



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

Last month was filled with summer fun, laughter, and plenty of sunshine! We enjoyed our Fun in the Sun event, complete with refreshing watermelon, water balloons, big smiles, and lots of laughter. Our residents and team members had a blast during our Water Balloon Showdown, proving that you're never too old to enjoy a little summer fun!

We are so grateful to our amazing vendors and community partners for helping make these special moments possible. A heartfelt thank you to:

- Georgia Hospice for sponsoring our Lemonade Social and Watermelon Social for our residents and team members.
- Longleaf Hospice for joining our Memory Care residents for a creative and meaningful Paint with Memory Care activity.
- Divine Light Hospice for helping us unwind with our Wine Down Wednesday.
- Mobile Library for giving our residents the opportunity to Read, Relax, and Soak Up the Sun while enjoying the joy of a good book.
- And to all of our wonderful partners who continue to support our Bingo Blitz and community activities!

At Highlands, we truly believe it takes a community. Our community is made stronger by our residents, family members, team members, vendors, volunteers, and our wonderful neighbors throughout Norcross.

Thank you for helping us create moments filled with connection, joy, and memories. We are grateful for each and every one of you!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



There's something special about the arrival of September. As the seasons begin to change, it offers a chance to slow down, reflect on the memories we've made, and look forward to all that lies ahead. It's a wonderful time to embrace new experiences while continuing to enjoy the friendships and sense of belonging that make our community so special.

This month, we have a variety of activities and events planned to keep everyone engaged, active, and connected. Whether it's celebrating with friends, participating in a favorite hobby, or trying something new, we hope each day brings moments of joy and purpose.

I would like to extend my heartfelt thanks to our residents, families, and dedicated team members. Your kindness, support, and commitment to one another create an environment where everyone feels welcomed, valued, and cared for. It is a privilege to be part of such an incredible community.

As we welcome the beauty of the changing season, I encourage everyone to take time to appreciate the simple moments—a cool morning breeze, a meaningful conversation, or the laughter shared with friends.

Thank you for allowing us to be part of your journey. We look forward to another wonderful month together and wish you all a happy, healthy, and enjoyable September.

-Jenohn Carter
Executive Director

SEPTEMBER



NATIONAL ASSISTED LIVING WEEK

September 13 - 19, 2026:
"Shining Through the Years"

SEPTEMBER 7TH
Labor Day

SEPTEMBER 13TH
Grandparents Day

SEPTEMBER 21ST
World Alzheimer's Day

HIGHLANDS

WORDSEARCH

R	Q	F	O	G	Q	F	V	S	H	A	R	V	E	S	T	D	R
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SEPTEMBER
AUTUMN
HARVEST
APPLES
PUMPKIN

LEAVES
BREEZE
SUNFLOWER
FRIENDSHIP
COMMUNITY

FAMILY
LAUGHTER
KINDNESS
HIGHLANDS
RESIDENTS

CAREGIVERS
ACTIVITIES
BINGO
WELLNESS
HOME

HIGHLANDS

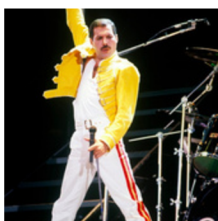
ACTIVITIES

Happy Birthday: Pao-Chin- 09/04/1949 Elizabeth Kapiloff- 09/17/1930 Tammy Glasser- 09/18/1970 Linda White- 09/24/1945 Michael Copas- 09/28/1956		9 am Inspiration w/ Joyce M. 9:30am Jazz Meditation 10:00am Sit and be Fit 11:00pm Ballon Ball 1 pm EZ Trivia 3 pm Word for Word 4pm Patio Time 5 pm Tuesday Night Movie	9 am Motivation w/ Joyce M. 9:30am Smooth Jazz 10:30am Morning Aerobic 1 pm Arts + Crafts 2 pm Wine Down Wednesday 3pm Patio Time 4 pm Trivia Time 5:00pm Relaxation Snacks and Chat	9 am Motivation w/Joel O 9:30 am Jazz Meditation 10 am WALMART 10:30 am Bible Study 1 pm Afternoon Patio Walk 3 pm Thirsty for Tea Thursdays 5 pm Movie & Popcorn Night	9 am Motivation w/ T.D. Jakes 9:30am Music Meditation 10:30am Chair Yoga 11am Patio Time 1 pm Afternoon Patio Walk 2 pm Bingo 3 pm Words of Reflection 5 pm Friday Night Comedy	9 am Inspiration w/Billy G. 9:30am Daily Chronicle 10am Smooth Jazz 11 am Morning Exercise 1 pm Creative Coloring 2 pm Snacks & Music 3 pm Board Games 5 pm Saturday Night Cinema
9 am Motivation w/Joel 9:30am Morning Exercise 11 am Daily Chronicles 1 pm Sit and be Fit 1pm Walking Club 2pm Ed Sullivan Show 3pm Afternoon Stroll 4 pm Movie of your Choice 5 pm Journal Time	9 am Inspiration w/Joyce M. 10am Music Meditation 11am Morning Yoga Chair 11:30am Daily Chronicle 1 pm Afternoon Patio Walk 3 pm Brain Trivia 4pm Afternoon Stroll 5 pm Monday night Musical	9 am Inspiration w/ Joyce M. 9:30am Jazz Meditation 10:00am Sit and be Fit 10:30am Zumba w/ Vitzg Lupita 11:00pm Ballon Ball 1 pm EZ Trivia 3 pm Word for Word 4pm Patio Time 5 pm Tuesday Night Movie	9 am Motivation w/ Joyce M. 9:30am Smooth Jazz 10:30am Morning Aerobic 1 pm Arts + Crafts 2 pm Wine Down Wednesday 3pm Patio Time 4 pm Trivia Time 5:00pm Relaxation Snacks and Chat	9am Motivation w/Joel O 9:30am Jazz Meditation 10 am Lower Body Workout 10:30 am Bible Study 11 am Cue Barbecue 1 pm Afternoon Patio Walk 4:00 word for word Thursdays 5 pm Movie & Popcorn Night	9 am Motivation w/ T.D. Jakes 9:30am Music Meditation 10:30am Chair Yoga 11am Patio Time 1 pm Afternoon Patio Walk 2 pm Bingo 3 pm Words of Reflection 5 pm Friday Night Comedy	9 am Inspiration w/Billy G. 9:30am Daily Chronicle 10am Smooth Jazz 11 am Morning Exercise 1 pm Creative Coloring 2 pm Snacks & Music 3 pm Board Games 5 pm Saturday Night Cinema
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FAMOUS BIRTHDAYS



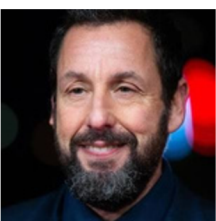
Lily Tomlin
Sept. 1, 1939



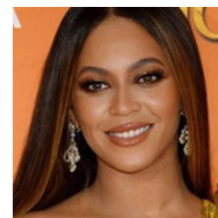
Freddie Mercury
Sept. 5, 1946



Mark Harmon
Sept. 2, 1951



Adam Sandler
Sept. 9, 1966



Beyonce Knowles
Sept. 4, 1981



Ray Charles
Sept. 23, 1930

HIGHLANDS

Happy & Healthy Corner

POSITIVE THOUGHT

The best chapters of life are filled with laughter, love, and the people we share them with.

JUST FOR LAUGHS

Why did the golfer bring two pairs of pants?

In case he got a hole in one.

THIS MONTH IN HISTORY

Sept. 2, 1945 – World War II officially ended.

Sept. 8, 1966 – Star Trek debuted on television.

Sept. 9, 1956 – Elvis Presley appeared on The Ed Sullivan Show.

Sept. 17, 1787 – The U.S. Constitution was signed.

Sept. 26, 1960 – The first televised presidential debate aired

WELLNESS TIPS

Stay Hydrated

Even if you don't feel thirsty, sip water throughout the day to stay hydrated.

Keep Moving

A short walk or gentle stretching can help improve balance, flexibility, and circulation.

DID YOU KNOW?

Apples are harvested from late summer through fall, making September one of the busiest months in apple orchards.

CELEBRATING SEPTEMBER

All Month: National Apple Month

6th: National Read a Book Day

13th: National Grandparents Day

22th: First Day of Fall

29th: National Coffee Day