HIGHLANDS
SENIOR LIVING & HOME HELPERS



NOVEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

October was a meaningful month filled with opportunities for residents to stay active, connected, creative, and engaged. Our calendar offered a thoughtful balance of physical wellness, cognitive stimulation, social connection, spiritual enrichment, and seasonal programming. Residents participated in exercise programs, brain games, creative expression, music, faith-based activities, social gatherings, outings, and special events such as Harvest of Blessings, the Gratitude Tree, Breast Cancer Awareness activities, Dietary Week recognition, and our Fall Festival. These experiences encouraged residents to remain involved in community life while also creating opportunities for friendship, reflection, laughter, and lasting memories.

As we look ahead to November, our focus will continue to build on that strong foundation while embracing themes of gratitude, remembrance, kindness, and togetherness. Residents will continue to enjoy familiar favorites such as exercise, creative expression, Bingo, trivia, social programs, church services, and resident-choice activities, while also taking part in meaningful seasonal experiences including our Veterans Program, International Men's Day, World Kindness Day, Friendsgiving, Thanksgiving activities, and the Macy's Thanksgiving Day Parade. November will also be an exciting time of preparation as we begin getting ready for our Festival of Trees in December, bringing residents, staff, families, and our community together as we look ahead to the holiday season. This month gives us a special opportunity to celebrate the life stories, accomplishments, traditions, and relationships that make our community unique while continuing to create purposeful experiences that support independence, connection, and quality of life.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



November is a season of gratitude, new beginnings, and meaningful connections. We are excited to embrace this new chapter as Highlands Senior Living and look forward to building on the relationships, traditions, and experiences that make our community so special. New beginnings bring wonderful opportunities, and we are looking forward to all that lies ahead!

Our commitment remains the same: creating a place where residents feel at home, families feel welcomed, and every individual is treated with kindness, dignity, and compassion. We look forward to introducing new opportunities, creating meaningful experiences, and continuing to make each day special for those who call our community home.

I am incredibly thankful for our residents, families, and dedicated team members. Your trust, support, and kindness are what make this community such a wonderful place. It is the people who fill our halls with laughter, share stories around the table, and lend a helping hand that truly make a difference.

As Thanksgiving approaches, I encourage everyone to take time to appreciate the little things and the people who make our lives brighter. May this month bring plenty of opportunities to celebrate friendship, create lasting memories, and enjoy the warmth of our Highlands family.

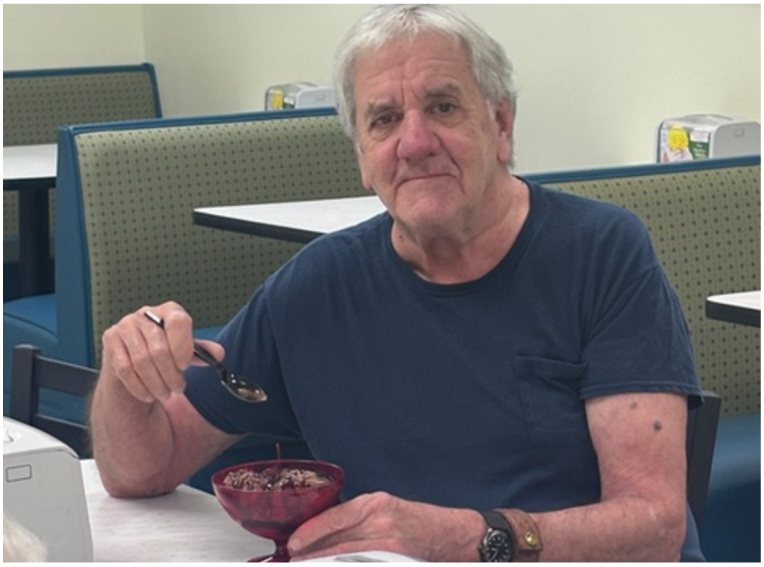
Thank you for being part of our community. We are grateful for the opportunity to share this journey with you and look forward to a wonderful November!

-Alexus Grant
Executive Director



HIGHLANDS CELEBRATES

RESIDENT AMBASSADOR



Bradford Tumas

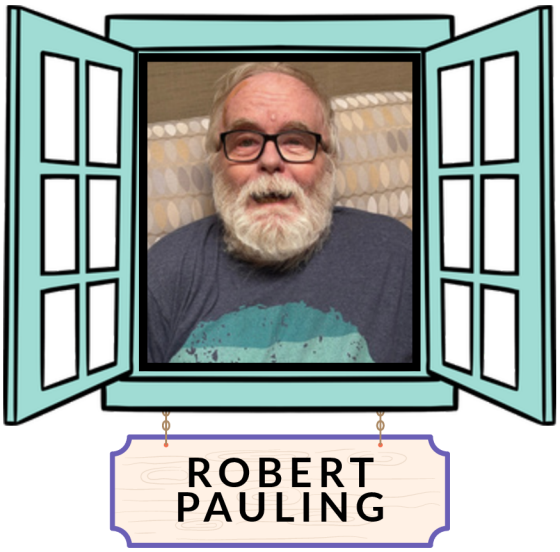
We are excited to officially announce Brad as our Resident Ambassador! Brad has consistently shown outstanding leadership, enthusiasm, and dedication to our community.

Whether he is leading group exercises, encouraging fellow residents to participate, or introducing a new game that has quickly become a resident favorite, Brad is always ready to get involved!

His positive attitude, welcoming spirit, and willingness to bring others together make him a wonderful choice for this special role.

Please join us in congratulating Brad on becoming our Resident Ambassador!

NEW NEIGHBORS



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30- Church Service- CHP 2:00- Residents Choice 3:00- Self Stretch 4:00- Library	2 10:30- Dance Workout- MDR 11:00- Question of the Week! 2:00- 9 to 5- MT 4:00- Crossword	3 10:30- Weighted Exercise- CHP 11:00- Creative Expression **1:30- Town Hall- MDR** 2-5- Nails- AR 2:30- Poker w/Steve- LIB	4 10:30- Yoga - CHP 11:00- Daily Chronicle and Trivia- PDR 3:00- Happy Hour- BAR 4:00- Independent Reading- LIB National Candy Day	5 10:30- Exercise- CHP 11:00- Camo Club **2:00- 3D Paintings- PDR** 2:30- Poker w/ Steve- LIB 4:00- Relaxing Music	6 10:30- Exercise- CHP 11:00- Bingo!- MDR 3:00- Bible Study and Ice Cream Social with Brandon and Rita- ICP 4:00- Garden Lounge Relax	7 10:30- Independent Exercise 11:00- Sudoku 2:00- Novembers Colors- PDR 3:00- Left, Right, Center- LIB
8 10:30- Church Service- CHP 2:00- Residents Choice 3:00- Self Stretch 4:00- Library	9 10:30- Dance Workout- MDR 11:00- Question of the Week! 2:00- We are Marshall- MT 4:00- Left, Right, Center- LIB	10 10:30- Weighted Exercise- CHP 11:00- Creative Expression 2:00- Veterans Program- CHP 2:30- Poker w/ Steve- LIB	11 10:30- Yoga- CHP 11:00- Daily Chronicle and Trivia- PDR **1:30- Dietary Meeting** 3:00- Happy Hour- BAR 4:00- Independent Reading- LIB Veterans Day	12 10:30- Exercise- CHP 11:00-Brain Games 2:30- Poker w/ Steve- LIB 4:00- Relaxing Music	13 10:30- Exercise- CHP 11:00- Bingo!- MDR 1:30- Ingles 3:00- Milkshake Social- ICP 4:00- Write Someone a Kindness Card- MDR World Kindness Day	14 10:30- Independent Exercise 11:00- Sudoku 2:00- Novembers Colors- PDR 3:00- Left, Right, Center- LIB
15 10:30- Church Service- CHP 2:00- Residents Choice 3:00- Self Stretch 4:00- Library	16 10:30- Dance Workout- MDR 11:00- Question of the Week! 2:00- Forrest Gump- MT 4:00- Word Search *** TURKEY WANTED!**	17 10:30- Weighted Exercise- CHP 11:00- Creative Expression 2-5: Nails- AR 2:30- Poker w/ Steve *** TURKEY WANTED!**	18 10:30- Tony Washington- MDR 11:00- Daily Chronicle and Trivia- PDR 2:00- Mickey Mouse Shorts- MT 3:30- Happy Hour- BAR *** TURKEY WANTED** Mickey Mouse Birthday!	19 10:30- Exercise- CHP 11:00- Camo Club 2:00-What in the World do you mean?- PDR 2:30- Poker w/ Steve 4:00- Relaxing Music *** TURKEY WANTED!** International Men's Day	20 10:30- Exercise- CHP 11:00- Creative Expression 3:00- Bible Study and Ice Cream Social with Brandon and Rita- ICP **4:00- TURKEY REWARD- MDR**	21 10:30- Independent Exercise 11:00- Sudoku 2:00- Novembers Colors- PDR 3:00- Left, Right, Center- LIB
22 10:30- Church Service- CHP 2:00- Residents Choice 3:00- Self Stretch 4:00- Library	23 10:30- Dance Workout- MDR 11:00- Question of the Week! 2:00- Home Alone- MT 4:00- Left, Right, Center- LIB	24 10:30- Weighted Exercise- CHP 11:00- Creative Expression 12:00- Friends-Giving 2:00- Bingo! 2:30- Poker w/ Steve	25 10:30-Yoga- CHP 11:00- Brain Games 2:00- Hide the Turkey- PDR 3:30- Happy Hour! **Wear a Hat for National Hat Day** National Hat Day	26 HAPPY THANKSGIVING! 8:30- Macy Days Parade- NBC Network * Word Games *Puzzles * Residents Choice Thanksgiving	27 10:30- Exercise- CHP 11:00- Creative Expression 3:00- Ice Cream Social- ICP 4:00- Garden Lounge Relax	28 10:30- Independent Exercise 11:00- Sudoku 2:00- Novembers Colors- PDR 3:00- Left, Right, Center- LIB
29 10:30- Church Service- CHP 2:00- Residents Choice 3:00- Self Stretch 4:00- Library	30 10:30- Dance Workout- MDR 11:00- Question of the Week! 2:00- Christmas with the Kranks- MT 4:00- Word Search					

November 2026

Highlands Senior Living

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

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!!
@HighlandsSeniorLivingClinton