



# HIGHLANDS

SENIOR LIVING & HOME HELPERS

JUNE 2026  
NEWSLETTER



Here's what has happened in the last month and what's to come!

This past month, residents enjoyed a lively and engaging schedule that included making bird feeders, painting, playing bingo, bowling, and participating in word games. It has been wonderful to see such strong participation and enjoyment across our community. As we look ahead, we will continue offering many of these favorite activities while also introducing planned fishing trips, giving residents an opportunity to enjoy time outdoors. We appreciate your continued support and look forward to sharing another vibrant month with your loved ones.

# SUMMER

# A MESSAGE FROM OUR REGIONAL DIRECTOR



As summer begins to settle in, June brings a refreshing sense of warmth, energy, and new opportunities to connect within our community.

May was a month full of connection and meaningful moments. From shared laughter during activities to the everyday interactions that brighten our days, it was a true reminder of the strong sense of community we are fortunate to have. I want to sincerely thank our team members for their compassion, dedication, and the exceptional care they provide each and every day.

In June, we look forward to a variety of engaging activities and events designed to bring joy, creativity, and connection to our residents. Whether it's outdoor gatherings, games, music, or simply spending time together, there will be many opportunities to make lasting memories. We also celebrate Father's Day this month and look forward to honoring all the wonderful fathers and father figures in our community.

To our families, thank you for your continued trust and support. Your involvement plays such an important role in the happiness and well-being of your loved ones. We encourage you to join us for upcoming events and stay connected with all that's happening.

As always, our commitment remains centered on providing a safe, compassionate, and engaging environment for everyone who calls our community home. If you ever have questions, feedback, or just want to connect, my door is always open.

Wishing you all a joyful, sunny, and fulfilling June.

*-Liz Alexander*  
Regional Director

# HIGHLANDS

## »»» HAPPY BIRTHDAYS



NANCY 26TH  
BLACKMON



LENNEL 1ST  
CANTY



LARRY 27TH  
HYNDS



SHARON 11TH  
ANDERSON

TEDDY WOOLSEY- JUNE 19TH

TENA STALEY- JUNE 25TH

LINDA SHURRETT- JUNE 26TH

BRUCE BRANDON- JUNE 30TH

# HIGHLANDS

## ACTIVITIES



As your Activity Director, I am committed to creating a welcoming and engaging environment where every resident feels valued and connected. Our programs are designed to promote social interaction, wellness, and enjoyment through a variety of activities and events. We look forward to continuing to build a vibrant community together and welcome your participation and ideas.

*-Kassidy Gunter*



# HIGHLANDS DID YOU KNOW??



## Upcoming fishing trips

Grab your fishing hat and get ready for some fun on the water! We'll be heading out for fishing trips on June 5th and June 19th for a day of relaxation, friendly conversation, and the chance to reel in a great catch. We welcome everyone to come along and enjoy the beauty of the outdoors with friends. Please note that all trips are weather permitting.



## Walmart trips

Need to pick up a few essentials or simply enjoy getting out and about? Join us for our monthly Walmart shopping trips on June 12th and June 26th. These outings provide a great opportunity to stock up on personal items, browse for something special, and enjoy a change of scenery. We look forward to spending the day shopping and socializing together!

## PERSONAL CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 National Pen Pal Day</b> 9:30 Trivia 10:30 Snacks & Hydration 11:00 bingo 1:00 food council meeting 2:30 Snacks & Hydration	<b>2 National Rocky Road Day</b> 9:30 card games 10:30 Snacks & Hydration 11:00 stop the bus 2:30 Snacks & Hydration	<b>3 National Egg Day</b> 9:30 coffee and news 10:30 Snacks & Hydration 11:00 Worship Service 2:00 snacks with holly	<b>4 National SAFE Day</b> 9:30 Trivia 10:30 Snacks & Hydration 11:00 word within a word 1:00 residential council meeting 2:30 Snacks & Hydration	<b>5 National Donut Day</b> 9:30 Memory talk 10:00 <b>fishing trip</b> 10:30 Snacks & Hydration 1:00 bingo 2:30 Snacks & Hydration	<b>6 National vovo Day</b> 9:30 Board Games 2:00 Word Within a Word  independent activities
<b>7 National VCR Day</b> 9:30 Coffee&News 2:00 bingo  independent activities	<b>8 National Best Friends Day</b> 9:30 trivia 10:30 Snacks & Hydration 11:00 Pool Time 1:00 Movie Monday 2:30 Snacks & Hydration	<b>9 National Donald Duck Day</b> 9:30 Card Games 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>Bingo-AR</b> 2:30 Snacks & Hydration	<b>10 National ice tea Day</b> 9:30 coffee and news 10:30 Snacks & Hydration 11:00 <b>Worship Service</b> 1:00 bowling 2:30 Snacks & Hydration	<b>11 National Corn Day</b> 9:30 Group Walk-OS 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>Bingo-AR</b> 2:30 Snacks & Hydration	<b>12 National jerky Day</b> 9:30 Memory talk 9:00 <b>Walmart</b> 10:30 Snacks & Hydration 1:00 Pool Time 2:30 Snacks & Hydration	<b>13 National chamoy Day</b> 9:30 Coffee&News 2:00 Corn Hole  independent activities
<b>14 National Bourbon Day</b> 9:30 Board Games 2:00 Pool Time  independent activities	<b>15 National Prune Day</b> 9:30 Group Walk-OS 10:30 Snacks & Hydration 11:00 Word Within a Word 1:00 Movie Monday 2:30 Snacks & Hydration	<b>16 National Fudae Day</b> 9:30 coffee and news 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>Bingo-AR</b> 2:30 Snacks & Hydration	<b>17 National Veggie Day</b> 9:30 Card Games 10:30 Snacks & Hydration 11:00 <b>Worship Service</b> 1:00 Pool Time 2:30 Snacks & Hydration	<b>18 National Fishing Day</b> 9:30 trivia 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>Bingo-AR</b> 2:30 Snacks & Hydration	<b>19 Juneteenth</b> 9:30 chair yoga 10:00 <b>fishing trip</b> 10:30 Snacks & Hydration 1:00 Craft 2:30 Snacks & Hydration <small>Office on the web Frame</small>	<b>20 National Milkshake Day</b> 8:00 <b>Resident Flea Market</b> 2:00 puzzles  independent activities
<b>21 National selfie Day</b> 9:30 Coffee&News 2:00 Board Games  independent activities	<b>22 National Onion ring day</b> 9:30 Trivia 10:30 Snacks & Hydration 11:30 <b>Sonic lunch</b> 1:00 Movie Monday 2:30 Snacks & Hydration	<b>23 National Pink Day</b> 9:30 Card Games 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>bingo-AR</b> 2:30 Snacks & Hydration	<b>24 National Fair Day</b> 9:30 coffee and news 10:30 Snacks & Hydration 11:00 <b>Worship Service</b> 1:00 craft 2:30 Snacks & Hydration	<b>25 National Catfish Day</b> 9:30 Group Walk-OS 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>Bingo-AR</b> 2:30 Snacks & Hydration	<b>26 Forgiveness Day</b> 9:30 Memory talk 9:00 <b>Walmart</b> 10:30 Snacks & Hydration 1:00 don't look back 2:30 Snacks & Hydration	<b>27 National Binoo Day</b> 9:30 Board Games 2:00 Bingo  independent activities
<b>28 National Logistics Day</b> 9:30 Coffee&News 2:00 puzzles  independent activities	<b>29 National Guv Day</b> 9:30 Card Games 10:30 Snacks & Hydration 11:00 <b>country store</b> 1:00 Movie Monday 2:30 Snacks & Hydration	<b>30 National meteor watch Day</b> 9:30 coloring 10:30 Snacks & Hydration 11:00 <b>Nails day</b> 1:00 <b>June Birthday Party!</b> 2:30 Snacks & Hydration				

# HIGHLANDS

## ▶▶▶ HOT SHOTS



### *Rockstar Resident*

#### Lennel Canty

You might spot this rockstar resident enjoying some time in the courtyard, helping keep our community looking beautiful, or lending a hand whenever an extra set of hands is needed. His willingness to help others and his positive outlook make him a familiar and appreciated presence around Highlands.

Known for his friendly personality and kind heart, he is always ready with a smile, a conversation, or a helping hand. His thoughtfulness and generosity help create the warm, welcoming atmosphere that makes our community feel like home. We are grateful for the joy, kindness, and sense of community he brings to those around him each day



### *Employee of the Month*

#### Lexie Reep

This employee of the month is an absolute joy to work with. She is always willing to pitch in whatever help is needed with a smile on her face. Her positive attitude and dedication to her work inspire everyone around her. She consistently goes above and beyond, not only meeting expectations but exceeding them. Her ability to collaborate effectively with her colleagues makes her an invaluable asset to the team. Whether it's tackling a challenging project or offering support to a coworker, she approaches every task with enthusiasm and grace. Her contributions not only enhance the workplace atmosphere but also encourage others to strive for excellence. Truly, her presence is a gift, making the work environment a more enjoyable and productive space for all.

# MEET THE TEAM!



Liz Alexander  
Regional Director  
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Tami Ainsworth  
Assistant Administrator  
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Christine Thompson  
Resident Care Coordinator  
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Hope Laird  
Resident Care Coordinator  
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Kassidy Gunter  
Activities Director  
kassidy.g@highlands.care



Danielle Lynn  
Receptionist

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