



HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

September brought the beginning of fall and a wonderful season of celebration here at our community! We had the pleasure of celebrating National Assisted Living Week, and we are so grateful to our amazing vendors, community partners, families, and team members who helped make the week so special. Their support brought so much joy, laughter, and connection to our residents and team.

As October arrives, we're embracing all things fall! Seasonal decorations are coming out, and we're looking forward to a month filled with fun, family, and fellowship.

We're especially excited for our upcoming Fall Festival, where we'll welcome our families, friends, vendors, and community partners for an afternoon of food, games, pumpkin carving, popcorn, cornhole, and plenty of fall memories.

We're also proud to support the 2026 Walk to End Alzheimer's – Gwinnett County/Suwanee on Saturday, October 31 at 8:30 AM at Town Center Park in Suwanee. We invite our families, friends, team members, vendors, and community partners to join our team, participate in the walk, or make a donation. Every step makes a difference!

Thank you to everyone who continues to bring joy, connection, and community to Highlands Senior Living. We can't wait to celebrate the season together!



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!

-Jenohn

Executive Director



HIGHLANDS

WORDSEARCH

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OCTOBER
AUTUMN
HARVEST
PUMPKIN
LEAVES

APPLE
CIDER
HAYRIDE
SCARECROW
ACORN

MAPLE
SWEATER
HALLOWEEN
COSTUME
WITCH

GHOST
BAT
CANDY
SPIDER
BONFIRE

HIGHLANDS

ACTIVITIES

We would like to take a moment to thank our amazing vendors for the love, support, and fun they bring to our community! Your continued partnership helps make Highlands a warm, engaging, and special place for our residents and team members.

A special thank you to Divine Light Hospice for blessing our residents and team members with delicious sweet treats! Your kindness brought smiles to everyone and added a little extra sweetness to our day.

We are grateful for each of our community partners and all that you do to support our Highlands family.
Thank you for being a part of our community!



ACTIVITIES CALENDAR

October 2026

The Mellow, Messy Leaf-Kicking, Perfect pause.

Essential Tools Begin

1 am Motivation w/ Joel 9:30am Morning Exercise 1am Daily Chronicle 1pm Sit and be Fit 2pm Walking Club 2pm Ed Sullivan Show 3pm Afternoon Stroll 4pm Movie of your Choice 5pm Journal Time	4 am Inspiration w/ Joyce M 10am Music Meditation 1am Morning Yoga Chair 1:30am Daily Chronicle 1pm Afternoon Patio Walk 3pm Brain Trivia 4pm Afternoon Stroll 5pm Monday night Musical	5 am Inspiration w/ Joyce M 9:30am Jazz Meditation 10:00am Sit and be Fit 10:30am Zumba w/ Vicky Lupton 1:00pm Balloon Ball 1pm EZ Trivia 3pm Word for Word 4pm Patio Time 5pm Tuesday Night Movie	6 am Motivation w/ Joyce M 9:30am Smooth Jazz 10:30am Morning Aerobic 1pm Arts + Crafts 2pm Wine Down Wednesday 3pm Patio Time 4pm Trivia Time 5:00pm Relaxation Snacks and Chat	7 am Motivation w/ Joel O 9:30 am Jazz Meditation 10:30 am Bible Study 1pm Afternoon Patio Walk 3pm Therapy for Less (Sundays) 5pm Movie & Popcorn Night	8 am Motivation w/ T.O. Jones 9:30am Music Meditation 10:30am Chair Yoga 1am Patio Time 1pm Afternoon Patio Walk 2pm Bingo 3pm Words of Reflection 5pm Friday Night Comedy	9 am Inspiration w/ Billy G 9:30am Daily Chronicle 10am Smooth Jazz 11am Morning Exercise 1pm Creative Coloring 2pm Snacks & Music 3pm Board Games 5pm Saturday Night Cinema
10 am Motivation w/ Joel 9:30am Morning Exercise 1 am Daily Chronicle 1pm Sit and be Fit 2pm Walking Club 2pm Ed Sullivan Show 3pm Afternoon Stroll 4pm Movie of your Choice 5pm Journal Time	11 am Inspiration w/ Joyce M 10am Music Meditation 1am Morning Yoga Chair 1:30am Daily Chronicle 1pm Afternoon Patio Walk 3pm Brain Trivia 4pm Afternoon Stroll 5pm Monday night Musical	12 am Inspiration w/ Joyce M 9:30am Jazz Meditation 10:00am Sit and be Fit 1:00pm Balloon Ball 1pm EZ Trivia 3pm Word for Word 4pm Patio Time 5pm Tuesday Night Movie	13 am Motivation w/ Joyce M 9:30am Smooth Jazz 10:30am Morning Aerobic 1pm Arts + Crafts 2pm Wine Down Wednesday 3pm Patio Time 4pm Trivia Time 5:00pm Relaxation Snacks and Chat	14 am Motivation w/ Joel O 9:30 am Jazz Meditation 10:30 am Bible Study 1pm Afternoon Patio Walk 3pm Therapy for Less (Sundays) 5pm Movie & Popcorn Night	15 am Motivation w/ T.O. Jones 9:30am Music Meditation 10:30am Chair Yoga 1am Patio Time 1pm Afternoon Patio Walk 2pm Bingo 3pm Words of Reflection 5pm Friday Night Comedy	16 am Inspiration w/ Billy G 9:30am Daily Chronicle 10am Smooth Jazz 11am Morning Exercise 1pm Creative Coloring 2pm Snacks & Music 3pm Board Games 5pm Saturday Night Cinema
17 am Motivation w/ Joel 9:30am Morning Exercise 1 am Daily Chronicle 1pm Sit and be Fit 2pm Walking Club 2pm Ed Sullivan Show 3pm Afternoon Stroll 4pm Movie of your Choice 5pm Journal Time	18 am Inspiration w/ Joyce M 10am Music Meditation 1am Morning Yoga Chair 1:30am Daily Chronicle 1pm Afternoon Patio Walk 3pm Brain Trivia 4pm Afternoon Stroll 5pm Monday night Musical	19 am Inspiration w/ Joyce M 9:30am Jazz Meditation 10:00am Sit and be Fit 1:00pm Balloon Ball 1pm EZ Trivia 3pm Word for Word 4pm Patio Time 5pm Tuesday Night Movie	20 am Motivation w/ Joyce M 9:30am Smooth Jazz 10:30am Morning Aerobic 1pm Arts + Crafts 2pm Wine Down Wednesday 3pm Patio Time 4pm Trivia Time 5:00pm Relaxation Snacks and Chat	21 am Motivation w/ Joel O 9:30 am Jazz Meditation 10:30 am Bible Study 1pm Afternoon Patio Walk 3pm Therapy for Less (Sundays) 5pm Movie & Popcorn Night	22 am Motivation w/ T.O. Jones 9:30am Music Meditation 10:30am Chair Yoga 1am Patio Time 1pm Afternoon Patio Walk 2pm Bingo 3pm Words of Reflection 5pm Friday Night Comedy	23 am Inspiration w/ Billy G 9:30am Daily Chronicle 10am Smooth Jazz 11am Morning Exercise 1pm Creative Coloring 2pm Snacks & Music 3pm Board Games 5pm Saturday Night Cinema
24 am Motivation w/ Joel 9:30am Morning Exercise 1 am Daily Chronicle 1pm Sit and be Fit 2pm Walking Club 2pm Ed Sullivan Show 3pm Afternoon Stroll 4pm Movie of your Choice 5pm Journal Time	25 am Inspiration w/ Joyce M 10am Music Meditation 1am Morning Yoga Chair 1:30am Daily Chronicle 1pm Afternoon Patio Walk 3pm Brain Trivia 4pm Afternoon Stroll 5pm Monday night Musical	26 am Inspiration w/ Joyce M 9:30am Jazz Meditation 10:00am Sit and be Fit 1:00pm Balloon Ball 1pm EZ Trivia 3pm Word for Word 4pm Patio Time 5pm Tuesday Night Movie	27 am Motivation w/ Joyce M 9:30am Smooth Jazz 10:30am Morning Aerobic 1pm Arts + Crafts 2pm Wine Down Wednesday 3pm Patio Time 4pm Trivia Time 5:00pm Relaxation Snacks and Chat	28 am Motivation w/ Joel O 9:30 am Jazz Meditation 10:30 am Bible Study 1pm Afternoon Patio Walk 3pm Therapy for Less (Sundays) 5pm Movie & Popcorn Night	29 am Motivation w/ T.O. Jones 9:30am Music Meditation 10:30am Chair Yoga 1am Patio Time 1pm Afternoon Patio Walk 2pm Bingo 3pm Words of Reflection 5pm Friday Night Comedy	30 am Inspiration w/ Billy G 9:30am Daily Chronicle 10am Smooth Jazz 11am Morning Exercise 1pm Creative Coloring 2pm Snacks & Music 3pm Board Games 5pm Saturday Night Cinema

Halloween

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

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.

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