



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

Over the last month, we've had a wonderful time celebrating our Memory Care residents and their families! We enjoyed a good ol' fish fry, created fun crafts, and, of course, enjoyed our favorite game—Bingo! We also took fun lunch outings to Rush's, where everyone enjoyed a delicious meal and great company. These special activities give us opportunities to spend time together, share plenty of laughs, and create memories that we can look back on and enjoy. From enjoying a delicious meal with friends to participating in activities and simply spending time together, it is the little moments that make each day special. We are so grateful for the wonderful residents and families who make our community such a welcoming and caring place. As we look ahead to another month, we are excited for more activities, more laughter, and more opportunities to come together. There is always something to look forward to, and we hope everyone will join in, make new memories, and enjoy all that the month has to offer!

A MESSAGE FROM OUR REGIONAL 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.

--Liz Alexander

Regional 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

>>> NEW NEIGHBORS



MELLISA
HOLLOWAY

HIGHLANDS

BIRTHDAYS



NONA
9/03



RICHARD
9/05



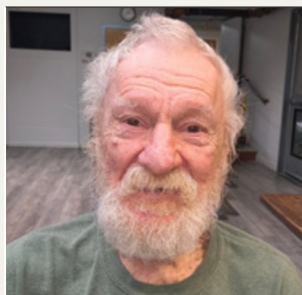
EVERETTE
9/11



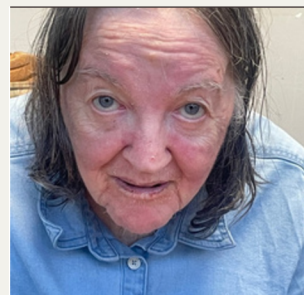
GERALDINE
9/14



BENNIE
9/20



RALPH
9/23



JUDITH
9/24

FAMOUS BIRTHDAYS



Lily Tomlin
Sept. 1, 1939



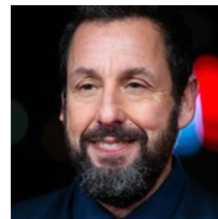
Mark Harmon
Sept. 2, 1951



Beyonce Knowles
Sept. 4, 1981



Freddie Mercury
Sept. 5, 1946



Adam Sandler
Sept. 9, 1966



Ray Charles
Sept. 23, 1930

STAFF BIRTHDAYS

Mel- 9/26

Ashley- 9/2

Summer- 9/25

Maryland- 9/19

Tabetha- 9/14

Lexie- 9/21

Shamara- 9/3

HIGHLANDS

WORDSEARCH

R	Q	F	O	G	Q	F	V	S	H	A	R	V	E	S	T	D	R
G	S	Y	J	H	R	D	A	Q	C	W	W	M	B	I	N	G	O
A	P	P	L	E	S	A	R	M	T	O	E	E	A	N	P	A	H
J	R	Y	E	A	I	I	N	U	I	Z	M	L	U	N	H	Y	M
K	Z	K	I	K	Q	M	F	D	Z	L	J	M	L	N	N	A	F
I	J	S	M	N	R	Y	E	X	P	J	Y	B	U	N	V	C	Q
N	D	M	B	R	E	E	Z	E	D	A	N	V	X	N	E	L	Q
D	T	K	P	U	M	P	K	I	N	S	R	L	P	W	I	S	B
N	F	R	I	E	N	D	S	H	I	P	T	E	E	F	K	T	S
E	Z	V	V	A	U	T	U	M	N	F	A	Y	N	A	T	A	Y
S	L	Z	L	E	F	I	G	X	J	L	C	A	U	T	V	W	O
S	E	C	A	H	F	S	E	P	T	E	M	B	E	R	S	E	R
R	B	E	U	A	A	Y	F	A	C	T	I	V	I	T	I	E	S
E	W	S	G	A	C	A	R	E	G	I	V	E	R	S	T	N	K
H	I	G	H	L	A	N	D	S	M	Q	D	I	M	L	U	D	Q
L	T	C	T	A	F	L	F	P	B	F	F	G	M	W	V	S	A
P	K	T	E	O	N	J	O	T	M	V	M	R	H	O	M	E	Q
F	J	E	R	I	K	V	R	E	S	I	D	E	N	T	S	B	I

SEPTEMBER
AUTUMN
HARVEST
APPLES
PUMPKIN

LEAVES
BREEZE
SUNFLOWER
FRIENDSHIP
COMMUNITY

FAMILY
LAUGHTER
KINDNESS
HIGHLANDS
RESIDENTS

CAREGIVERS
ACTIVITIES
BINGO
WELLNESS
HOME

HIGHLANDS

HIGHLIGHTS

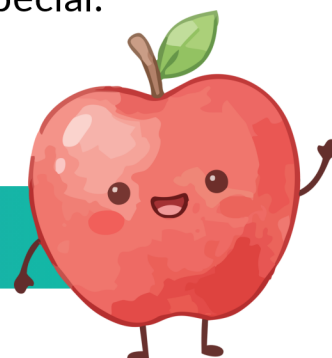


HIGHLANDS

ACTIVITIES



As we move into another month, I would like to take a moment to reflect on all the wonderful moments we have shared together. One of the things I enjoy most about being the Activities Director is seeing the smiles, laughter, conversations, and friendships that come from simply spending time together. Each activity gives our residents an opportunity to participate, socialize, try something new, or simply enjoy the company of those around them. Whether we are playing games, working on crafts, listening to music, enjoying a little friendly competition, or taking time to visit with one another, these moments are what make each day special.



ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Forgiveness Day 9:30 Chair Yoga 10:30 Snacks 11:00 Bingo 1:00 Resident Council Meeting 2:30 Snacks	2 World Coconut Day 9:30 MC Music Morning 10:00 Coffee w/Vets 10:30 Snacks 11:00 Worship Services 1:00 Food Council Meeting 2:30 Snacks	3 National skyscraper day 9:30 Group Walk 10:30 Snacks 11:30 Wendys 1:00 MC Nail Day 2:30 Snacks	4 National Wildlife Day Independent Activities 11:00 Coloring 1:00 Puzzles	5 Cheese pizza day Independent Activities 11:00 Board Games 1:00 Pool time
6 Read a Book Day Independent Activities 11:00 Card Games 1:00 Pool time 3:00 Worship Services	7 Labor Day 9:30 Group Walk 10:30 Snacks 11:00 Pong Bingo 1:00 Movie Monday 2:30 Snacks	8 World Literacy Day 9:30 Walmart 10:30 Snacks 1:00 Nail Day 2:30 Snacks	9 Teddy Bear Day 9:30 MC Music Morning 10:30 Snacks 11:00 Worship Services 1:00 Would You Rather? 2:30 Snacks	10 National Swap Ideas Day 9:30 MC Nail Day 10:30 Snacks 11:00 Meet and Greet W/ Jen 1:00 Bingo 2:30 Snacks	11 Day of Remebrance 9:00 Coffee Talk 10:30 Snacks 11:00 First Responder Reconition 1:00 9/11 documentary 2:30 Snacks	12 Day of Encouragment Independent Activities 9:30 Pool Time 11:00 Card Games
13 Grandparents Day Independent Activities 11:00 board games 1:00 puzzles 3:00 Worship Services	14 National Donut Day 9:30 Group Walk 10:30 Snacks 11:00 Fall Craft 1:00 Movie Monday 2:30 Snacks	15 National Hat Day 9:30 Chair Yoga 10:30 Snacks 11:00 Bingo 1:00 Nail Day 2:30 Snacks	16 National Play-doh Day 9:30 MC Music Morning 10:30 Snacks 11:00 Worship Services 1:00 Word Games 2:30 Snacks	17 Housekeepers Day 9:30 Board Games 10:30 Snacks 11:30 Oceanview Lunch 1:00 MC Nail Day 2:30 Snacks	18 Rice Krispies Day 9:30 Group Wak 10:30 Snacks 11:00 Trivia 1:00 Pool Time 2:30 Snacks	19 National Dance Day Independent Activities 11:00 Board games 1:00 Pool Time
20 National Punch Day Independent Activities 9:30 Card Games 11:00 coloring 3:00 Worship Services	21 National Cookie Day 9:30 Group Walk 10:30 Snacks 11:00 Word Games 1:00 Movie Monday 2:30 Snacks	22 Autumn Equinox Walmart 10:30 Snacks 1:00 Nail Day 2:30 Snacks	23 Snack Stick Day 9:30 MC Music Morning 10:30 Snacks 11:00 Worship Services 1:00 Card Games 2:30 Snacks	24 Cherries Jubilee Day 9:30 Crafts 10:30 Snacks 11:00 Bingo 1:00 MC Nail Day 2:30 Snacks	25 One Hit Wonder Day 9:30 Group Walk 10:30 Snacks 11:00 Cornhole 1:00 Jam Session 2:30 Snacks	26 National Pancake Day 5:00 Family Night 9:30 Board Games 1:00 Coloring
27 Chocolate Milk Day Independent Activities 11:00 Pool time 1:00 Card games 3:00 Worship Services	28 Good Neighbor Day 9:30 Group Walk 11:00 Pool Time 1:00 Movie Monday 2:30 Snacks	29 National Coffee Day 9:30 Chair Yoga 10:30 Snacks 11:00 Nail Day 1:00 Country Store 2:30 Snacks	30 Orange Shirt Day 9:30 MC Music Morning 10:00 Apple Cider W/ Pathways 10:30 Snacks 11:00 Worship Services 1:00 Facility 8-Day Celebration 2:30 Snacks			

Spirit week

September

Spirit week

September

All activities subject to change without notice.
Snacks served daily in the dining hall at 10:30 2:30 and 8:30.

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

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Gladyce Ames

Ms. Ames, lovingly known as “Grandma” or “Granny” by her fellow residents, is truly one of the sweetest people you could ever meet. She has a heart full of love and makes sure everyone around her knows just how much they mean to her. She has a special way of making people feel cared for, and her kindness shines through every single day. Of course, Granny can be a little stubborn from time to time—but that just adds to her charm and keeps us all smiling! She is loved dearly by her fellow residents and staff, and we are so blessed to have her as a part of our community.



EMPLOYEE OF THE MONTH

Shamara Smith

Give a big round of applause to Shamara! She has officially survived another month of early mornings, busy days, unexpected surprises, and the occasional “I need you for just one second” that somehow turns into a 30-minute adventure! Through it all, she continues to bring a great attitude, plenty of laughs, and lots of care to our residents and team. We appreciate all the hard work, dedication, and good humor Shamara brings each day.

Congratulations on being Employee of the Month—you’ve definitely earned it!

MEET THE TEAM!



Liz Alexander
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Christine Thompson
Resident Care Coordinator
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Kassidy Gunter
Activities Director
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Danielle Lynn
Receptionist

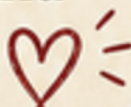
At the heart of our community is a dedicated management team committed to making this place feel like home. From daily operations to special events and personalized care, our team works behind the scenes (and often front and center!) to ensure every resident feels safe, heard, and valued.

Follow us on Facebook to stay up to date on all things Highlands!!
@HighlandsSeniorLivingGaston

HIGHLANDS
— SENIOR LIVING —

Family NIGHT

Good Food. Great People. Meaningful Moments. 

Join us for an evening of
good food, laughter, and
time together! 



DATE:
September 26th



TIME:
5:00 PM

We will
be serving a
*Spaghetti
Dinner!*


Everyone is welcome! 

We can't wait to share
this special evening with you
and your loved one.



BRING YOUR FAMILY.
SHARE A MEAL.

Make Memories.

HIGHLANDS
— SENIOR LIVING —

3959 Fish Hatchery Road
Gaston, SC 29053