# HIGHLANDS
SENIOR LIVING & HOME HELPERS



NOVEMBER 2026
NEWSLETTER

## WHAT'S HAPPENING AT HIGHLANDS

October was a wonderful month filled with fun, laughter, and fellowship! We enjoyed seeing our residents come together and make special memories. We were also grateful to have family members and our wonderful vendors come out to show their support. Your presence and participation helped make our events even more special! Thank you to everyone who helped make the festival a success!

We also enjoyed participating in the Alzheimer's Walk. It was a meaningful opportunity to come together, show our support, and raise awareness for those affected by Alzheimer's disease. We appreciate everyone who participated and supported this special cause.

November is right around the corner, bringing the season of Thanksgiving and a time to reflect on all the things we are grateful for. As we prepare to celebrate Thanksgiving, we want to take a moment to express our appreciation for each of you.

A Special Thank You to our residents, families, vendors, and everyone who continues to support our community. We are grateful to have you as part of our community, and we look forward to making more wonderful memories together!

Wishing everyone a happy, healthy, and blessed November!

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR



## NOVEMBER




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!

*-Jenohn Carter*
Executive Director



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

# PERSONAL CARE CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>9 am Motivation w/ Joel<br>9:30am Morning Exercise<br>11 am Daily Chronicles<br>1 pm Sit and Fit<br>1pm Walking Club<br>2pm **Service w/ pastor Dalip**<br>3 pm Afternoon Stroll<br>4 pm Movie of your Choice<br>5pm Journal Time<br>Daylight Saving Time Ends | 2<br>9 am Inspiration w/ Joyce M.<br>10am Music Meditation<br>11am Morning Yoga Chair<br>1pm Afternoon Patio Walk<br>**2pm Cookies w/ Rosie**<br>4pm Afternoon Stroll<br>5 pm Monday night Musical | 3<br>9am Inspiration W/Joyce M.<br>9:30 am Jazz Meditation<br>10:00am Sit and Fit<br>**10:30am Zumba w/ Vizqz Lupita**<br>11:00 pm Ballon Ball<br>1pm EZ Trivia<br>3pm Word for Word<br>4pm Patio time<br>5pm Tuesday Night Movie | 4<br>9am Motivation w/ Joyce M.<br>9:30am Smooth Jazz<br>10:30 am Morning Aerobic<br>1pm Arts + Crafts<br>**2pm Wine Down Wednesday**<br>3pm Patio Time<br>4pm Trivia Time<br>5pm Relaxation Snacks and Chat | 5<br>9am Motivation w/ Joel O<br>9:30 am Jazz Meditation<br>10am **WALMART**<br>10:30 Bible Study<br>1pm Afternoon Patio Walk<br>3pm Thirsty for Tea<br>Thursdays<br>5pm Movie & Popcorn Night | 6<br>9am Motivation w/ T.D.Jakes<br>9:30am Music Meditation<br>10:30am Chair Yoga<br>11am Patio Time<br>1 pm Afternoon Walk<br>2pm Bingo<br>3pm Words of Reflection<br>5pm Friday Night Comedy | 7<br>9am Inspiration w/ Billy G.<br>9:30 am Daily Chronicles<br>10am Smooth Jazz<br>11am Morning Exercise<br>1pm Creative Coloring<br>2pm Snacks & Music<br>3pm Board Games<br>5pm Saturday Night Cinema<br>Happy Birthday<br>Brenda Weaver and James Clark |
| 8<br>9 am Motivation w/ Joel<br>9:30am Morning Exercise<br>11 am Daily Chronicles<br>1 pm Sit and Fit<br>1pm Walking Club<br>2pm **Service w/ pastor Dalip**<br>3 pm Afternoon Stroll<br>4 pm Movie of your Choice<br>5pm Journal Time<br>Diwali (Hindi) | 9<br>9 am Inspiration w/ Joyce M.<br>10am Music Meditation<br>11am Morning Yoga Chair<br>1pm Afternoon Patio Walk<br>**2pm Cookies w/ Rosie**<br>4pm Afternoon Stroll<br>5 pm Monday night Musical | 10<br>9am Inspiration W/Joyce M.<br>9:30 am Jazz Meditation<br>10:00am Sit and Fit<br>11:00 pm Ballon Ball<br>1pm EZ Trivia<br>3pm Word for Word<br>4pm Patio time<br>5pm Tuesday Night Movie | 11<br>9am Motivation w/ Joyce M.<br>9:30am Smooth Jazz<br>10:30 am Morning Aerobic<br>1pm Arts + Crafts<br>**2pm Wine Down Wednesday**<br>3pm Patio Time<br>4pm Trivia Time<br>**Happy Birthday Thomas Griffith**<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>9am Motivation w/ Joel O<br>9:30 am Jazz Meditation<br>10:30 Bible Study<br>**11:00 Applebee's**<br>1pm Afternoon Patio Walk<br>3pm Thirsty For Tea<br>Thursdays<br>5pm Movie & Popcorn Night | 13<br>9am Motivation w/ T.D.Jakes<br>9:30am Music Meditation<br>10:30am Chair Yoga<br>11am Patio Time<br>1 pm Afternoon Walk<br>2pm Bingo<br>3pm Words of Reflection<br>5pm Friday Night Comedy | 14<br>9am Inspiration w/ Billy G.<br>9:30 am Daily Chronicles<br>10am Smooth Jazz<br>11am Morning Exercise<br>1pm Creative Coloring<br>2pm Snacks & Music<br>3pm Board Games<br>5pm Saturday Night Cinema |
| 15<br>9 am Motivation w/ Joel<br>9:30am Morning Exercise<br>11 am Daily Chronicles<br>1 pm Sit and Fit<br>1pm Walking Club<br>2pm **Service w/ pastor Dalip**<br>3 pm Afternoon Stroll<br>4 pm Movie of your Choice<br>5pm Journal Time | 16<br>9 am Inspiration w/ Joyce M.<br>10am Music Meditation<br>11am Morning Yoga Chair<br>1pm Afternoon Patio Walk<br>**2pm Cookies w/ Rosie**<br>4pm Afternoon Stroll<br>5 pm Monday night Musical | 17<br>9am Inspiration W/Joyce M.<br>9:30 am Jazz Meditation<br>10:00am Sit and Fit<br>11:00 pm Ballon Ball<br>1pm EZ Trivia<br>3pm Word for Word<br>4pm Patio time<br>5pm Tuesday Night Movie<br>**Happy Birthday Lisa Katz** | 18<br>9am Motivation w/ Joyce M.<br>9:30am Smooth Jazz<br>10:30 am Morning Aerobic<br>11am Resident Council Meeting<br>1pm Arts + Crafts<br>**2pm Wine Down Wednesday**<br>3pm Patio Time<br>5pm Relaxation Snacks and Chat | 19<br>9am Motivation w/ Joel O<br>9:30 am Jazz Meditation<br>10:30 Bible Study<br>12pm Captain's Lunch<br>1pm Afternoon Patio Walk<br>3pm Thirsty for Tea<br>Thursdays<br>5pm Movie & Popcorn Night | 20<br>9am Motivation w/ T.D.Jakes<br>9:30am Music Meditation<br>10:30am Chair Yoga<br>11am Patio Time<br>1 pm Afternoon Walk<br>2pm Bingo<br>3pm Words of Reflection<br>5pm Friday Night Comedy | 21<br>9am Inspiration w/ Billy G.<br>9:30 am Daily Chronicles<br>10am Smooth Jazz<br>11am Morning Exercise<br>1pm Creative Coloring<br>2pm Snacks & Music<br>3pm Board Games<br>5pm Saturday Night Cinema |
| 22<br>9 am Motivation w/ Joel<br>9:30am Morning Exercise<br>11 am Daily Chronicles<br>1 pm Sit and Fit<br>1pm Walking Club<br>2pm **Service w/ pastor Dalip**<br>3 pm Afternoon Stroll<br>4 pm Movie of your Choice<br>**Happy Birthday Benjamin Anderson** | 23<br>9 am Inspiration w/ Joyce M.<br>10am Music Meditation<br>11am Morning Yoga Chair<br>1pm Afternoon Patio Walk<br>**2pm Cookies w/ Rosie**<br>4pm Afternoon Stroll<br>5 pm Monday night Musical | 24<br>9am Inspiration W/Joyce M.<br>9:30 am Jazz Meditation<br>10:00am Sit and Fit<br>11:00 pm Ballon Ball<br>1pm EZ Trivia<br>3pm Word for Word<br>4pm Patio time<br>5pm Tuesday Night Movie<br>**SENIOR DAY10:00AM-6PM** | 25<br>9am Motivation w/ Joyce M.<br>9:30am Smooth Jazz<br>10:30 am Morning Aerobic<br>1pm Arts + Crafts<br>**2pm Wine Down Wednesday**<br>3pm Patio Time<br>4pm Trivia Time<br>5pm Relaxation Snacks and Chat | 26<br>9am Motivation w/ Joel O<br>9:30 am Jazz Meditation<br>10:30 Bible Study<br>1pm Afternoon Patio Walk<br>3pm Thirsty for Tea<br>Thursdays<br>5pm Movie & Popcorn Night<br>Thanksgiving Day (U.S) | 27<br>9am Motivation w/ T.D.Jakes<br>9:30am Music Meditation<br>10:30am Chair Yoga<br>11am Patio Time<br>1 pm Afternoon Walk<br>2pm Bingo<br>3pm Words of Reflection<br>5pm Friday Night Comedy<br>**Happy Birthday Lucy Mcgee** | 28<br>9am Inspiration w/ Billy G.<br>9:30 am Daily Chronicles<br>10am Smooth Jazz<br>11am Morning Exercise<br>1pm Creative Coloring<br>2pm Snacks & Music<br>3pm Board Games<br>5pm Saturday Night Cinema |
| 29<br>9 am Motivation w/ Joel<br>9:30am Morning Exercise<br>11 am Daily Chronicles<br>1 pm Sit and Fit<br>1pm Walking Club<br>2pm **Service w/ pastor Dalip**<br>3 pm Afternoon Stroll<br>4 pm Movie of your Choice<br>5pm Journal Time | 30<br>9 am Inspiration w/ Joyce M.<br>10am Music Meditation<br>11am Morning Yoga Chair<br>1pm Afternoon Patio Walk<br>**2pm Cookies w/ Rosie**<br>4pm Afternoon Stroll<br>5 pm Monday night Musical | | | | | |

# Happy November Birthday

Gratitude, Reflection, and Motivation

# MEMORY CARE CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>9am Morning Devotion Greg Laurie<br>9:30am Sit and be Fit<br>10am Hydration/ Daily Chronicles<br>10:30am Word Rearrange<br>11 am Lap Living<br>1pm Ed Sullivan Show<br>2 pm **Service w/ pastor Dalip**<br>3pm Afternoon Stroll<br>5pm Cooling with Colors<br>Daylight Saving Time Ends | 2<br>9:00am Morning Devotion TD Jakes<br>9:30am Manicure Mania<br>10am Hydration Daily Chronicles<br>10:30am Pet Therapy<br>11am Laundry Time<br>1pm Moving with Music<br>2pm Mary Tyler Moore Show<br>3pm Word Search<br>5pm Peace with Puzzles | 3<br>9am Morning Devotion J Osteen<br>9:30am Volleyball<br>10am Hydration Daily Chronicles<br>**10:30am Zumba w/ Vizqz Lupita**<br>11am What is cooking in the Kitchen<br>1pm Strolling with Nature<br>2:30pm Laundry<br>3pm Words of Reflection<br>5pm Read and Relax<br>Happy Birthday<br>Calvin Croom | 4<br>9:00 Morning Devotion B. Graham<br>9:30am Morning Stroll<br>10am Hydration Daily Chronicles<br>10:30am Would you Rather<br>11am Calming Coloring<br>1pm Paint Pretty<br>1:30pm Porch Talk<br>**2pm Wine Down Wednesday**<br>3pm Dance Party<br>5pm Cards Home | 5<br>9am Morning Devotion TD Jakes<br>9:30am Morning Stroll<br>**10am Walmart Outing**<br>10:30am Make me laugh!<br>11am Tack and Tile Time<br>1pm Cooking into peace<br>1:30pm Hydration Daily Chronicles<br>2pm Pet Therapy<br>3pm Thirsty for Tea Thursdays<br>5pm Andy Gri n Show | 6<br>9am Morning Devotion J. Osteen<br>9:30am Chair Ling Dancing<br>10am Hydration Daily Chronicles<br>10:30am Famous Birthday Word Search<br>11am Tie the Tie<br>1pm Stroll with Nature<br>**2pm Bingo**<br>3pm Words of Reflection<br>4pm Pet Therapy<br>5pm Friday Night Comedy Club | 7<br>9am Morning Devotion T. Evans<br>9:30am Chair Line Dancing<br>10am Hydration Daily Chronicles<br>10:30am, Do you see what I see?<br>1pm Afternoon Stroll<br>2pm Brain Trivia<br>3pm What's coloring in the Kitchen<br>5pm Medication with Music |
| 8<br>9am Morning Devotion Greg Laurie<br>9:30am Sit and be Fit<br>10am Hydration/ Daily Chronicles<br>10:30am Word Rearrange<br>11 am Lap Living<br>1pm Ed Sullivan Show<br>2 pm **Service w/ pastor Dalip**<br>3pm Afternoon Stroll<br>5pm Cooling with Colors<br>Diwali (Hindi) | 9<br>9:00am Morning Devotion TD Jakes<br>9:30am Manicure Mania<br>10am Hydration Daily Chronicles<br>10:30am Pet Therapy<br>11am Laundry Time<br>1pm Moving with Music<br>2pm Mary Tyler Moore Show<br>3pm Word Search<br>5pm Peace with Puzzles | 10<br>9am Morning Devotion J Osteen<br>9:30am Volleyball<br>10am Hydration Daily Chronicles<br>11am What is cooking in the Kitchen<br>1pm Strolling with Nature<br>2:30pm Laundry<br>3pm Words of Reflection<br>5pm Read and Relax | 11<br>9:00 Morning Devotion B. Graham<br>9:30am Morning Stroll<br>10am Hydration Daily Chronicles<br>10:30am Would you Rather<br>11am Calming Coloring<br>1pm Paint Pretty<br>1:30pm Porch Talk<br>**2pm Wine Down Wednesday**<br>3pm Dance Party<br>5pm Cards Home<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>9am Morning Devotion J. Osteen<br>9:30Noodle Exercise<br>10am Hydration Daily Chronicles<br>10:30am Word-In-A-Word<br>**11:00am Applebee's**<br>1pm Still Art Paining<br>2pm Laundry Time<br>3pm Strolling with Nature<br>5pm Relax Relate and Release | 13<br>9am Morning Devotion J. Osteen<br>9:30am Chair Ling Dancing<br>10am Hydration Daily Chronicles<br>10:30am Famous Birthday Word Search<br>11am Tie the Tie<br>1pm Stroll with Nature<br>**2pm Bingo**<br>3pm Words of Reflection<br>4pm Pet Therapy<br>5pm Friday Night Comedy Club | 14<br>9am Morning Devotion T. Evans<br>9:30am Chair Line Dancing<br>10am Hydration Daily Chronicles<br>10:30am, Do you see what I see?<br>1pm Afternoon Stroll<br>2pm Brain Trivia<br>3pm What's coloring in the Kitchen<br>5pm Medication with Music |
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# November 2026

Gratitude, Reflection and Motivation

# 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**