bob Casey as the secretary of community affairs and then had several positions in the Gov. Ed Rendell administration, retiring in 2009. From City Hall to the halls of the state capitol in Harrisburg, Miller was appointed to serve as secretary of the Pennsylvania Department of Community Affairs, now the Department of Community and Economic Development. Karen also worked for the U.S. Department of Housing and Urban Development and served as the executive director of the Pennsylvania Economy League.



Session #3 – Monday, May 15 | Cultural Center A | 9:00 a.m.

Based on the model provided by nonprofit organization One World, Everybody Eats (OWEE), Cafe Esperanza is a pay-what-you-can cafe serving delicious cuisine. All OWEE-affiliated cafes operate with the same seven core tenets: social enterprise, guests determine what they can pay, everyone is welcome, space for community, opportunity to volunteer, and excellent food. Having served as the pastor of Hope Evangelical Lutheran Church in Reading for over fifteen years, Pastor Wolfe wanted to be able to use the church-owned row home across the street for a purpose that would bless the surrounding community. After learning about OWEE and attending several of their conferences, Pastor Wolfe decided to begin the process of transforming the row home into Cafe Esperanza, which means “hope” in Spanish.



All sessions can be registered for at the Concierge Desk. A \$5.00 fee will be charged to your resident account for the breakfast, starts at 8:30 a.m. which precedes the program.

Fitness (Aquatic Classes)

Aqua Ability ♦♦

Get fit and have fun with a low-impact Aqua exercise class designed to improve cardiovascular health and overall wellness.

Thursday, March 2, 9, 16, & 23 at 10:00 a.m.

Fitness Center Pool

Physical

Aqua Fit ♦♦

Tone muscles and improve cardiovascular health with a fun and invigorating Aqua Fit exercise class designed for all fitness levels.

Friday, March 3, 10, & 17 at 11:15 a.m.

Fitness Center Pool

Physical

Aqua Zumba ♦♦♦

Dance and splash your way to fitness with Aqua Zumba, the high-energy workout that combines the fun of Zumba with the resistance of water.

Tuesday, March 7, 14, & 21 at 10:00 a.m.

Fitness Center Pool

Physical

Supervised Lap Swim ♦♦♦

Swim at your own pace and reach your fitness goals with a supervised lap swim program. No swim buddy required.

Monday, March 6, 13, & 20 at 11:00 a.m.

Fitness Center Pool

Physical

Supervised Swim ♦♦♦

Improve your swimming skills and reach your fitness goals in a safe and supportive environment with a supervised swim program. No swim buddy required.

Wednesday, March 1, 8, 15, & 22 at 11:00 a.m.

Fitness Center Pool

Physical

Supervised Swim ♦♦♦

Improve your swimming skills and reach your fitness goals in a safe and supportive environment with a supervised swim program. No swim buddy required.

Friday, March 3, 10, 17, & 24 at 10:00 a.m.

Fitness Center Pool

Physical

Class Key: ♦ = 15 Minutes ♦♦ = 30 Minutes ♦♦♦ = 45 Minutes ♦♦♦♦ = 60 Minutes

Fitness (Land Classes)

Arthritis Ability ♦♦♦

Ease joint pain and improve mobility with a low-impact Arthritis Ability exercise class designed for those with arthritis or similar conditions.

Wednesday, March 1, 8, 15, 22, & 29 at 9:00 a.m.

Fitness Studio

Physical

Balance Assessments ♦

Stay safe and independent by identifying and addressing any balance issues with a quick and easy balance assessment. Register at the Concierge Desk for this short, 15 minute assessment.

Monday, March 20 at 1:00 p.m.

Fitness Studio

Physical

Bone Builders ♦♦

Strengthen bones and reduce the risk of osteoporosis with a fun and effective Bone Builders exercise class.

Tuesday, March 7, 14, 21, & 28 at 9:00 a.m.

Fitness Center Gym

Physical

Cardio Blast ♦♦

Boost heart health, energy levels, and stamina with a low-impact cardiovascular circuit training class designed

Wednesday, March 1, 8, 15, 22, & 29 at 8:00 a.m.

Fitness Studio

Physical

Drum n' Fun ♦♦♦

Get your heart pumping, in this fully seated class, and drum your way to fitness with a fun and invigorating standing drumming class.

Monday, March 6, 13, 20, & 27 at 10:00 a.m.

Fitness Studio

Physical

Drum n' Fun ♦♦

Get your heart pumping, in this fully seated class, and drum your way to fitness with a fun and invigorating standing drumming class.

Thursday, March 2, 9, 16, 23, & 30 at 9:00 a.m.

Fitness Studio

Physical

Class Key: ♦ = 15 Minutes ♦♦ = 30 Minutes ♦♦♦ = 45 Minutes ♦♦♦♦ = 60 Minutes

Fitness (Land Classes)

Grip Assessments ♦

Assess and improve grip strength for daily activities and athletic pursuits with a quick and easy hand grip assessment. Register at the Concierge Desk for this short, 5 minute assessment.

Monday, March 27 at 1:00 p.m.

Fitness Studio

Physical

Learn-A-Bit ♦♦

Empower yourself with knowledge and improve your overall health and well-being by attending a comprehensive and engaging general education class on health and the body. This month's topic is Brain Awareness.

Monday, March 6 at 1:00 p.m.

Cultural Center B

Physical

Line Dancing ♦♦♦

Get your feet moving and groove to the beat with Line Dancing, a fun and social way to stay active and improve coordination.

Friday, March 3, 10, 17, & 31 at 11:00 a.m.

Fitness Studio

Physical

Line Dancing ♦♦♦

Get your feet moving and groove to the beat with Line Dancing, a fun and social way to stay active and improve coordination.

Sunday, March 5, 12, 19, & 26 at 11:15 a.m.

Fitness Studio

Physical

Pilates ♦♦♦♦

Transform your mind and body with Pilates, a low-impact workout that focuses on core strength, flexibility, and balance.

Tuesday, March 7, 14, & 21 at 11:00 a.m.

Fitness Studio

Physical

Seated Pilates ♦♦♦♦

Improve posture, flexibility, and strength with low-impact and gentle movements in a seated Pilates class designed for all fitness levels.

Friday, March 3, 10, 17, & 31 at 10:00 a.m.

Fitness Studio

Physical

Class Key: ♦ = 15 Minutes ♦♦ = 30 Minutes ♦♦♦ = 45 Minutes ♦♦♦♦ = 60 Minutes

Fitness (Land Classes)

Stand n' Drum ♦♦

Get your heart pumping, in this fully standing class, and drum your way to fitness with a fun and invigorating standing drumming class.

Tuesday, March 7, 14, 21, & 28 at 10:00 a.m.

Fitness Studio

Physical

Stayin' Upright ♦♦

Improve balance and stability and decrease the risk of falls with a fun and effective balance exercises. This class will incorporate seated and standing exercises.

Friday, March 3, 17, & 31 at 9:00 a.m.

Fitness Studio

Physical

Supervised Gym ♦♦♦♦

Reach your fitness goals with support and guidance from certified trainers in a safe and supervised gym environment.

Monday at 8:45 a.m. /Tuesday at 11 a.m. /Wednesday at 10 a.m. /Thursday at 11 a.m.

Fitness Center Gym

Physical

Tai Chi ♦♦♦

Experience the mind-body connection with Tai Chi, the gentle and graceful martial art that promotes relaxation, balance, and inner peace.

Thursday, March 2, 9, 16, 23, & 30 at 11:00 a.m.

Fitness Studio

Physical

Yoga Flow ♦♦♦

Find balance and relaxation through the ancient practice of Yoga, promoting physical, mental, and spiritual well-being.

Monday, March 6, 13, 20, & 27 at 9:00 a.m.

Fitness Studio

Physical

Zumba Gold ♦♦♦♦

Dance your way to fitness with Zumba, the high-energy workout that combines Latin-inspired moves with upbeat music.

Thursday, March 2, 9, 16, 23, & 30 at 10:00 a.m.

Fitness Studio

Physical

Class Key: ♦ = 15 Minutes ♦♦ = 30 Minutes ♦♦♦ = 45 Minutes ♦♦♦♦ = 60 Minutes

Fitness (Recreational Sports)

Bean Bag Baseball ♦♦♦♦

Looking for a unique twist on America's favorite pastime? Try Bean Bag Baseball, a lively game that combines the strategy of baseball with the fun of bean bags. Get ready to swing for the fences and score some points with friends.

Tuesday, March 7 & 21 at 1:00 p.m.

Fitness Studio

Physical

Bocce ♦♦♦♦

Get ready to roll with Bocce, the timeless classic that combines strategy, skill, and a little bit of luck. Whether you're playing on the beach, in the park, or in your own backyard, this fun and simple game is perfect for all ages and skill levels.

Friday, March 10 & 24 at 2:00 p.m.

Cultural Center

Physical

Cornhole ♦♦♦♦

Join the fun and play Cornhole, the exciting game that combines skill, strategy, and a little bit of luck! While playing with fellow Highlands neighbors, you'll enjoy a relaxed and entertaining experience.

Tuesday, March 14 & 28 at 1:00 p.m.

Fitness Studio

Physical

Class Key: ♦ = 15 Minutes ♦♦ = 30 Minutes ♦♦♦ = 45 Minutes ♦♦♦♦ = 60 Minutes

Fitness Newsletter

Learn-A-Bit

Educational topics presented on health and wellness. In March, the topic for the Learn-A-Bit is Brain Awareness, where you will learn the power of the mind and some functions the brain. The Learn-A-Bit will be held on Monday, March 6th at 1:00pm in Cultural Center, Side A and Thursday, March 16th at 1:00pm in Cultural Center, Side B. Both sessions will be on the same topic.

Aromatherapy

The Aromatherapy will be a weekly class due to the popularity of it. It will occur every Monday at 2:15pm in the Parlor. This class will help reduce stress, but also improve sleep, improved digestion, reduced pain levels, reduced anxiety and depression, boost immunity, and fight bacteria.

Wellness Tip

Traveling can be exciting, but there are some recommendations that should be followed. Talking to your healthcare provider is very important. They can tell you if you need any vaccinations up to date, which should be done up to 6 weeks before you leave. Travel with your medication on hand (i.e. purse or carryon bag) and in their original containers with labels. If you are traveling to a different time zone, ask when you should take your medicine (home time zone or time in current time zone). You also want a list of all current medical conditions to show they are being treated. Lastly, protecting yourself from infection and dehydration is a priority. Wash your hands frequently and drink plenty of water.

Fitness Challenge Update

Did you know exercise can prevent or delay many health problems that come with age? Exercise also helps the bones and muscles become stronger so you can keep doing your day-to-day activities without becoming dependent on others. Residents have been hard at work with the fitness challenge by going to the gym, using the pool, and participating in pool and land classes. Residents also get credit for walking on paths around campus by filling out a chart! To receive a walking path chart, contact the Fitness Center Coordinator, Ashleigh, at 484-220-8284. The goal of the fitness challenge is collectively reaching 4,000 total visits. As of Wednesday, February 15th, the gym has 1120 visits, the fitness studio has 1280 visits, the pool has 260 visits, and educational classes have 40 visits. For a total visit count of 2,700 visits! The fitness challenge is till March 31st and the top participants will be invited to a celebration event!

Personal Training Services Available

Are you looking to improve your health and fitness but don't know where to start? A personal trainer can provide you with a customized exercise program that considers your age, health status, and fitness goals. By working with a personal trainer, you can improve your strength, flexibility, and balance, reduce your risk of injury, and enjoy a better quality of life. Don't let age hold you back – start your fitness journey today with the help of a personal trainer! Contact Ashleigh Daniels at 484-220-8284 or danielsa@thehighlands.org for more information.

Support Groups

Caregiver Connect

Our purpose is to bring together residents who are active or potential dementia caregivers for spouses or other residents. To form connections, share our experiences, and gain knowledge during a friendly and confidential hour – and beyond.

Wednesday, March 8 & 22 at 3:00 p.m.

Parlor

Emotional

12 Step Recovery

An anonymous group, hosted by residents, to help others understand the journey into, during, and after recovery.

Thursday, March 2, 9, 16, 23, & 30 at 1:00 p.m.

Meditation Room

Emotional

Classic Film Club

Singing In The Rain (1952)

Starring Gene Kelly, Debbie Reynolds, and Donald O'Connor

"What a glorious feeling, I'm happy again!"

Join us for a joyful and timeless classic, "Singing in the Rain"! This iconic musical comedy stars Gene Kelly, Debbie Reynolds, and Donald O'Connor in a story about Hollywood in the late 1920s, as the transition from silent films to "talkies" is underway.

With memorable songs, stunning dance numbers, and lighthearted humor, "Singing in the Rain" is a celebration of the golden age of Hollywood and the movie-making industry. Don't miss the chance to see this classic film in a new light and experience the magic of Hollywood's past.

Get ready to tap your toes, sing along, and experience the joy of "Singing in the Rain"!

Monday, March 20 at 7:00 p.m. in Cultural Center A



Cast:

Gene Kelly	*Don Lockwood
Debbie Reynolds	*Kathy Selden
Donald O'Connor	*Cosmo Brown
Jean Hagen	*Lina Lamont
Rita Moreno	*Zelda Zanders
Cyd Charisse	*Dancer
Millard Mitchel	*R. F. Simpson
Douglas Fowley	*Roscoe Dexter

The Classic Film Club will showcase movies that are timeless. Whether it's a movie from the 1930's or 1990's, these films have withstood the test of time and will always be cherished in our heart. The April "Classic Movie" will be Charade (1963) starring Cary Grant and Audrey Hepburn.

Films & Documentaries

Still Alice (2014)

Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice's three grown children must watch helplessly as their mother disappears more and more with each passing day.

Saturday, March 4 & Sunday, March 5
Cultural Center A
7:00 p.m.

Father Stu (2022)

When an injury ends his amateur boxing career, Stuart Long moves to Los Angeles to find money and fame. While scraping by as a supermarket clerk, he meets Carmen, a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her. However, a motorcycle accident leaves him wondering if he can use his second chance to help others, leading to the surprising realization that he's meant to be a Catholic priest.

Saturday, March 11 & Sunday, March 12
Cultural Center A
7:00 p.m.

Mr. Harrigan's Phone (2022)

When Craig, a young boy living in a small town (Jaeden Martell) befriends Mr. Harrigan, an older, reclusive billionaire (Donald Sutherland), the two begin to form an unlikely bond over their love of books and reading. But when Mr. Harrigan sadly passes away, Craig discovers that not everything is dead and gone and strangely finds himself able to communicate with his friend from the grave through the iPhone in this supernatural coming-of-age story that shows that certain connections are never lost.

Saturday, March 18 & Sunday, March 19
Cultural Center A
7:00 p.m.

River Dance (1995)

Riverdance is a theatrical show that consists mainly of traditional Irish music and dance. With a score composed by Bill Whelan, it originated as an interval act during the Eurovision Song Contest 1994, featuring Irish dancing champions Jean Butler and Michael Flatley. Shortly afterwards, husband and wife production team John McColgan and Moya Doherty expanded it into a stage show, which opened in Dublin on 9 February 1995. Since then, the show has visited over 450 venues worldwide and been seen by over 25 million people, making it one of the most successful dance productions in the world.

Saturday, March 25 & Sunday, March 26
Cultural Center A
7:00 p.m.

Clubs

Bunco

Enjoy a night of laughter and camaraderie with friends while playing the fast-paced, easy dice game.

Tuesday, March 14 at 7:00 p.m.

Cultural Center B

Social

Card Party

Join a fun and social gathering of card enthusiasts to play classic games and make new friends.

Monday, March 6, 13, 20, & 27 at 7:00 p.m.

Cultural Center B

Social

Duplicate Bridge

Improve your strategic thinking and have fun playing the classic card game with mind-like players.

Saturday, March 11 & 25 at 1:00 p.m.

Cultural Center B

Social

Game Night

Join the fun and excitement with friends, where you can socialize while playing a variety of games.

Monday, March 6, 13, & 27 at 7:00 p.m.

Cultural Center A

Social

Helping Hands Knitting/Crochet Group

A supportive community to share tips, patterns, and friendship while working on your creations.

Thursday, March 2, 9, 16, 23, & 30 at 10:00 a.m.

Parlor

Spiritual

Mahjong

Play the ancient and challenging Chinese game of Mahjong with special twist.

Monday, March 6, 13, 20, & 27 at 11:00 a.m.

Cross Over Bridge Room

Social

Marbles

Enjoy the timeless classic marbles game with a twist involving playing cards.

Friday, March 3, 10, 17, 24, & 31 at 7:00 p.m.

Cultural Center B

Social

Pinochle

Play the fast-paced and strategic card game with friends and develop your skills and strategy.

Saturday, March 4, 11, 18, & 25 at 7:00 p.m.

Cultural Center B

Social

Ukulele's Unite

Join a fun and supportive group to learn how to play the cheerful and versatile Ukulele.

Tuesday, March 7, 14, 21, & 28 at 3:00 p.m.

Cultural Center B

Emotional

Shopping

Fulton Bank, Wine & Spirits, and CVS Pharmacy

Take a scenic tour of the surrounding community as you complete your shopping needs at the available stops along the way.

Tuesday, March 7, 14, 21, & 28 at 1:30 p.m.

Transportation Center

Social

Giant Grocery Store

Complete your daily, weekly, or monthly grocery shopping needs with a trip to the local supermarket.

Friday, March 3, 10, 17, 24, & 31 at 10:00 a.m.

Transportation Center

Nutritional

Lancaster Avenue Shopping Center

Hop on the Highlands bus and head on over to the Lancaster Avenue shopping center to complete any of your shopping needs. Stores include Giant, Wells Fargo, Rite Aid, and more.

Wednesday, March 1, 8, 15, 22, & 29 at 1:30 p.m.

Transportation Center

Social

Shillington Farmer's Market

Open year-round, with over 25 merchants, you are bound to find everything you need in one quick stop. The Shillington Farmers' Market offers fine fruits and vegetables, meats, and other homegrown products.

Friday, March 10 & 24 at 1:00 PM

Transportation Center

Nutritional

Transportation Loop

Hop on the Highlands bus and head on over to the Broadcasting Square shopping center to complete any of your shopping needs. Stores include Target, Weis, Marshalls, and more.

Thursday, March 2, 9, 16, 23, & 30 at 10:00 a.m.

Transportation Center

Social

Weis Grocery Store

Complete your daily, weekly, or monthly grocery shopping needs with a trip to the local supermarket.

Monday, March 6, 13, 20, & 27 at 10:00 a.m.

Transportation Center

Nutritional

Wyomissing Farmer's Market

Shop, eat and socialize! The PA Dutch Farmers Market of Wyomissing is always stocked with fresh, locally grown, and organic produce directly from the fields, fruits, meats, cheeses, and baked goods.

Friday, March 3 & 17 at 1:00 PM

Transportation Center

Nutritional

No registration is required. Residents can report to the Transportation Center 5 minutes before the advertised departure time

Trips

Friends of Chamber Music – Register at Concierge Desk

Fiterstein & Friends: Clarinet, Viola, and Piano Trio Concert. This program will feature rarely heard works by Mozart and Schumann for this unconventional ensemble, as well as new compositions highlighting the unique timbres of the instruments.

Friday, March 3 at 6:30 p.m.

Transportation Center

Social

Reading Symphony Orchestra – Register at Concierge Desk

The beautiful yet brooding melodies of Brahms famous 4th Symphony will transport you to another place and time. Brahms's achievement in the Fourth Symphony is the ferocity and concentration of expression that is achieved.

Saturday, March 4 at 6:00 p.m. (Trip #1) & 6:50 p.m. (Trip #2)

Transportation Center

Social

Chabad Center Hamantaschen Baking

Residents are invited to bake Hamantaschen for the upcoming Purim with the children from Chabad Center. It will be a great time for all.

Sunday, March 5 at 12:30 p.m.

Transportation Center

Spiritual

Dutch Apple Dinner Theater – Sister Act

This trip required pre-registration; no more registrations are accepted. All residents who registered for the event can expect to return to The Highlands at 11:00 p.m.

Thursday, March 23 at 4:30 p.m.

Transportation Center

Social

Friends of Chamber Music – Register at Concierge Desk

The Abeo Quartet, Formed at the Juilliard School in 2018, the Abeo Quartet is taking the chamber music world by storm, garnering recent awards at the Yellow Strings Chamber Music Competition, the Chesapeake International Chamber Music Competition, and the Fischhoff National Chamber Music Competition.

Friday, March 31 at 6:30 p.m.

Transportation Center

Social

Tanglewood August 4 -7, 2023

Price: \$55.00 (non-refundable ticket deposit)

- Refer to full itinerary in your email or Concierge Desk for more info

Registration Deadline: Tuesday, February 28, 2023



**Any cancellation after the registration deadline will be subject to charge for the program/trip, unless a replacement for your seat has been found and communicated, in advance, to Jared Martz, RL Programming Manager, at 484-220-8265 or martzj@thehighlands.org*

Physician Services

Audiologist

Residents can receive hearing screenings and have their hearing aids cleaned.

Call 610-775-2300

Monday, March 27

Resident Clinic

Physical

Blood Pressure Clinic

Residents can stop by to get a routine blood pressure check.

Tuesdays at 1:30 p.m. to 2:00 p.m., No appointment needed.

Resident Clinic

Physical

Dermatology

Residents can receive routine skin checks and skin care advice.

Call (877)-345-5300

Wednesday, March 1

Resident Clinic

Physical

Lab Courier

Lab services are available on site. Residents need to bring their printed lab orders.

Call 610-775-2300 for an appointment.

Wednesdays

Resident's Apartment

Physical

Podiatrist

Do you need general foot care? Do you need general ankle care?

Call (610)-376-4880 for an appointment.

Thursday, March 2 & 16

Resident Clinic

Physical

Primary Care – Dr. Irwin

Residents can receive regular check-ups, treating illnesses, and managing chronic conditions.

Call (717)-738-2468 for an appointment.

Tuesdays, 1:00 p.m. to 5:00 p.m.

Resident Clinic

Physical

Psychiatry – Dr. Ring

Residents can receive therapy services and support and guidance for emotional well-being.

Call 610-775-2300 for an appointment.

Resident's Apartment

Emotional

