



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

In August we wrapped up the summer and said 'aloha' with a fun-filled Luau, featuring a terrific music duo- Hailey and Dave and our own sweet Jordan, who accompanied them, serenading the crowd with one favorite lively tune after another! The treats were sweet and the crowd was happy and having fun! We also began taking advantage of our perks for attending activities by spending our red tickets at the 'General Store', getting free drinks, snacks and toiletries just for showing up and having fun!

Coming up in September we have much to look forward to as we continue the Thrift Store on Thursdays, make a trip back to the State Botanical gardens on the 23rd, remember 9-11 by giving back to our first responders and attending Art in the Park at Hurricane Shoals Sept. 19th and 20th to sell our handmade crafts and get in on the excitement of the first of fall!

On a more serious note, we have a very important 'Family Night' coming up on the 3rd from 5-7pm that will be providing everyone with important information about a new primary care group in the building and a Family Support Group that will be meeting now, in the evenings at 6pm so as to accommodate those that work daily. Also, October will be here before we know it, so don't be surprised if you see a candy donations box out front! We are always in need of candy and your donations in the past have always been greatly appreciated!

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.

-Amanda Strickland
Executive Director

SEPTEMBER



NATIONAL ASSISTED LIVING WEEK

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

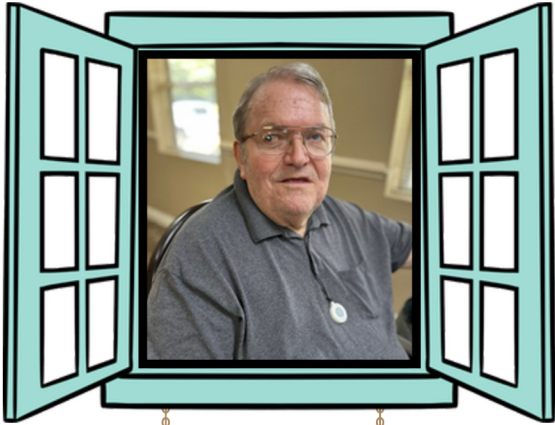
SEPTEMBER 7TH
Labor Day

SEPTEMBER 13TH
Grandparents Day

SEPTEMBER 21ST
World Alzheimer's Day

HIGHLANDS

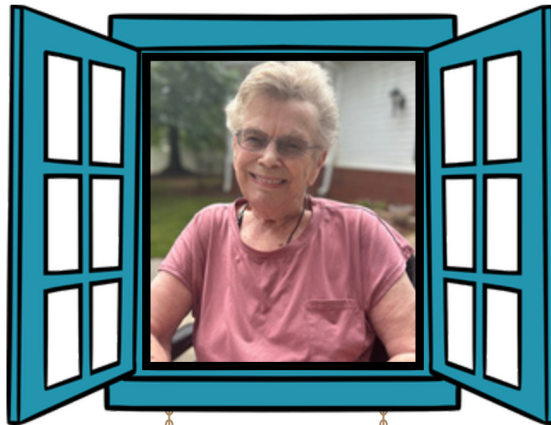
>>> NEW NEIGHBORS



DONALD
LYNCH



SHIRLEY
SORROWS



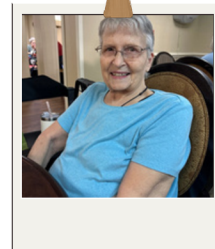
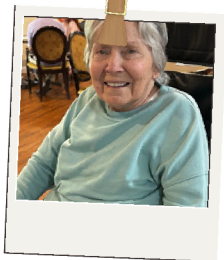
JUDY
MARLOW



HOME
SWEET
HOME

HIGHLANDS

BIRTHDAYS



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

Jessica Blevins 9/04

Melissa Joyce 9/08

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



ASSISTED LIVING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday September Babies: Danny C. 9/03 Betty G. 9/13 Muri N. 9/15 Polly A. 9/19 Clara Martin 9/22	John Bledsoe 9/24 Carol Hester 9/26 Genevieve Shirley 9/27 * All Activities are subject to change!	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Walk to the Garden 3:00 Fall Painting	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 11:00 Jennie & Encouragers Gospel Piano Music 1:30 Walmart Outing-pls. Sign up in Activity Room 3:30 Candy BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 1:00-3:00 Thrift Store Opens 5:00 Family Night -Info on Primary Care Choices	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Outdoor Walking Club 2:30 Ping-Pong Challenge 3:00 BINGO & BINGO Store	10:30 Games, Cards & Puzzles available in AR 1:00 BINGO 2:00 Saturday Movie Matinee
10:00 Livestream Church Service in Act. Rm. 2:00 Bible Study, Games, Puzzles & Cards Available in Act. Rm.	9:30 Morning Devotion with MaryAnn 10:20 Resident-led Exercises and Stretches 2:00 Table Games 3:00 Resident-led BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 1:30 Resident Council Mtg. 2:00 Resident-Led Cards And Games 6:00 Family Support Group Meeting	9:30 Morning Devotion with MaryAnn 10:15 Marshalls & Dollar Tree Outing-pls. sign up 10:20 Moving to Music-Exercises and Stretches 3:00 BINGO 6:00 Beth Kellum Music And Devotion	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 1:00-3:00 Thrift Store Opens 3:30 Painting Party	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Basket-Making for 1 st Responders 2:30 1 st Responders Thank- you trip!	10:30 Games, Cards & Puzzles available in AR 1:00 BINGO 2:00 Saturday Movie Matinee
10:00 Livestream Church Service in Act. Rm. 2:00 Bible Study, Games, Puzzles & Cards Available in Act. Rm. 3:00 Academy Baptist Church Service in AR	9:30 Morning Devotion with MaryAnn 10:20 Resident-led Exercises & Stretches 11:00 Monday Manicures- (Please Sign up in AR) 2:00 Table Games 3:00 Candy BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Beading Bracelets Craft 3:00 White Board Games	9:30 Morning Devotion with MaryAnn 10:15 Walmart Outing -pls. Sign up in Act. Rm. 10:20 Moving to Music-Exercises and Stretches 2:00 Egypt Listening & Learning Session 3:00 BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 1:00-3:00 Thrift Store Opens 3:30 Bluegrass Band Performs	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Outdoor Walking Club 2:30 Axe Throwing Game! 3:00 BINGO & BINGO Store	1:00 BINGO All Day... Art in the Park If you are interested in going please sign up in the Act.Rm.
All All Day... Art in the Park If you are interested going please sign up in the Act.Rm.	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 11:00 Monday Manicures- (Please Sign up in AR) 2:00 Bracelet Beading Crafts 3:00 Candy BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Cissy and Fall Craft 3:00 Pass the Pup Game	9:30 Morning Devotion with MaryAnn 10:15 Botanical Gardens Outing -pls. sign up in AR 10:20 Moving to Music-Exercises and Stretches 2:00 Sunflower Painting 3:00 BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Ice Cream Social w/ Cheri & Gentiva 1:00-3:00 Thrift Store Opens 3:30 Fall Craft Corner	8:00 Veteran's Breakfast 9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:00 Outdoor Walking Club 2:30 Putt-Putt Golf 3:00 BINGO & BINGO Store	10:30 Games, Cards & Puzzles available in AR 1:00 BINGO 2:00 Saturday Movie Matinee
10:00 Livestream Church Service in Act. Rm. 2:00 Ken Welborn Music And Devotion 3:00 Bible Study, Games, Puzzles & Cards Available in Act. Rm.	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 11:00 Monday Manicures- (Please Sign up in AR) 2:00 Compassus brings Games 3:00 Candy BINGO	9:30 Morning Devotion with MaryAnn 10:20 Moving to Music-Exercises and Stretches 2:30 Cissy & Butterbean Auction 3:00 Birthday Bash for ALL- (Sept. Birthdays celebrated)	9:30 Morning Devotion with MaryAnn 10:15 Walmart Outing 10:20 Moving to Music-Exercises and Stretches 2:00 General Store Opens- come Spend your red tickets 3:00 BINGO	September 2026 Highlands Senior Living~ Assisted Living Calendar.		

MEMORY CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday September Babies! Barbara H. 9/02 William S. 9/02 Beth V. 9/07 Joseph F. 9/11 George C. 9/20 Shirley S. 9/26		8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 The Encouragers 11:00 Lunch 12:30 Amanda K comes 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 5:00 Family Night (Dr. Info)	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Angela comes 4 games 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Ice Cream from Gentiva 3:30 Therapeutic Activities 4:00 Walk & Roll	8:00 Veteran's Breakfast 9:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Guided Exercise 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:00 Hair & Nails Time 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Birthday Cakes for All 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	September 2026 Memory Care Calendar These people/ companies are coming With goodies, crafts, or games. 		

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

Jesse Long

Jesse was a truly special man whose life was marked by love, loyalty, dependability and devotion to those around him. As a young man, he was active as a 4-H leader, the Beta club president and Senior Class Treasurer. His classmates recognized his character and dedication by electing him as “Most Dependable” and “Most Studious”

Jesse was happily married for 64 years to Mrs. Geraldine Long. Together they enjoyed life square-dancing in N.C. and shag dancing often, in Myrtle Beach.

Since Jesse had been here at Highlands he made many friends, enjoyed sitting outdoors on the porch greeting people, and attended parties & socials and enjoyed many yummy treats. Jesse, we will always carry a little piece of you in our hearts! We were lucky to have known you!



EMPLOYEE OF THE MONTH

Beth Reems

As a member of our house-keeping team, Beth does an excellent job being responsible for the resident's rooms and other parts of this great big building as well! She is dependable, thorough, and a great team player.

She is considerate of others and demonstrates this in her work ethic! Often times she can be seen working with another team member to accomplish a task or doing something extra that she sees that needs to be done!

Beth we are glad that you came on board with such a zest! you are a much needed person in our Highlands family! Keep up the good work and thanks for doing such a great job!

MEET THE TEAM!



Amanda Strickland
Executive Director
amanda.sl@highlands.care



Katelyn Hobbs
Administrative Asst.
katelyn.hl@highlands.care



Jessica Blevins
Resident Care Director
jessica.bl@highlands.care



Shane Strickland
Maintenance Director
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Walter Grimes
Regional Maintenance
walter.g@highlands.care



Fran Hoard
Activity Director
fran@highlands.care



Terri Cowart
Dietary Manager
terri@highlands.care



Keith Galas
Regional Marketing
keith.gl@highlands.care

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.