

## 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.

### How Highland Hills defines our levels of care:

*Independent Living:* The perfect setting for those active seniors, age 55 and up, who want to enjoy their retirement surrounded by their peers, and not worry about maintaining a house any longer. A friendly, fun and healthy environment to keep you safe and full of life. Additional services are available so that each resident can customize their Independent Living experience.

*Assisted Living:* Available for seniors who require assistance and therefore benefit from support performing one or more activities of daily living such as bathing, grooming, dressing and more. Easily accessible care in a friendly, caring and social environment.

*Memory Care:* Offering all the features of our Assisted Living but including the latest innovations in Alzheimer's and dementia care. Our community helps to decrease stress and confusion, while encouraging visits from family and friends.

# UPCOMING Events

### Independent Living Sample Calendar

#### What's That

Each month brings a new beginning - renewing old and beginning brand new. As you look over the calendar, please note time and location changes. Look for "Get Craftin", "Stepping Out" and "Happy Hours" to name a few!

#### Resident Interest Form

Each new resident of Highland Hills will fill out an interest form so that we can better meet your social needs. Please let us know what you're passionate about so that we can ensure your events calendar meets your needs!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



		<p><b>1</b></p> <p>8:50 - SJB Page Turning 9:30 - Exercise with Vivian 11:00 - Current Events 3:00 - Tuesday Timeless Toons - "Popeye"</p>	<p><b>2</b></p> <p>8:30 - Publix 10:00 - Kroger 10:00 - Chair Yoga 11:00 - Stepping Out 2:00 - Afternoon at the Movies - "The African Queen"</p>	<p><b>3</b></p> <p>9:30 - Exercise with Vivian 11:00 - Men's Group with Chaplain Craig 2:00 - Bible Study with Chaplain Craig 2:45 - SBJ Illumination Exploration</p>	<p><b>4</b></p> <p>10:00 - Chair Yoga 10:30 - Exercise DVD 1:00 - BINGO 4:00 - Happy Hour</p>	<p><b>5</b></p> <p>Activities Room Open for Games and Gathering</p>
--	--	--	--	---	---	---

<p><b>6</b></p> <p>Activities Room Open for Games and Gathering 4:00 - Vespers</p>	<p><b>7</b></p> <p>10:00 - Cornhole 10:30 - Coffee with Friends 11:00 - Exercise DVD 1:00 - BINGO 4:00 - Bible Study with Peter Wood</p>	<p><b>8</b></p> <p>8:50 - SJB Page Turning 9:30 - Exercise with Vivian 11:00 - Get Craftin' 3:00 - Tuesday Timeless Toons - "Bugs Bunny" 6:30 - BUNCO</p>	<p><b>9</b></p> <p>8:30 - Publix 10:00 - Kroger 10:00 - Chair Yoga 11:00 - Book Club 2:00 - Afternoon at the Movies - "Fried Green Tomatoes"</p>	<p><b>10</b></p> <p>9:30 - Exercise with Vivian 11:00 - Men's Group with Chaplain Craig 2:00 - Bible Study with Chaplain Craig 2:45 - SBJ Illumination Exploration</p>	<p><b>11</b></p> <p>10:00 - Chair Yoga 10:30 - Exercise DVD 1:00 - BINGO 4:00 - Happy Hour</p>	<p><b>12</b></p> <p>Activities Room Open for Games and Gathering</p>
--	--	---	--	--	--	--

<p><b>13</b></p> <p>Activities Room Open for Games and Gathering 4:00 - Vespers</p>	<p><b>14</b></p> <p>10:00 - Cornhole 10:30 - Coffee with Friends 11:00 - Exercise DVD 1:00 - BINGO 4:00 - Bible Study with Peter Wood</p>	<p><b>15</b></p> <p>8:50 - SJB Page Turning 9:30 - Exercise with Vivian 2:00 - SJB Thematic Study with Chaplain Craig 3:00 - Tuesday Timeless Toons - "Rocky &amp; Bullwinkle"</p>	<p><b>16</b></p> <p>8:30 - Publix 10:00 - Kroger 10:00 - Chef Sausha's Cooking Channel 11:00 - Stepping Out 2:00 - Afternoon at the Movies - "The Light Between Oceans"</p>	<p><b>17</b></p> <p>9:30 - Exercise with Vivian 11:00 - Men's Group with Chaplain Craig 2:00 - Bible Study with Chaplain Craig 2:45 - SBJ Illumination Exploration</p>	<p><b>18</b></p> <p>10:00 - Let's Brunch! 10:30 - Exercise DVD 1:00 - BINGO 4:00 - Happy Hour</p>	<p><b>19</b></p> <p>Activities Room Open for Games and Gathering</p>
---	---	--	---	--	---	--

<p><b>20</b></p> <p>Activities Room Open for Games and Gathering 4:00 - Vespers</p>	<p><b>21</b></p> <p>10:00 - Cornhole 10:30 - Coffee with Friends 11:00 - Exercise DVD 1:00 - BINGO 4:00 - Bible Study with Peter Wood</p>	<p><b>22</b></p> <p>8:50 - SJB Page Turning 9:30 - Exercise with Vivian 11:00 - Get Craftin' 3:00 - Tuesday Timeless Toons - "Woody Woodpecker" 6:30 - BUNCO</p>	<p><b>23</b></p> <p>8:30 - Publix 10:00 - Kroger 10:00 - Chair Yoga 11:00 - Stepping Out 2:00 - Afternoon at the Movies - "Seven Brides for Seven Brothers"</p>	<p><b>24</b></p> <p>9:30 - Exercise with Vivian 11:00 - Men's Group with Chaplain Craig 2:00 - Bible Study with Chaplain Craig 2:45 - SBJ Illumination Exploration</p>	<p><b>25</b></p> <p>10:00 - Food Forum 1<sup>st</sup> and 2<sup>nd</sup> 10:30 - Food Forum 3<sup>rd</sup> 11:00 - Food Forum 4<sup>th</sup> and 5<sup>th</sup> 11:00 - Let's Do Lunch- Hilltop Grille 11:30 - Exercise DVD 1:00 - BINGO 4:00 - Happy Hour</p>	<p><b>26</b></p> <p>Activities Room Open for Games and Gathering</p>
---	---	--	---	--	--	--

<p><b>27</b></p> <p>Activities Room Open for Games and Gathering 4:00 - Vespers</p>	<p><b>28</b></p> <p>10:00 - Cornhole 10:30 - Coffee with Friends 11:00 - Exercise DVD 1:00 - BINGO 4:00 - Bible Study with Peter Wood</p>	<p><b>29</b></p> <p>8:50 - SJB Page Turning 9:30 - Exercise with Vivian 3:00 - Tuesday Timeless Toons - "Flintstones"</p>	<p><b>30</b></p> <p>8:30 - Publix 10:00 - Kroger 10:00 - Chair Yoga 11:00 - Stepping Out 12:00 - Lunch Crafters 2:00 - Afternoon at the Movies - "Sabrina"</p>	<p>The St. John's Bible (SJB on our calendar) is a work of art and theology. The St. John's Bible is the first such handcrafted Bible to be commissioned by a Benedictine monastery in 500 years. No project of its kind has been undertaken since the advent of the printing press in the 15<sup>th</sup> century. A team of scribes and artists worked for more than a decade to complete this work of art and biblical scholarship. Please be sure to stop by the Gathering Room to enjoy this beautiful masterpiece.</p>		
---	---	---	--	--	--	--