

# The Place to Retire

St. Mary's Highland Hills Village, located on 55 beautiful acres in Oconee County, is a dynamic community designed for seniors who want a lifestyle with independent services and health care choices all in one convenient location. With Independent Living, Assisted Living and Memory Care, Highland Hills Village provides a continuum of care that allows residents to age in place in the comfort of their Highland Hills home. Every senior has specific needs, and at St. Mary's Highland Hills Village, we have a senior living community for everyone.

## Nailed It

Enjoy free manicures from one of our talented stylists! Pick your color, sit back and relax.



## Let's Get Artsy

Art Therapy is helpful in that it enables an individual who is having trouble communicating to bypass the language problems they may be having and communicate and express themselves in a different way.



# May



## Chapter 5 of 12 for 2019

Every new beginning comes from other beginnings end.

### Memory Care Support Group

Peer and professionally led group for family members and friends of those suffering from memory loss. This group meets the 1<sup>st</sup> Thursday of every month at 6PM. All are welcome. We hope that this group can help you cope better and feel less isolated as you make connections with others facing similar challenges.

### DOGS MAKE PEOPLE HAPPY?

Research has shown how beneficial pet therapy can be. Regular visits with pets, usually dogs, can have positive physical, emotional, and mental benefits. Regular visits have been shown to decrease unwanted behaviors and calm agitation.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



			<p><b>1</b></p> <p>10:00 - Jane Douglas at the Piano 11:00 - Today in History <b>2:00 - Current Events with Evelyn</b> 3:15 - Pet Therapy</p>	<p><b>2</b></p> <p>10:00 - Oldies Singalong 10:00 - Shake Loose a Memory Game 11:00 - Today in History 2:00 - Jigsaw Puzzles 2:30 - Spring Art Projects</p>	<p><b>3</b></p> <p>10:30 - Tai Chi with Vivian 11:00 - Today in History <b>2:00 - Courtyard and Ice Cream</b></p>	<p><b>4</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 2:30 - Sing-A-Long</p>
<p><b>5</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 3:00 - Worship with Chaplain Craig</p>	<p><b>6</b></p> <p>10:00 - Good News with Fred Schuller 11:00 - Today in History 2:00 - Exercise with Vivian 2:30 - Lifeskills</p>	<p><b>7</b></p> <p>10:00 - Inspiration with Chaplain Craig 11:00 - Today in History 2:00 - Bananagrams - Scrabble 2:30 - Manicures and Snacks</p>	<p><b>8</b></p> <p>10:00 - Jane Douglas at the Piano 11:00 - Today in History <b>2:00 - Mother's Day Party</b> 3:15 - Pet Therapy</p>	<p><b>9</b></p> <p>10:00 - Oldies Singalong 10:00 - Shake Loose a Memory Game 11:00 - Today in History 2:00 - Jigsaw Puzzles 2:30 - Spring Art Projects</p>	<p><b>10</b></p> <p>10:30 - Tai Chi with Vivian 11:00 - Today in History <b>2:00 - Courtyard and Ice Cream</b></p>	<p><b>11</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 2:30 - Sing-A-Long</p>
<p><b>12</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 3:00 - Worship with Chaplain Craig</p>	<p><b>13</b></p> <p>10:00 - Good News with Fred Schuller 11:00 - Today in History 2:00 - Exercise with Vivian 2:30 - Lifeskills</p>	<p><b>14</b></p> <p>10:00 - Inspiration with Chaplain Craig 11:00 - Today in History 2:00 - Bananagrams - Scrabble 2:30 - Manicures and Snacks</p>	<p><b>15</b></p> <p>10:00 - Jane Douglas at the Piano 11:00 - Today in History <b>2:00 - Current Events with Evelyn</b> 3:15 - Pet Therapy</p>	<p><b>16</b></p> <p>10:00 - Oldies Singalong 10:00 - Shake Loose a Memory Game 11:00 - Today in History 2:00 - Jigsaw Puzzles 2:30 - Spring Art Projects</p>	<p><b>17</b></p> <p>10:30 - Tai Chi with Vivian 11:00 - Today in History <b>2:00 - Courtyard and Ice Cream</b></p>	<p><b>18</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 2:30 - Sing-A-Long</p>
<p><b>19</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 3:00 - Worship with Chaplain Craig</p>	<p><b>20</b></p> <p>10:00 - Good News with Fred Schuller 11:00 - Today in History 2:00 - Exercise with Vivian 2:30 - Lifeskills</p>	<p><b>21</b></p> <p>10:00 - Inspiration with Chaplain Craig 11:00 - Today in History 2:00 - Bananagrams - Scrabble 2:30 - Manicures and Snacks</p>	<p><b>22</b></p> <p>10:00 - Jane Douglas at the Piano 11:00 - Today in History <b>2:00 - Current Events with Evelyn</b> 3:15 - Pet Therapy</p>	<p><b>23</b></p> <p>10:00 - Oldies Singalong 10:00 - Shake Loose a Memory Game 11:00 - Today in History 2:00 - Jigsaw Puzzles 2:30 - Spring Art Projects</p>	<p><b>24</b></p> <p>10:30 - Tai Chi with Vivian 11:00 - Today in History <b>2:00 - Courtyard and Ice Cream</b></p>	<p><b>25</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 2:30 - Sing-A-Long</p>
<p><b>26</b></p> <p>10:30 - Bingo with Terry 11:15 - Today in History and Word Search 3:00 - Worship with Chaplain Craig</p>	<p><b>27</b></p> <p>10:00 - Memorial Day Message with Fred Schuller 11:00 - Today in History 2:00 - Exercise with Vivian 2:30 - Memorial Day Activity</p>	<p><b>28</b></p> <p>10:00 - Inspiration with Chaplain Craig 11:00 - Today in History 2:00 - Bananagrams - Scrabble 2:30 - Manicures and Snacks</p>	<p><b>29</b></p> <p>10:00 - Jane Douglas at the Piano 11:00 - Today in History <b>2:00 - Current Events with Evelyn</b> 3:15 - Pet Therapy</p>	<p><b>30</b></p> <p>10:00 - Oldies Singalong 10:00 - Shake Loose a Memory Game 11:00 - Today in History 2:00 - Jigsaw Puzzles 2:30 - Spring Art Projects</p>	<p><b>31</b></p> <p>10:30 - Tai Chi with Vivian 11:00 - Today in History <b>2:00 - Courtyard and Ice Cream</b></p>	