HIGHLANDS
SENIOR LIVING & HOME HELPERS



NOVEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

October has been fun, with a few new activities and events, such as the 'No-Bake Dessert Class' with Apple Valley Ventures and a 'Trunk-or-Treat' on the 30th to celebrate Halloween.

We continue to offer rewards for attending all activities by providing a general store at the end of the month where residents can use the red tickets given out for attending to purchase goods like snacks, toiletries, and other useful items. And we will continue to run the thrift store in order to raise money for a few extra's coming up, such as the Acrylic Pour-Paint Art activity and a Friendsgiving Party in November. Our old favorite Bluegrass Band will be back this month on the 19th, with Thanksgiving Dinner for family and friends immediately following at 5pm. Be sure to RSVP to the specified e-mails or front desk as soon as possible to let us know how many family or friends to expect. As always, please feel free to join us for any activities, especially on the 13th as we will be hosting our first Karaoke Party, featuring local talent! Come see what's in store and join in! As always, the more, the merrier!,

Speaking of 'merrier', also in November we will be kicking off the holiday season a little early with the Mad Hatter's for Christ 2nd Annual Christmas Character Parade. If you have yet to see this, it is a "must do' on the list of events to see! Each member has designed their own character's costume, all of which pertain to the Christmas season! This will be on the 10th of November, immediately following lunch. We hope you can come and look forward to seeing you in November!

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!

Amanda Strickland
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: Thurs. 11/19/26
TIME: 5-7pm
RSVP: (706) 387-7000 or
katelyn.h@highlands.care
amanda.s@highlands.care

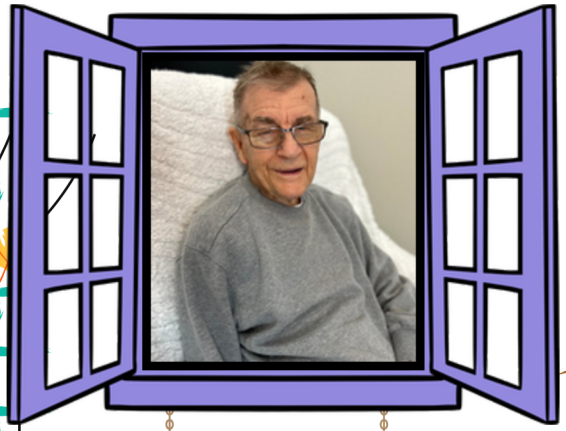


HIGHLANDS

NEW NEIGHBORS



JOE G.



MICHAEL S.



THOMAS W.



LINDA J.



ROSE R.

HIGHLANDS

BIRTHDAYS



MARYANN H



CHUCK L



JENNY M



SHIGEKO S



THOMAS



STAFF BIRTHDAYS

Aleeya Cagle-11/01

Xavier Glaspar- 11/13

Nic Swinson- 11/15

Ash Patel- 11/17

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
A G W U E H C T U U I Q P J Q V H M E D
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NOVEMBER
AUTUMN
HARVEST
THANKFUL
GRATITUDE

THANKSGIVING
TURKEY
STUFFING
GRAVY
CRANBERRY

PUMPKIN
PIE
CORNUCOPIA
FAMILY
FRIENDS

FEAST
SWEATER
LEAVES
FOOTBALL
LEFTOVERS

HIGHLANDS

HIGHLIGHTS



















HIGHLANDS

HIGHLIGHTS



















ASSISTED LIVING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 ♪ Music, Snacks & Devotion with Jamie & Melanie ✝ ♪ 2:00 Bible study materials, games, cards & puzzles Available in activity room Daylight Saving Time Ends	2 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 11:00 Monday Manicures 3:00 Candy BINGO	3 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Cindy comes to paint Fall Critters for Fun!	4 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 11:00 Music with Jennie & ♪ The Encouragers! ✝ 1:30 Will comes from Bristol Hospice	5 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 *Thrift Store Opens* 4:00 Stories by the Fireplace	6 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Kickball Circle 4 Fun 3:00 BINGO and Bingo Store	7 1:00 BINGO 2:00 Saturday Movie Matinee 7:30pm Ga. v/s Ole Miss
8 11:00 Livestream Church Service in activity room 2:00 Bible study materials, games, cards & puzzles Available in activity room 3:00 Academy Baptist ♪ Church Service ✝ Diwali (Hindu)	9 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 11:00 Monday Manicures 2:00 *Turkey Clay Pot Craft* 3:00 Candy BINGO	10 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 10:30 Yesica & Friends visit 1:30 Mad Hatters Christmas Character Parade 3:00 Cissy comes w/ Crafts	11 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Veteran's Social & Recognition Ceremony 6:00 Bethe Kellum Music ♪ And Devotion ✝ Remembrance Day (Canada)	12 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 1:30 *Resident Council Mtg* 3:00 *Thrift Store Opens*	13 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Karaoke Sing-a-long Social 3:00 BINGO and Bingo Store	14 1:00 BINGO 2:00 Saturday Movie Matinee 3:30 Ga. v/s Missouri
15 11:00 Livestream Church Service in activity room 2:00 Purpose Church ✝ ♪ Music & Devotion 3:00 Bible study materials, games, cards & puzzles Available in activity room	16 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 11:00 Monday Manicures 2:00 Juli brings Pie & Trivia 3:00 Candy BINGO	17 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Card Bingo with Kelly 3:00 *Owl Painting & Drawing with Sharpies & Watercolors*	18 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Pass the Pup game 3:00 Candy BINGO	19 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 3:30 *Bluegrass Band Plays ♪ Please join us...* 5:00 *Thanksgiving Dinner ♥ For Family & Friends ♥*	20 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 *Friendsgiving Staff & Resident Social ft. Left/Right game*	21 1:00 BINGO 2:00 Saturday Movie Matinee 3:30 Ga. v/s South Carolina
22 11:00 Livestream Church Service in activity room 2:00 Ken Welborn Music ♪ And Devotion ✝ 3:00 Bible study materials, games, cards & puzzles Available in activity room	23 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 11:00 Monday Manicures 1:30 Join us for a free Sip & Paint 3:00 Candy BINGO	24 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Cissy & Butterbean Auction 2:45 Birthday Bash- Games Included	25 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 General Store Come Spend your red tickets 3:00 Candy BINGO	26  Thanksgiving Day (U.S)	27 8:00 Veteran's Breakfast 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 *Holiday Card Crafting (writing, sending, etc.)* 3:00 Bingo	28 1:00 BINGO 2:00 Saturday Movie Matinee 3:30 Ga v/s Ga. Tech
29 11:00 Livestream Church Service in activity room 2:00 Bible study materials, games, cards & puzzles Available in activity room	30 9:30 Morning Devotion With MaryAnn 10:15 Moving to Music Exercises & Stretches 2:00 Holiday Crafting 3:00 Candy BINGO					

November 2026

Highlands Senior Living~ Assisted Living Calendar

Use the name, address, and other information about your community/company here.

MEMORY CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll Daylight Saving Time Ends	2 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	3 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Yessica Visits 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	4 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Will with Bristol Comes with Love 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	5 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	6 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	7 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll Diwali (Hindu)	9 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	10 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	11 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll Veterans Day Remembrance Day (Canada)	12 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	13 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	14 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
15 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	16 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	17 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	18 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	19 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 5:00 Thanksgiving Dinner	20 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	21 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
22 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	23 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Painting with Joy 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	24 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	25 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	26 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll Thanksgiving Day (U.S)	27 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	28 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
29 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	30 8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack and Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snack and a Movie 3:30 Therapeutic Activities 4:00 Walk & Roll					

November 2026

Memory Care Calendar.



Highlands Senior Living 50 Sumner Way Jefferson, Ga. 30549 MC families~ Please see AL calendar for anything you'd like to bring a loved one down to, call for ?'s 706-614-1468

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.

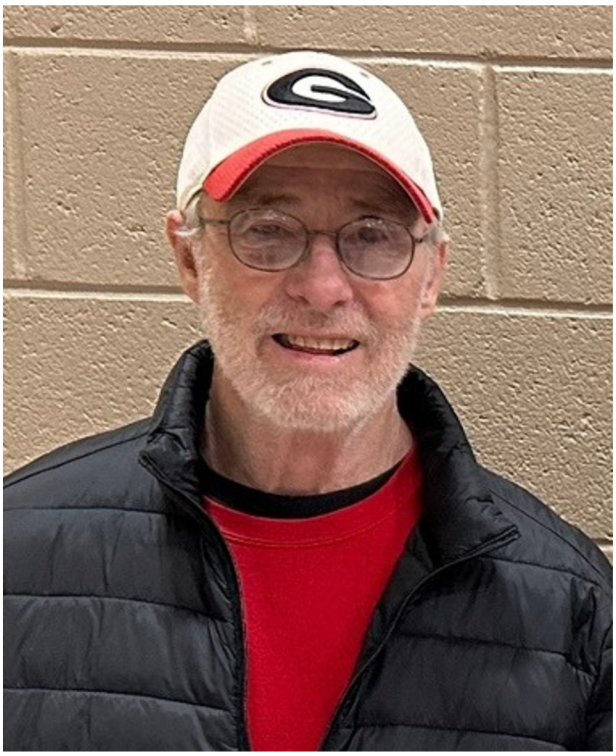
CELBRATING NOVEMBER

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

George Cribb

We are proud to recognize George Cribb as our Rockstar Resident! George graduated from Clarkston High School in 1973, where he played football, basketball and baseball He continued his education after high school at Southern Polytechnic, also continuing to play baseball and earning a degree in Civil Engineering. From there George went on to enjoy a successful career for over 30 years with the Georgia Dept. of Transportation, serving as supervisor in bridge inspection. He has been married, now for 26 years and is the proud father of two children, Russ and Ashley. He also has 5 grandchildren. George still loves sports, people and time spent outdoors He is a huge Bulldog fan and loves his own dog Eason! George is sweet, kind and helpful with other residents when he can be! We love you George and we are glad you're our rockstar!



EMPLOYEE OF THE MONTH

Stephanie Lynn

We are thrilled to announce that Stephanie is our Employee of the Month! Serving as a dedicated caregiver in our memory care unit, Stephanie is a truly one-of-a-kind team member with a heart built specifically for our residents. Her incredible patience, warm demeanor, and consistently positive attitude bring comfort and joy to everyone around her every single day. Beyond the gentle care she provides, Stephanie is exceptionally dependable and always willing to help out wherever she is needed. She is a loyal staff member who is never afraid of hard work and is always ready for a challenge to support her teammates and residents. Thank you, Stephanie, for your tireless dedication, your compassionate spirit, and the extraordinary difference you make in our community!

MEET THE TEAM!



Amanda Strickland
Executive Director
amanda.s@highlands.care



Katelyn Hobbs
Administrative Assistant
katelyn.h@highlands.care



Jessica Blevins
Resident Care Coordinator
jessica.b@highlands.care



Jey Sharpton
Memory Care Manager
jey.s@highlands.care



Walter Grimes
Regional Maintenance Dir
walter.g@highlands.care



Shane Strickland
Maintenance Manager
shane.s@highlands.care



Terri Cowart
Dietary Manager
terri.c@highlands.care



Fran Hoard
Program Director
franl@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!!
@HighlandsSeniorLiving