



# HIGHLANDS

SENIOR LIVING & HOME HELPERS

JUNE 2026  
NEWSLETTER



In May we started off with a fun afternoon on the 5<sup>th</sup> celebrating Cinco de Mayo then before we could turn around it was Mother's Day and we were having tea, coffee and all sorts of treats with family and friends for the Mother's Day Tea. The Botanical Gardens was our latest endeavor, thoroughly enjoyed by all that went, For those that didn't go, we will be going back in the fall and encouraging a whole new group that did not go in the spring.

Coming up in June we have the yard sale quickly approaching on the 6<sup>th</sup>, our monthly Bluegrass band entertainment on the third Thursday and best of all, the Father's Day Car Show & Cookout on Sat. the 20<sup>th</sup>, the day before Father's Day. We are still accepting donations for the yard sale and volunteer helpers as well! (much needed) If you would be interested in having your own table, even, that is also welcome. Simply pay \$10 for a space and bring a table, chair, change and some stuff to sell! I would like as much information as possible, however,

# SUMMER

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Amanda Strickland

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.

*-Amanda Strickland*  
Executive Director

# HIGHLANDS

## HAPPY BIRTHDAYS



DIANE J  
6/05.



IMOGENE P  
6/07



EMMETTE W  
6/13



DEBORAH A  
6/14



MARY S.  
6/15



GENEVA B.  
6/16



CLAUDETTE C.  
6/24



FRANCES E.  
6/25



SHELLY S.  
6/25



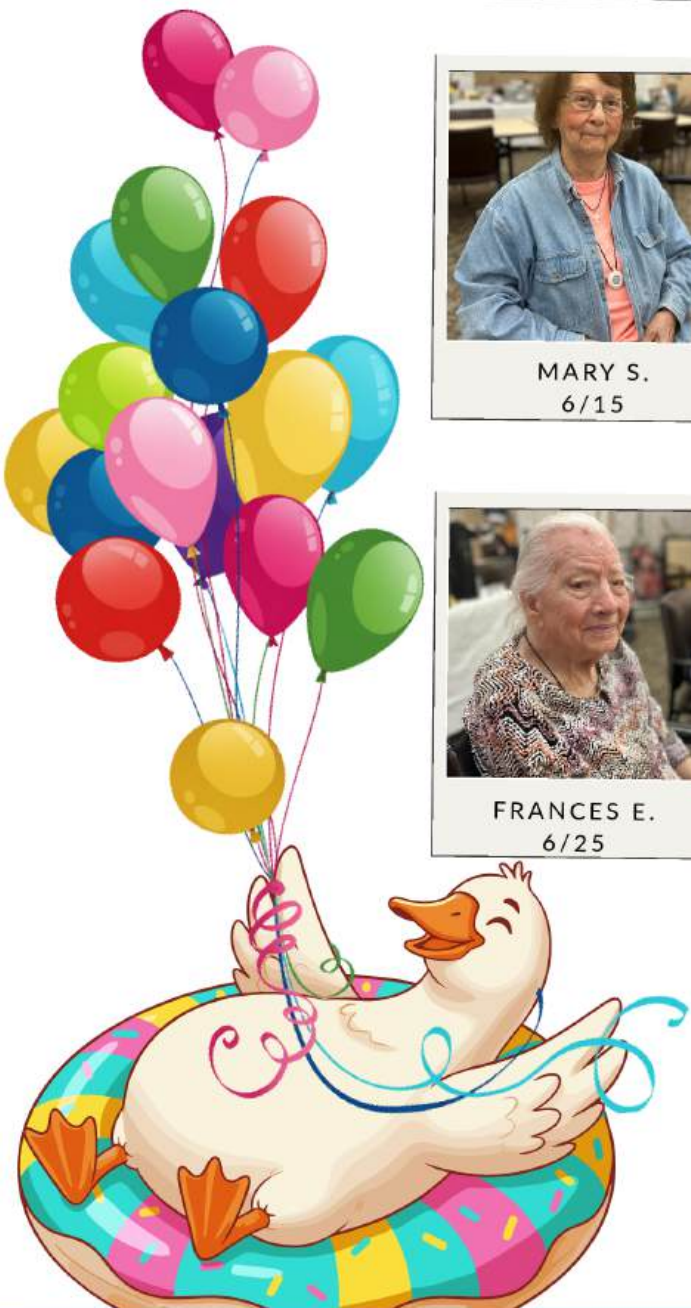
AGNES S.  
6/26



CINDY S.  
6/28



NORM P.  
6/29



# HIGHLANDS

## NEW FRIENDLY FACES



### DANNY CHEEK

Please join us in welcoming Mr. Danny to the Highlands family! Danny is very active, loves sports and spent

many a day, in his younger years, playing golf and running track. Danny had a wife and two boys and spent most of his working days as an electrician. Like many, He worked to support the family and spent time with them on holidays and free time. Some of his fondest memories are joining extended family down in Louisiana for crawfish boils on Labor Day and Memorial Day and winter holidays when everyone got together for food and fellowship. Danny we are glad that you've joined our family here at Highlands We hope you have many more fond memories here!



### BETTY DAWSON

Welcome to Highlands. Betty! Betty is a woman with a true caring heart that has spent time making a difference in her community. She worked

as a para-pro in the school system for 15 years, working with children, volunteered in churches and served in numerous organizations throughout the years. She is known for showing up in times of sorrow or celebration with delicious foods like blueberry crunch and pigs in a blanket. She, her husband, Wendell and their daughter Jennifer have traveled, in the past, to all 50 states and spent many times at family gatherings and church events. Betty's favorite hymn, "At Calvary" reflects the faith that has guided her throughout her life! We're glad you are now here Betty! We hope to extend the same loving care back to you!



### MARSHA PALMER

Welcome to the family Ms. Marsha! From the moment that I met Marsha we were joking, laughing and teasing with one another.

She is a warm and caring soul with a great sense of humor. With a talent for math and numbers, Marsha was an accountant for most of her career. Her husband was in the Air Force and together they raised two children. She now likes to spend her time painting and reading. She loves Italian food and has an appreciation for art and education. Marsha said that in the future she would like to help teach children to read and one day be able to go back to California to visit!



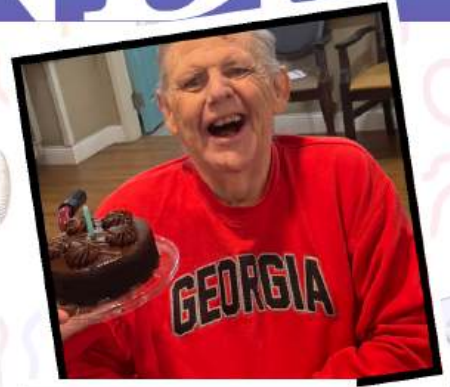
### NORM PETERS

We would love to welcome Mr. Norm to the Highlands family as well. He is an Army Veteran who began studying computer

software in the mid-sixties. When drafted by the Army, he was sent to Vietnam and put in charge of military data and upon leave, he went to work for the Federal Reserve building in Atlanta, maintaining their hardware and data equipment. One of Norm's favorite things to do were to hike and explore. He has hiked in Yellowstone National Park and still, today likes to exercise frequently. Norm, we are glad you're here and look forward to knowing more interesting things about you.

# HIGHLANDS

## HIGHLIGHTS



# HIGHLANDS

## HIGHLIGHTS



# HIGHLANDS

## ACTIVITIES



Fran Hoard

We do certainly hope that you can join us for some of the fun events taking place in June. Be sure to be on the lookout later in the month with information about our independence celebration, as it will be taking place on Friday, July 3<sup>rd</sup> in the afternoon, I have already secured another group of bluegrass musicians and we are working on finalizing other details as well,

Thank you to those that have given donations to the yard sale, and in advance for those planning to do so. Before the week begins, I hope to have found some church ladies that can help the day of the sale, Several of our residents are very excited to have their own tables from which to sell items See the paragraph below for more information. And as always... THANK YOU for your support in helping to make this an awesome community!

## HIGHLANDS DID YOU KNOW??



### Community Yard Sale June 6<sup>th</sup> 9am

This Saturday, June 6 we will have our first Community Yard sale fundraiser, There will be clothing, crafts, household supplies and decor, furniture and more. All donated items to sell go towards the activities department and will be used to supplement activities and events including the car show and July's celebrations.

We also plan to have a 'bake sale' so that there are drinks and snacks available for everyone, There will be shade and extra seating available as well as games for the kids! So come out, relax, enjoy and shop.

For questions or donations, including bake sale items- Call Fran @ (706)614-1468

*You're a classic*



HAPPY FATHER'S DAY!

### Father's Day Car Show~ June 20<sup>th</sup> 11am

On Saturday, June 20<sup>th</sup> we will host our annual 'Father's Day Car Show from 11AM until 1pm with a cookout for both residents and guests. Anyone with an antique or sporty car is invited to bring their vehicle and join in for an afternoon of fun and food! If you are interested in bringing a vehicle, or need more information, please call Fran at (706)614-1468

# PERSONAL CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WELCOME JUNE!</b>  <b>Happy Father's Day!</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 calendars & newsletters 3:30 Candy BINGO	9:30 Morning Devotions with MaryAnn 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Resident Council Meeting</b> 3:00 <b>Freshwater Fish Collage</b>	9:30 Morning Devotions with MaryAnn 10:00 Moving to Music~ Stretches & Chair Exercise 11:00 Jennie and the # Encouragers Play & Sing 2:00 <b>Thrift Store Outing</b> (pls. sign up in AR) 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Cissy &amp; A Summer Craft</b> 3:00 <b>Pass the Pup Game</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 Garden Walk Outside 3:30 BINGO& STORE	10:30 Cards, Games, Puzzles & Art projects available in AR 1:00 BINGO 2:00 <b>Saturday Matinee in AR</b> Pick a movie & call for staff
9:30 Devotional material Available in AR hallway 10:00 <b>Livestream Church Service in Act. Rm</b> 3:30 <b>Sounds of Grace from # Colbert Baptist perform</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Wooden Sign Craft</b> 3:30 Candy BINGO	9:30 Morning Devotions with MaryAnn 11:15 Moving to Music~ Stretches & Chair Exercise 1:30 <b>St. Mary's ladies come with goodies &amp; crafts</b> 3:00 White Board Games	9:30 Morning Devotions with MaryAnn 10:15 <b>Walmart Outing</b> (pls. sign up in AR) 11:15 Moving to Music~ Stretches & Chair Exercise 3:30 PRIZE BINGO 6:00 <b>Betha Kellum Devotion</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 Garden Walks Outside 3:30 <b>Classical Guitar Music With Jeff</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Baseball Bash</b> 3:30 BINGO& STORE	10:30 Cards, Games, Puzzles & Art projects available in AR 1:00 BINGO 2:00 <b>Saturday Matinee in AR</b> Pick a movie & call for staff
9:30 Devotional material Available in AR hallway 10:00 <b>Livestream Church Service in Act. Rm</b> 3:00 <b>Academy Baptist Church Service #</b> Flag Day (U.S.)	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Painted Paper Bird Craft</b> 3:30 Candy BINGO	9:30 Morning Devotions with MaryAnn 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Cissy &amp; Gold Bead Bracelets Craft</b> 3:00 Paint: Red, White & Blue	9:30 Morning Devotions with MaryAnn 10:15 <b>Outing TBD</b> (sign up & write preference) 11:15 Moving to Music~ Stretches & Chair Exercise 3:30 PRIZE BINGO	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 Garden Walks Outside 3:30 <b>Bluegrass Band # Comes to Play #</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Who Am I? game</b> 3:30 BINGO& STORE June 19th	<b>Father's Day Sar Show &amp; Cookout 11AM- 1PM</b> 3:00 Cards, Games, Puzzles & Art projects available in AR
9:30 Devotional material Available in AR hallway 10:00 <b>Livestream Church Service in Act. Rm</b> 2:00 <b>Purpose Church Visits Highlands #</b> Father's Day Summer Begins	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Angela &amp; Music Bingo</b> 3:30 Candy BINGO	9:30 Morning Devotions with MaryAnn 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Cissy &amp; Butter Bean Auction</b> 3:00 <b>Clay Flower Caps</b>	9:30 Morning Devotions with MaryAnn 10:15 <b>Walmart Outing</b> (pls. sign up in AR) 11:15 Moving to Music~ Stretches & Chair Exercise 3:30 PRIZE BINGO	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Family Caregiver Support Group</b> 3:00 <b>Patriotic Painting</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Golf Gathering</b> 3:30 BINGO& STORE	<b>Happy Birthday Junies! #</b> <ul style="list-style-type: none"> <li>Mary S. 6/05</li> <li>Imogene P. 6/07</li> <li>Emmette W. 6/13</li> <li>Deborah A. 6/14</li> <li>Claudette C. 6/24</li> <li>Frances E. 6/25</li> <li>Shelly S. 6/25</li> <li>Agnes S. 6/26</li> <li>Cindy S. 6/28</li> <li>Norm P. 6/29</li> </ul>
9:30 Devotional material Available in AR hallway 10:00 <b>Livestream Church Service in Act. Rm</b> 2:00 <b>Ken Welborn songs and Devotions # #</b>	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:30 <b>Firework Craft</b> 3:30 Candy BINGO	9:30 Morning Devotions with MaryAnn 10:15 Monday Manicures 11:15 Moving to Music~ Stretches & Chair Exercise 2:00 <b>Flag Craft</b> 3:00 Trivia Time	<h1>June 2026</h1>  <h2>Highlands Senior Living -Assisted Living Calendar</h2>			

Highlands Senior Living 50 Summer Way Jefferson, Ga. 30549

# MEMORY CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>You're a Classic</b>  HAPPY FATHER'S DAY!	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 11:00 <b>Jennie and the # Encouragers #</b> 11:00 Lunch 12:30 <b>Michelle Visits MC</b> 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll Flag Day (U.S.)	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 11:30 <b>St. Mary's Ladies come and visit</b> 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 <b>Classical Guitar Player # Downstairs in AL #</b> 4:00 Walk, Roll & Stroll	8:00 <b>Veteran's Breakfast Downstairs in Activity Rm.</b> 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll June 19th	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll Father's Day Summer Begins	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 <b>Michelle Visits MC</b> 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 <b>Eternal Faith Family Support Group</b> 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 <b>Angela comes with Games to Play</b> 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk, Roll & Stroll	<b>Happy Birthday...♥</b> Diane J. ~ 6/05 Geneva B. ~6/16			

Highlands Senior Living 50 Summer Way Jefferson, Georgia 30549.

# June 2026

Highlands Senior Living ~ Memory Care Calendar.

# HIGHLANDS

## ▶▶▶ HOT SHOTS



### *Rockstar Resident*

#### Jenny Manders

We are thrilled to present our newest rockstar resident title to Ms. Jenny Manders! Jenny has been a part of our community since she came with her husband in 200?. She is without a doubt one of the most appreciative people you will ever meet and always has an encouraging word for any newcomer, or anyone, for that matter, to hear. She always sees the glass as half full, not half empty,

Jenny loves shopping and good 'ole southern cooking and can be found calling Bingo nearly every Saturday and doing beading classes whenever scheduled, once or twice a month. As a wonderful asset to our community, Jenny, we hope you have many more years with us here at Highlands! We look forward to all the fun we will have!



### *Employee of the Month*

#### Kerri Carrithers

Kerri is the definition of hard work. She constantly gives 110% in everything she does, always willing to go above and beyond to help our residents and team. From sweeping, mopping, sanitizing, doing laundry and setting up tables to assisting wherever she is needed, Kerri does every task with a positive attitude and a strong work ethic! She has even been known to clock out and stay to serve coffee! Kerri's commitment to excellence and genuine care do not go unnoticed. We are incredibly grateful for all she does and proud to recognize her as employee of the month! Thank you again, Kerri- 110%!

# MEET THE TEAM!



**Amanda Strickland**  
EXECUTIVE DIRECTOR  
amanda.s@highlands.care



**Katelyn Hobbs**  
ADMINISTRATIVE ASSISTANT  
katelyn.h@highlands.care



**Jessica Blevins**  
RESIDENT CARE DIRECTOR  
jessica.b@highlands.care



**Shane Strickland**  
MAINTENANCE  
shane.s@highlands.care



**Walter Grimes**  
MAINTENANCE DIRECTOR  
walter.g@highlands.care



**Fran Hoard**  
ACTIVITY DIRECTOR  
fran@highlands.care



**Terri Cowart**  
Dietary Manager  
terri.c@highlands.care



**Keith Galas**  
Regional Marketing Dir.  
keith.g@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!!

@HighlandsSeniorLivingRome