HIGHLANDS
SENIOR LIVING & HOME HELPERS



NOVEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

October was a wonderful month at Highlands Senior Living! Our residents enjoyed celebrating the season with festive fall crafts, colorful decorations, and plenty of activities that brought the spirit of autumn to our community. A highlight of the month was our Family Night, where residents, families, and staff gathered together for an evening filled with good food, great conversation, and meaningful time spent with loved ones. It was a month full of laughter, friendship, and special memories that we will always cherish.

As we step into November, we are looking forward to a month of gratitude, reflection, and celebration. Our residents will enjoy Thanksgiving-themed crafts, delicious seasonal treats, and special activities to honor the holiday. We will also be recognizing our veterans with programs and events to show our appreciation for their service and sacrifice. In addition, we have a variety of fun activities planned throughout the month, including music, games, and opportunities for fellowship.
We're excited for all that November has to offer and look forward to making more wonderful memories together at Highlands Senior Living!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



This month, we look forward to celebrating the season with fun activities, special gatherings, and opportunities to make lasting memories. Whether we are enjoying a favorite fall tradition, sharing stories with friends, or spending time with loved ones, these moments remind us of the importance of connection and belonging.

I am especially thankful for our residents, families, and dedicated team members who make our community such a wonderful place to call home. Your kindness, encouragement, and support help create an environment where everyone can feel valued and cared for. I am grateful for the opportunity to be part of a community filled with so many wonderful people.

With Thanksgiving just around the corner, I encourage everyone to take a moment to recognize the little things that bring happiness to our days. Sometimes, the simplest moments are the ones that mean the most.

Thank you for being an important part of our community and for helping make it such a special place. May your November be filled with gratitude, warmth, friendship, and many reasons to smile!

- Jamie Collins
Executive Director

NOVEMBER



THANKSGIVING

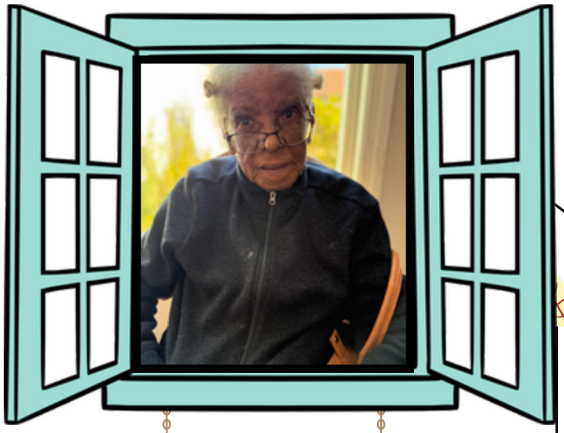
Gather with us for a wonderful Thanksgiving meal as we enjoy good food, great company, and time together with the people who make our community special.

DATE: November 20th
TIME: 5:00 PM
RSVP: Mollie Henderson
(803)-394-9245



HIGHLANDS

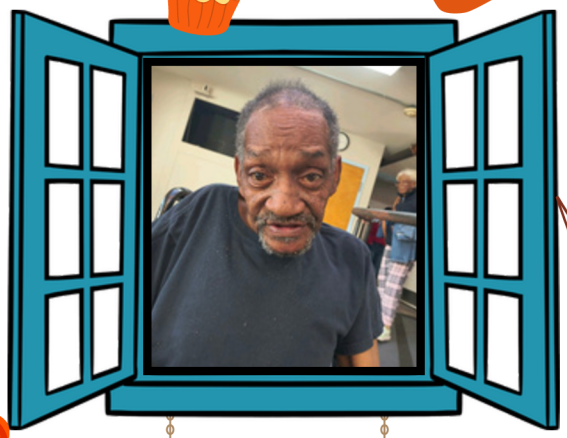
NEW NEIGHBORS



ANNA HIGHSMITH



DORIS PURDERBAUGH



HARRIS BLAKENEY

T·H·A·N·K·F·U·L

HOME SWEET HOME

HIGHLANDS

BIRTHDAYS



CHRISTINE HOLLIS
11/03



JOHN POSTIGLIONE
11/05



JANIE HATTON
11/23



WALKER BRIOGES
11/25

STAFF BIRTHDAYS

Katrina Morris- November 14th

Jami Collins- November 19th

FAMOUS BIRTHDAYS



Gordon Ramsay
November 8



Leonardo DiCaprio
November 11



Whoopi Goldberg
November 13



Danny DeVito
November 17



Tina Turner
November 26



Bruce Lee
November 27





HIGHLANDS

WORDSEARCH

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

NOVEMBER
AUTUMN
HARVEST
THANKFUL
GRATITUDE

THANKSGIVING
TURKEY
STUFFING
GRAVY
CRANBERRY

PUMPKIN
PIE
CORNUCOPIA
FAMILY
FRIENDS

FEAST
SWEATER
LEAVES
FOOTBALL
LEFTOVERS

HIGHLANDS

HIGHLIGHTS



















HIGHLANDS
ACTIVITIES



Hello Highlands Family!

As we welcome November, I want to take a moment to say how excited and thankful I am to be stepping into my new role as Activities Director here at Highlands!

One of my biggest goals is to make sure our residents have something to look forward to each day, whether it's through fun activities, laughter, music, or simply spending quality time together. It's the little moments that often turn into the biggest memories!

With Thanksgiving right around the corner, I can't think of a better time to reflect on how blessed we are to have such wonderful residents, families, and staff. I'm looking forward to celebrating our veterans, enjoying some holiday festivities, and making November a month full of smiles and special memories.

Thank you all for your continued love and support. I can't wait to see what we can accomplish together!

With love and appreciation,
Mollie Henderson
Activities Director
Highlands Senior Living and Home Helpers

ACTIVTIES CALENDAR

November 2026

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
3:00 Worship Service Card Games Board Games Coloring I	9:30 Resident Council Meeting 10:30 Snacks 11:00 Resident Food Counseling 2:45 Sancks	9:30 Walmart 10:30 Snacks 1:00Tic Tac Toe 2:45 Snacks	10:00 Coffee With Vets 10:30 Sancks 1:00 Bingo 2:45 Snacks	9:30 Run That Newspaper 10:30 Snacks 11:00 Corn Hole 2:45 Snacks	10:30 Snacks 11:00 Bingo 1:00 Name That Oldie 2:45 Snacks	Card Games Board Games Coloring
8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
3:00 Worship Service Card Games Board Games Coloring	9:30 Autum Nail Spa Day 10:30 Snacks 11:00 Bingo 1:00 Movie Monday 2:45 Snacks	PICTURE DAY ALL DAY 10:30 Snacks 11:00 Decorating Ur Turkey 2:45 Snacks	9:30 AM Veteran's Day Cards And Coffee 10:30 Snacks 11:00 AM Veteran Speaker 2:45 Snacks	9:30 Slurp Spaghetti 10:30 Snacks 1:00 Bingo 2:45 Snacks	10:30 Snacks 2:45 Snacks MC FOCUS DAY	Card Games Board Games Coloring
15 Sunday	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
3:00 Worship Service Card Games Board Games Coloring	10:30 Snacks 11:00 Movie Monday 1:00 Corn Hole 2:45 Snacks	9:30 Walmart 10:30 Snacks 1:00 Bingo 2:45 Snacks	10:30 Snacks 11:00 Worship Service 1:00 Bingo 2:45 Snacks	9:00 Classic Music 10:30 Snacks 1:00 Turkey Shoot 2:45 Snacks	9:30 Wild Card 10:30 Snacks 11:00 You Pick We Plan 2:45 Snacks 5:00 pm THANKSGIVING DINNER!!!	Card Games Board Games Coloring
22 Sunday	23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
3:00 Worship Service Card Games Board Games Coloring	9:00 Morning Walk 10:30 Snacks 11:00 2:45 Snacks	10:30 Snacks 11:00 Balloon Volleyball 1:00 Bingo 2:45 Snacks	10:30 Snacks 11:00 Worship Service 1:00 Pumpkin Hot Potato 2:45 Snacks 6:00 Fall Festival	10:30 Snacks 11:00 Bingo 1:00 Karaoke Hour 2:45 Snacks	10:30 Snacks 2:45 Snacks MC FOCOUS DAY TURKEY DAY!!!!!	Card Games Board Games Coloring
29 Sunday	30 Monday					
3:00 worship service Card Games Board Games Coloring	9:30 Bingo 10:30 Snacks 11:00 Penny-Pitch 2:45 Snacks	EVERYTHING IS SUBJECT TO CHANGE WITHOUT NOTICE!!! DAILY SNACKS AT 10;30 AND 2:45				

Happy Thanksgiving

HIGHLANDS
SENIOR LIVING & HOME HELPERS

HIGHLANDS

HAPPY & HEALTHY CORNER

POSITIVE THOUGHT

November reminds us to slow down, appreciate the little things, and give thanks for the people who make life special. May this month bring warmth, kindness, and countless reasons to smile.

JUST FOR LAUGHS

Why did the turkey cross the road twice?

To prove he wasn't chicken!

THIS MONTH IN HISTORY

November 1, 1952: The United States tested its first hydrogen bomb.

November 6, 1860: Abraham Lincoln was elected the 16th president of the United States.

November 9, 1989: The Berlin Wall began to open, marking a historic turning point in world history.

November 19, 1863: President Abraham Lincoln delivered the Gettysburg Address.

November 22, 1963: President John F. Kennedy was assassinated in Dallas, Texas.

WELLNESS TIPS

Stay Hydrated:
Cooler weather can make you less thirsty, but drinking enough water is still important.
Practice Gratitude:
Take a moment each day to think about something you're thankful for. Gratitude can encourage a more positive outlook.

DID YOU KNOW?

The Macy's Thanksgiving Day Parade began in 1924. Its first parade featured live animals borrowed from the Central Park Zoo.

CELBRATING NOVEMBER

November 1 — Daylight Saving Time
November 11 — Veterans Day
November 13— World Kindness Day
November 26 — Thanksgiving Day
November 27 — Black Friday

National Family Caregivers Month
Alzheimer's Disease Awareness Month
American Diabetes Month
National Gratitude Month

HIGHLANDS
HOT SHOTS



ROCKSTAR RESIDENT
Everett Sox

If you know Mr. Sox, you know he is one of the sweetest, funniest, and most loving people you will ever meet!! He has such a BIG heart and is always putting others before himself! Whether it's taking another resident to the store, grabbing a bite to eat, going for a ride, or ordering something just because he overheard someone needed it, Mr. Sox is ALWAYS going above and beyond! Not just for our residents, but for our staff and facility as well!

And let's not forget, if you ever need some noodles, we ALL know whose room to go to!!

Mr. Sox isn't one to brag about the things he does, so we figured it was time we did a little bragging for him!! Thank you, for simply being YOU and always finding a way to put a smile on someone's face! We are so blessed to have you as part of our Highlands family!!



EMPLOYEE OF THE MONTH
Shamara Smith

If there's one thing you should know about Shamara, it's that she has a HUGE heart! being a Med Tech in Memory Care is so much more than just a job to her. She takes the time to build genuine relationships with our residents, laugh with them, and make the feel loved. Whether she is braiding the ladies hair, sitting with the men listening to music and cutting up with them, or simply spending a little extra time with someone who needs that extra pick-me-up and a smile, she always goes that extra mile! During our Trunk or Treat, she helped hold down the fort inside, making sure our residents were taken care of!

Shamara, I hope you know just how much we appreciate you and how much we all love you! It's people like you who make this place feel a little bit more like HOME!!

Simply thank you for being you!

MEET THE TEAM!



Elizabeth Alexander
Regional Operations Administrator
Elizabeth.a@highlands.care



Jami Collins
Executive Director
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Tami Ainsworth
Assistant Administrator
Tami.a@highlands.care



Christine Thompson
Residents Care Coordinator
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Hope Church
Resident Care Coordinator
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Mollie Henderson
Activities Director
Mollie.h@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.

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