



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

August brought opportunities to learn, connect, and enjoy time together at Highlands. Residents welcomed a local law enforcement officer who shared helpful information about senior fraud and common scams, including ways to recognize warning signs and protect personal information.

As we welcome September, we're looking forward to the start of fall and another month filled with fun activities, meaningful connections, and time spent with friends. With Grandparents Day and National Assisted Living Week on the calendar, there will be plenty of reasons to celebrate!

A MESSAGE FROM OUR 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

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.

-Rose Ackley
Executive Director

HISTORY

>>> THE GOLDEN YEARS OF CINEMA

1960



THE SOUND OF MUSIC

Release Date: March 2, 1965
 Leading Actors: Julie Andrews, Christopher Plummer
 Box Office: \$286 million

This beloved musical, based on a true story, became one of the most successful films of the 1960s. It won 5 Academy Awards, including Best Picture, and remains one of the most cherished musicals in movie history.

Honorable Mentions

- Mary Poppins (1964)
- West Side Story (1961)
- Doctor Zhivago (1965)

1970



STARWARS

Release Date: May 25, 1977
 Leading Actors: Mark Hamill, Harrison Ford, Carrie Fisher
 Box Office: \$775 million

This groundbreaking space adventure changed filmmaking forever. Star Wars became a worldwide phenomenon and launched one of the most successful franchises in movie history.

Honorable Mentions

- Jaws (1975)
- The Godfather (1972)
- Rocky (1976)

1980



E.T. THE EXTRA-TERRESTRIAL

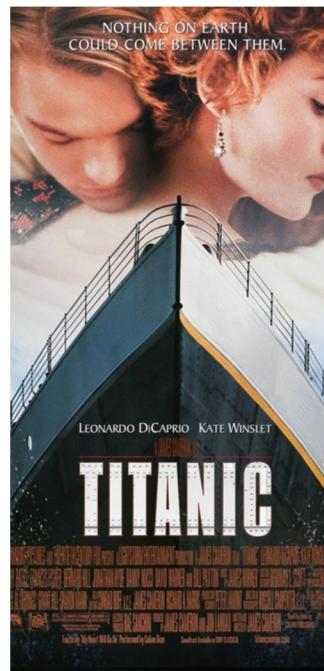
Release Date: June 11, 1982
 Leading Actors: Henry Thomas, Drew Barrymore, Dee Wallace
 Box Office: \$793 million

This heartwarming story of friendship captured the hearts of audiences around the world. E.T. became one of the most beloved films of the decade and remains a classic generations later.

Honorable Mentions

- Raiders of the Lost Ark (1981)
- Back to the Future (1985)
- Top Gun (1986)

1990



TITANIC

Release Date: December 19, 1997
 Leading Actors: Leonardo DiCaprio, Kate Winslet
 Box Office: \$2.2 billion

This sweeping romance and epic drama became a worldwide phenomenon. Titanic won 11 Academy Awards, including Best Picture, and became one of the most successful films in movie history.

Honorable Mentions

- Forrest Gump (1994)
- The Lion King (1994)
- Jurassic Park (1993)

HIGHLANDS

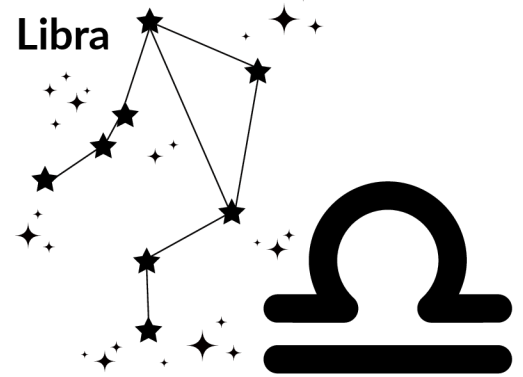
CELEBRATING SEPTEMBER

BIRTHSTONE



Sapphire

ZODIAC SIGNS



Libra



Virgo

BIRTH FLOWERS



Aster



Morning Glory

FIRST DAY OF FALL

September 22nd

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

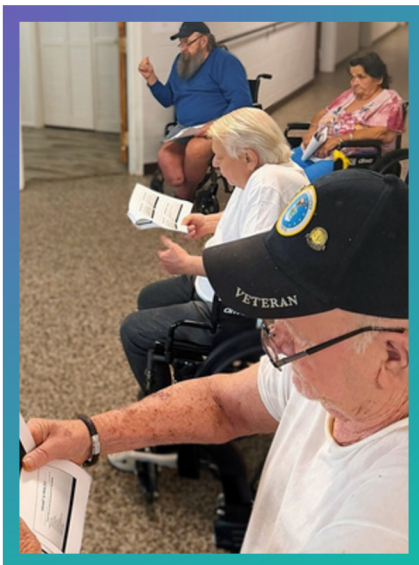
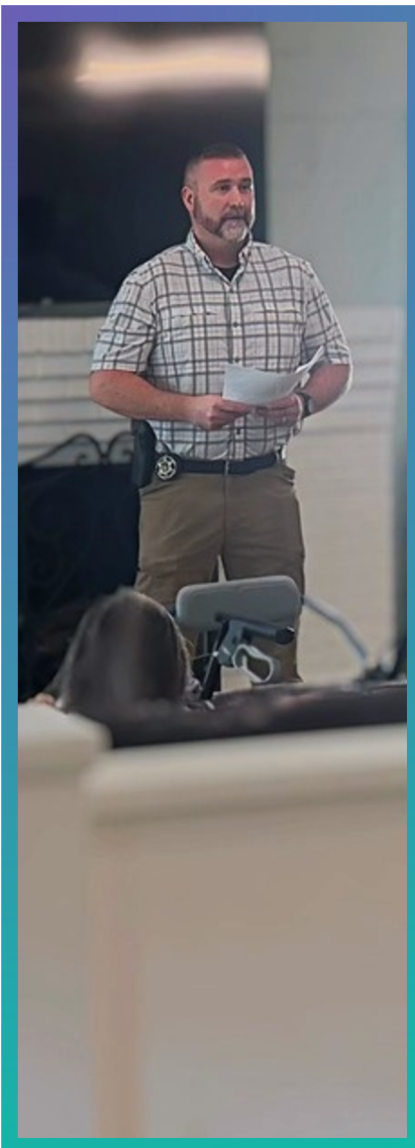


Ray Charles
Sept. 23, 1930

HIGHLANDS

COMMUNITY CONNECTIONS

It's always important to stay informed and know how to protect ourselves. We recently enjoyed an informative visit from a local law enforcement officer who shared helpful tips on recognizing scams, avoiding common tricks, and protecting against senior fraud. We had the opportunity to learn, ask questions, and discuss ways to stay safe. It was a valuable reminder that knowledge and awareness are two of the best tools we have to protect ourselves and one another.



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

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