



HIGHLANDS

SENIOR LIVING & HOME HELPERS

AUGUST 2026
NEWSLETTER



Welcome to August at Highlands Senior Living!

What an incredible month July was! Our community was filled with creativity, laughter, and wonderful memories. Residents enjoyed a variety of arts and crafts projects, stayed cool during our refreshing ice cream socials, and were blessed by the many caring volunteers who spent time with us throughout the summer. Their kindness and dedication made the season even more special.

As we begin the second half of the year, we are looking forward to all the sunshine, smiles, and exciting activities that August has to offer. From engaging programs and social gatherings to special events with family and friends, there is something for everyone to enjoy.

At Highlands Senior Living, we believe every day is an opportunity to create meaningful moments, build lasting friendships, and celebrate life together. We are excited to continue making wonderful memories with our residents, families, and team members.

Here's to an August filled with sunshine, fun, laughter, and togetherness. Thank you for being a part of our Highlands family!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



August is here, bringing another month of opportunities to enjoy time together, strengthen friendships, and create new memories within our community. Every shared meal, friendly conversation, activity, and celebration reminds us that the people who live and work here are what truly make our community feel like home.

The final stretch of summer is upon us, and we look forward to making the most of these warm days together. Our team has been busy planning engaging activities and opportunities for our residents to connect, laugh, and create meaningful memories.

I want to extend my sincere appreciation to our families for the trust and support you continue to give us. It is a privilege to care for your loved ones and to have you as part of our extended family. I am equally grateful for our dedicated team members who bring compassion, patience, and kindness to our community each day.

Throughout August, I encourage everyone to enjoy the little moments that make life special—a conversation with a friend, a favorite activity, a shared laugh, or simply spending time together.

Thank you for being an important part of our community. Here's to a wonderful August filled with happiness, connection, and memories made together!

-Jenohn Carter
Executive Director

NATIONAL RELAXATION DAY

- Date: August 15
- Focus: Taking time to slow down
- Goal: Reduce stress and rest your mind

TIPS TO RECHARGE BEFORE AUTUMN

- Unplug: Spend one hour a day away from screens.
- Sleep Routine: Go to bed at the same time each night.
- Outdoor Time: Take short morning walks in the cool air.
- Hydrate: Drink plenty of water as summer ends.

IMPORTANT DATES

8/17- Dr. Kohen-Dentist

8/20- Patricia Gray Smith,NP

8/4 -Dance Performane / Siri

HIGHLANDS

ACTIVITIES

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Ask Until God Unveils Something Tangible. Have A Blessed August.						
9am Morning Devotion Greg Laurie 9:30 am Sit and be Fit 10am Hydration/ Daily Chronicles 10:30am Word Rearrange 11am Lap Living 1pm Ed Sullivan Show 2:30pm Sensory Time 3pm Afternoon Stroll 5pm Cooling with Colors	2900am Morning Devotion TD Jake 9:30 am Manicure Mania 10am Hydration Daily Chronicles 10:30am Pet Therapy 11am Laundry Time 1pm Moving with Music 2pm Mary Tyler Moore Show 3pm Word Search 5pm Peace with Puzzles	3am Morning Devotion J. Osteen 9:30 am Volleyball 10am Hydration Daily Chronicles 10:30am Word -In-A-Word 11am What is cooking in the Kitchen 1pm Strolling with Nature 3pm Words of Reflection 2:30pm Laundry Time 5pm Read and Relax	49:00am Morning Devotion TD Jake 9:30am Manicure Mania 10am Hydration Daily Chronicles 10:30am Zumba w/ Vitzqz Lupita 11am Laundry Time 1pm Moving with Music 2pm Wine Down Wednesday 3pm Word Search 5pm Peace with Puzzles	5am Morning Devotion TD Jake 9:30am Morning Stroll 10am Walmart Outing 10:30 am Make me laugh! 11am Tack Tie Time 1pm Coloring into Peace 1:30 pm Hydration Daily Chronicles 2pm Pet Therapy 3pm Thrasy for Tea Thursday 5pm Andy Grlin Show	6am Morning Devotion J. Osteen 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30 Famous Birthday Word Search 11am Tie the Tie 1pm Stroll with Nature 2pm Bingo 3pm Words of Reflection 4pm Pet Therapy 5 pm Friday Night Comedy Club	7am Morning Devotion T. Evans 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30am, Do you see What I see? 1pm Afternoon Stroll 1:30pm Poarch Talk 2pm Brain Trivia 3pm What's Cooking in the Kitchen 5pm Medication with Music
9am Morning Devotion Greg Laurie 9:30 am Sit and be Fit 10am Hydration/ Daily Chronicles 10:30am Word Rearrange 11am Lap Living 1pm Ed Sullivan Show 2:30pm Sensory Time 3pm Afternoon Stroll 5pm Cooling with Colors	900am Morning Devotion TD Jake 9:30 am Manicure Mania 10am Hydration Daily Chronicles 10:30am Pet Therapy 11am Laundry Time 1pm Moving with Music 2pm Mary Tyler Moore Show 3pm Word Search 5pm Peace with Puzzles	10am Morning Devotion J. Osteen 9:30 am Volleyball 10am Hydration Daily Chronicles 10:30am Word -In-A-Word 11am What is cooking in the Kitchen 1pm Strolling with Nature 2pm Watermelon Social w/Georgia Hospice 3pm Words of Reflection 2:30pm Laundry Time 5pm Read and Relax	1100am Morning Devotion B. Graham 9:30am Morning Stroll 10am Hydration Daily Chronicles 10:30am Would you Rather 11am Calming Coloring 1pm Paint Pretty 1:30pm Poarch Talk 2 pm Wine Down Wednesday 3pm Dance Party 5pm Cards Home	12am Morning Devotion J. Myers 9:30 am Noodle Exercise 10am Hydration Daily Chronicles 10:30 am Word -In-A-Word 10:30 B&W Burgers 1pm Still Art Painting 2pm Laundry Time 3pm Strolling with Nature 5pm Relax Relate and Release	13am Morning Devotion J. Osteen 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30 Famous Birthday Word Search 11am Tie the Tie 1pm Stroll with Nature 2pm Bingo 3pm Words of Reflection 4pm Pet Therapy 5 pm Friday Night Comedy Club	14am Morning Devotion T. Evans 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30am, Do you see What I see? 1pm Afternoon Stroll 1:30pm Poarch Talk 2pm Brain Trivia 3pm What's Cooking in the Kitchen 5pm Medication with Music
9am Morning Devotion Greg Laurie 9:30 am Sit and be Fit 10am Hydration/ Daily Chronicles 10:30am Word Rearrange 11am Lap Living 1pm Ed Sullivan Show 2:30pm Sensory Time 3pm Afternoon Stroll 5pm Cooling with Colors	1600am Morning Devotion TD Jake 9:30 am Manicure Mania 10am Hydration Daily Chronicles 10:30am Pet Therapy 11am Laundry Time 1pm Moving with Music 2pm Mary Tyler Moore Show 3pm Word Search 5pm Peace with Puzzles	17am Morning Devotion J. Osteen 9:30 am Volleyball 10am Hydration Daily Chronicles 10:30am Word -In-A-Word 11am What is cooking in the Kitchen 1pm Strolling with Nature 3pm Words of Reflection 2:30pm Laundry Time 5pm Read and Relax	1800am Morning Devotion B. Graham 9:30am Morning Stroll 10am Hydration Daily Chronicles 10:30am Would you Rather 11am Resident Council Meeting 1pm Calming Coloring 1:30pm Poarch Talk 2 pm Wine Down Wednesday 3pm Dance Party 5pm Cards Home	19am Morning Devotion J. Myers 9:30 am Noodle Exercise 10am Hydration Daily Chronicles 10:30 am Word -In-A-Word 10:30 Scenic Ride 1pm Still Art Painting 2pm Laundry Time 3pm Strolling with Nature 5pm Relax Relate and Release	20am Morning Devotion J. Osteen 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30 Famous Birthday Word Search 11am Tie the Tie 1pm Stroll with Nature 2pm Bingo 3pm Words of Reflection 4pm Pet Therapy 5 pm Friday Night Comedy Club	21am Morning Devotion T. Evans 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30am, Do you see What I see? 1pm Afternoon Stroll 1:30pm Poarch Talk 2pm Brain Trivia 3pm What's Cooking in the Kitchen 5pm Medication with Music
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The Highlands at Norcross Assisted Living 680 Holcomb Bridge Rd. Norcross, Ga 30071

MEET THE TEAM!

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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.