



HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

Fall is finally here! Although we had a slight introduction to autumn in September, we know that in Georgia we don't really feel the season until the temperatures change in October! With this in mind, we will be planning to take advantage of the cooler temperatures with some outdoor activities and socials throughout the month. As always, we have some special guest coming into the building, including Clarizel with Apple Valley Adventures, who's coming to do a no-bake dessert class on the 22nd and officer Brisco, coming to do another Senior Fraud Presentation on the 8th. I sincerely hope that more people will take advantage of this valuable informative session, as it is a very real threat to any community, especially our seniors! Also on the calendar is the family support group, which we are holding in the evening as requested and a new art therapist named Cindy, who will be doing a watercolor project with residents. Thanks to Jamie and Melanie Smith, we now have ALL our Sunday's filled with 'In-house' devotions and services. We would also like to take this time to recognize and thank Eric and Betty Shelton from Academy Baptist, Alexis and her crew from Purpose Church, and Ken Welborn who has his own gospel music and devotion. Please feel free to join us any Sunday for these wonderful guests! Thank you ALL for helping to make this community great!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



October brings cooler days, beautiful fall colors, and plenty of reasons to celebrate. It's a wonderful time of year to enjoy the simple things, gathering with friends, sharing a good laugh, enjoying a favorite activity, and making memories together.

Our community has a fun-filled month ahead, with opportunities to celebrate the season and spend meaningful time with one another. From fall festivities to special events and everyday moments with friends, we hope October brings plenty of joy, connection, and smiles to our community.

OCTOBER



BUILDING COMMUNITY

Mental Illness Awareness Week
Oct. 5 – Oct. 11, 2025

MENTAL ILLNESS AWARENESS WEEK

October 5-11, 2026:
"Community: Supporting
Mental Well-Being Together"

OCTOBER

Breast Cancer Awareness Month

OCTOBER 1ST

International Day of Older Persons

OCTOBER 31ST

Halloween

I am continually grateful for the residents who bring so much personality and warmth to our community, the families who continue to support us, and our dedicated team members who work hard each day to make a difference. Each of you plays an important role in making our community feel like home.

As the leaves begin to change, I hope we all take a moment to appreciate the beauty of the season and the people who make each day special. May this October be filled with friendship, laughter, celebration, and many wonderful memories.

Thank you for being such an important part of our community. We look forward to enjoying all that this beautiful season has to offer together!

-Amanda
Executive Director



HIGHLANDS

BIRTHDAYS



GEN R
10/01



MARSHA P
10/01

STAFF BIRTHDAYS

Stephanie Lynn- 10/02

Angelica Arrelica- 10/10

Joshua Attipoe- 10/21

FAMOUS BIRTHDAYS



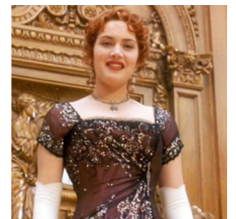
CURTIS T
10/03



LEONARD G
10/03



Julie Andrews
October 1, 1935



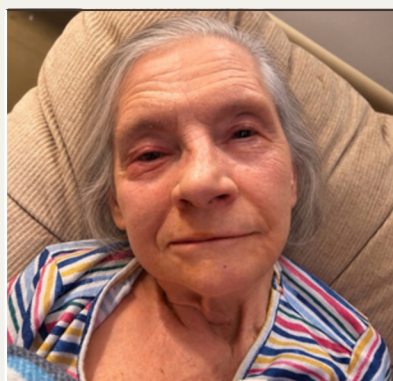
Kate Winslet
October 5, 1975



Travis Kelce
October 5, 1989



John Lennon
October 9, 1940



ANNA LINN
10/05



BONNIE M
10/04



Judge Judy
October 21, 1942



Julia Roberts
October 28, 1967

HIGHLANDS

BIRTHDAYS



LINDA S.
10/11



WENDELL D.
10/12



MILLARD E.
10/20



DONALD L.
10/28

NEW NEIGHBORS



BARBARA N



DOROTHY
M

HIGHLANDS

WORDSEARCH

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

OCTOBER
AUTUMN
HARVEST
PUMPKIN
LEAVES

APPLE
CIDER
HAYRIDE
SCARECROW
ACORN

MAPLE
SWEATER
HALLOWEEN
COSTUME
WITCH

GHOST
BAT
CANDY
SPIDER
BONFIRE

HIGHLANDS

HIGHLIGHTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2026	Highlands Senior Living ~ Assisted Living Calendar					
10:30 Music, Devotion & Snacks w/ Jamie & Melanie 2:00 Bible study materials, Bible Trivia, games & Puzzles available in AR 11:00 Livestream Church Service in Activity Room 2:00 Bible study materials, Bible Trivia, games & Puzzles available in AR 3:00 Academy Baptist Service in Activity Rm.	4:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Monday Manicures 2:00 Beading Bracelets And Crafts 3:00 Candy BINGO 9:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Monday Manicures 3:00 Candy BINGO Indigenous Peoples Day (U.S.) Thanksgiving Eve (Canada)	5:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 Bag Charms w/ Cissy 2:00 Vaccine Clinic in AR 3:00 Snacks & Hydration 9:30 Morning Devotion With MaryAnn 10:20 Moving to Music 1:30 Resident Council Meeting 3:00 Fall Leaf Mobile 6:00 Family Support Group	6:30 Morning Devotion With MaryAnn 10:15 Shopping Outing TBD 10:20 Moving to Music 11:00 Jennie & the Encouragers! Amanda Kellum will be Painting Pumpkins! 9:30 Morning Devotion With MaryAnn 10:15 Walmart Outing 10:20 Moving to Music 2:00 Kelly comes to play Card Bingo 6:00 Beth Kellum Music & Devotion	7:30 Morning Devotion With MaryAnn 10:20 Moving to Music 1:00 Cindy comes to do a Watercolor Sunset Painting 3:00 Sr. Fraud Presentation with Officer Brisco 9:30 Morning Devotion With MaryAnn 10:20 Moving to Music 1:00-3:00 Thrift Store Open 4:00 Stories by the Fireplace	8:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Apple Valley Safar Adventure \$35 (plus sign up) 3:00 BINGO & Bingo Bucks Store 9:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 Octoberfest Outdoor Party & Games 3:00 BINGO & Bingo Bucks Store	9:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Games, Puzzles, Cards & Crafts Available in AR* 1:00 BINGO in DR* 6:00pm Ga. v/s Alabama Evening Tailgate Party Merk Farm's Pumpkin Palooza 11:00 Games, Puzzles, Cards & Crafts Available in AR* 1:00 BINGO in DR* 1:00 Ga. v/s Auburn Tailgate Party in AR*
11:00 Livestream Church Service in Activity Room 2:00 Purpose Church in AR w/ Music & Devotion 3:00 Bible study materials, Bible Trivia, games & Puzzles available in AR	18:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Monday Manicures 2:00 Beading Bracelets And Crafts 3:00 Candy BINGO	19:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 Cissy & Candy Corn Auction 3:00 Clay Pumpkin Ring Holder/ Dish Craft	20:30 Morning Devotion With MaryAnn 10:15 Dollar Tree Outing 10:20 Moving to Music 2:00 White Board Games 3:00 Candy BINGO	21:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 'Scategories' Group Game 3:00 Paper Fall Craft	22:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 Table Games 3:00 BINGO	11:00 Games, Puzzles, Cards & Crafts Available in AR* 1:00 BINGO in DR* No Ga. Game-Do it Yourself Sports In AR
11:00 Livestream Church Service in Activity Room 2:00 Ken Welborn Music & Devotion 3:00 Bible study materials, Bible Trivia, games & Puzzles available in AR	25:30 Morning Devotion With MaryAnn 10:20 Moving to Music 11:00 Monday Manicures 2:00 "Scategories" Group Game 3:00 Candy BINGO	26:30 Morning Devotion With MaryAnn 10:20 Moving to Music 2:00 Yarn Weaving Craft 3:00 Halloween Word Game Social With Snacks	27:30 Morning Devotion With MaryAnn 10:15 Walmart Outing 10:20 Moving to Music 2:00 BIRTHDAY BASH (For ALL TO CELEBRATE OCT.BIRTHDAYS) 3:00 BINGO	28:30 Morning Devotion With MaryAnn 10:20 Moving to Music 1:00-3:00 Thrift Store Open 4:00 General Store Opens (Bring your Red Tickets!)	29:30 Morning Devotion With MaryAnn 10:20 Moving to Music 3:00 Trunk or Treat Outdoor Fun in Front	30 HAPPY HALLOWEEN 11:00 Games, Puzzles, Cards & Crafts Available in AR* 1:00 BINGO in DR* 3:30 Ga. v/s Fla. in ATL. Tailgate Party in AR*

Highlands Senior Living 50 Summer Way Jefferson, Georgia. 30549 *AR=Activity Room, DR=Dining Room >All Activities are Subject to Change<

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HIGHLANDS

HAPPY & HEALTHY CORNER

POSITIVE THOUGHT

October reminds us that change can be beautiful. Embrace each new season, cherish the memories, and make room for new moments of joy.

JUST FOR LAUGHS

Why don't skeletons fight each other?

They don't have the guts!

THIS MONTH IN HISTORY

October 1, 1908: The Ford Model T went into production.

October 13, 1955:
The Honeyymooners premiered.

October 4, 1957: Sputnik 1, the first artificial satellite, was launched.

October 14, 1964: Martin Luther King Jr. was awarded the Nobel Peace Prize.

October 24, 1945: The United Nations was officially established.

WELLNESS TIPS

Take a Fall Walk:

Enjoy the cooler weather and colorful leaves while getting some gentle movement.

Dress in Layers:

Fall temperatures can change throughout the day, layers can help you stay comfortable.

DID YOU KNOW?

Fall leaves don't actually turn orange and yellow. Those colors become visible as the green chlorophyll breaks down.

CELEBRATING SEPTEMBER

October 1: International Coffee Day

October 4: World Animal Day

October 5: World Teachers' Day

October 10: World Mental Health Day

October 16: World Food Day

October 31: Halloween

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Joseph Furtney

Our Resident Rockstar Joseph Furtney grew up in Doraville, GA and has lived a full and interesting life! He grew up with two daughters and one son. Joseph has spent much of his working life as a skilled carpenter, a trade that suited his hardworking, hands-on nature. He has always enjoyed staying busy, whether working, fishing, spending time outdoors, or simply lending a hand wherever one is needed. Since joining our Highlands family, he has truly been a pleasure to have here. He is kind, friendly, and always willing to pitch in and help our staff with little jobs around the community. We appreciate his good nature, and the special personality he brings to Highlands each day. We are very happy to recognize him as our Resident Rockstar!



EMPLOYEE OF THE MONTH

Bill Taylor

Bill, who regularly drives our residents to both medical appointments and outings has been highly recommended by the residents as the next person to receive this great recognition! According to one resident-“He knows everything and can do anything, and he’s such a nice man” “Bill is very sweet.” “He’s a big help to everyone. He’s always there, even in the stores, he’s there to help with nearly everything.” Working only part time, Bill often volunteers his time watering plants, fixing things that need attention, cleaning and helping residents with individual needs. Bill you are not only dependable but without a shadow of a doubt, indispensable Thanks for being here!

MEET THE TEAM!



Amanda Strickland
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Katelyn Hobbs
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Fran Hoard
Program Director
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Terri Cowart
Dietary Manager
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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.

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