

Daily Schedule

Monday - Friday

9:00 - 9:30 AM Water Walking Group - P



September 2018!!

Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
10:15am St Patrick's Catholic Svc - TC 10:30am Lake Highlands united Methodist Church - OS 11:00am Sunday Brunch- T 2:00pm Non-Denominational Svc - TC 3:00pm Backgammon - CL 3:30pm Movie Matinee - TC 7:15pm Rook - CL	8:30am Shopping Loop - OS 9:30am Aqua Express - P 10:30am Strength Training - MR 1:00pm Wii Sports & Bowling - MR 1:00pm Bridge - GR 2:00pm Embracing a New Normal - TC 7:15pm Game of 42 - CL	9:00am Wellness Walking Club - OS 9:30am Silver Splash - P 10:05am Live to be Healthy - MR 10:45am Chair Yoga with Heather - MR 11:30am Fitness Center Orientation - FC 1:00pm Wii Sports & Bowling - MR 1:00pm Bridge - GR 2:00pm Sharing our Faith - TC 7:15pm Game of 42 - CL	9:45am Chair Tai Chi - MR 10:30am Crazy Wheel Strength - MR Training 11:05am Chair Aerobics - MR 11:30am Stretch To Your Health - MR 1:00pm Bridge-GR 1:30pm Blood Pressure Check-CC 4:30pm Happy Hour - CL 7:15pm Joker - CL	9:30am Advanced Water Aerobics 10:00am Silver Sneakers Stability - MR 10:45am Silver Sneakers Pilates - MR 1:00pm Wii Sports & Bowling - MR 1:15pm Bridge - GR 3:30pm Poker - Dealers Choice - CL 7:15pm Spinner Dominoes - CL	9:30 AM Basic Water Aeorbics - P 9:45 AM Chair Tai Chi - MR 10:30am Strength Training - MR 1:00pm Wii Sports & Bowling - MR 3:00pm Bingo - CL 4:30pm Happy Hour - CL 7:15pm Scrabble - CL	9:45am Silver Sneakers Circuit - MR Training 10:30am Wii Bowling - MR 1:00pm Spinner Dominoes - CL 7:00pm LCR - CL

MONTHLY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Living Life at The Landon						1 10:30 AM Brain Twister - CL 1:00 PM Wii Fishing - MR 2:30 PM Movie Matinee - TC 7:00 PM Family Movie - Brave - TC
2 11:00 AM Sunday Brunch - T 2:30 PM Bingo with Sarah - MR 7:00 PM Movie - Erin Brockovich - TC Bistro open till 4:00	3 10:00 AM Elite Dental - TC 1:00 PM Musingo - MR 2:30 PM Movie Matinee - Labor Day - TC	4 10:00 AM Elite Dental - TC 12:00 PM Lunch & Learn with Jackie - TR 1:00 PM Learning Electronics - BC 1:30 PM Pet Play - MR *NEW* 3:30 PM Movie Club & Dinner - TC "Darkest Hour"	5 Wear Tie Dye 11:00 AM Premier Jewelry - BH 1:00 PM Cheer Committee - TR 2:30 PM See Boost Seminar - MR 3:30 PM Peaceful Puzzles - AR 4:30 PM Darren Rozell - CL 7:00 PM Movie - Boy Hood - TC	6 9:00 AM Target - OS 9:30 AM Holocaust Museum & - OS Lunch at Spaghetti Warehouse 2:30 PM Matter of Balance - MR	7 9:00 AM Total Hearing Care & Donuts - BH 9:45 AM SMU Lecture - OS 12:00 PM Bowling League - OS 4:30 PM Wigs, Hair, and More - BH 5:30 PM Wii Sports - MR	8 10:30 AM Creative Coloring - CL 2:00 PM Pool Tournament - BR 2:30 PM Movie Matinee - TC Fried Green Tomatoes 7:00 PM Movie- Fried Green Tomatoes- TC
9 10:00 AM Sudoku with Sarah - CL 11:00 AM Sunday Brunch - T 2:30 PM Dallas Cowboys Vs. Carolina Panthers Watch Party 7:00 PM Movie - Mamma Mia - TC National Sudoku Day Bistro open till 4:00	10 10:00 AM Shopping at Ross & - OS Lunch at Canes 3:00 PM Simple Science - AR	11 12:00 PM Jason's Deli - OS 1:00 PM Learning Electronics - BC 1:30 PM Pet Play - MR *NEW* 3:00 PM Tuesday Tea - CL 5:30 PM Hang Man - MR	12 Nerd Day 12:30 PM Memoir Writing - CL 2:00 PM Richland College Lecture - MR 4:00 PM Minute to win it - CL 4:30 PM Tommy Ray Williams - CL 7:00 PM Movie - Memories Of - TC A Geisha	13 9:00 AM Walmart - OS 2:15 PM The Risk for Older Drivers - TC 2:30 PM Matter of Balance - MR 4:00 PM Minute to win it - CL 5:00 PM Wii Family Feud - MR	14 10:00 AM Total Hearing Care - CC 10:00 AM Winsome Thomas Accessories - BH 1:00 PM Novin Jewelry - BH 1:30 PM Alzheimers Support Group - TC 2:15 PM Tai Chi & Balance Seminar - MR 3:00 PM Veterans Group - TC 4:00 PM Minute to win it - CL	15 10:30 AM Wii Bowling - MR 2:30 PM Movie Matinee - - TC 4:00 PM Minute to win it - CL 7:00 PM Family Movie - Beauty and - TC the Beast
16 11:00 AM Sunday Brunch - T 2:00 PM Non-Denominational Svc - TC 3:30 PM Movie Matinee - TC 7:00 PM Movie - My Sisters Keeper - TC 7:20 PM Dallas Cowboys Vs. New York Giants Bistro open till 4:00	17 10:00 AM Coffee and coloring - B 1:00 PM Braums - OS 3:30 PM Wii Sports - MR 4:00 PM Minute to win it - CL	18 1:00 PM Learning Electronics - BC 1:30 PM Pet Play - MR *NEW* 2:00 PM Pool Tournament - BR 4:00 PM Minute to win it - CL 5:30 PM Snack Craft - AR	19 Wear Lime green & Purple 9:30 AM Breakfast at Ihop - OS 12:00 PM Lunch & Learn with Rachel - TR 12:30 PM Memoir Writing - CL 1:00 PM October Calendar Review - TC 2:00 PM Richland College Lecture - MR 4:00 PM Pie in the Face - CL 4:30 PM Marty Ruiz - CL 7:00 PM Movie - The Book Thief - TC	20 9:00 AM Central Market - OS 10:00 AM Men's Bible Study -TC 2:30 PM Matter of Balance - MR 4:00 PM Regrand Opening - E	21 11:00 AM Gig'i's Gifts - BH 12:00 PM Bowling League - OS 3:00 PM Ice Cream Social - CL National Ice Cream Cone Day	22 10:00 AM Creative Coloring - CL 12:00 PM Wii Jeopardy - MR 2:30 PM Movie Matinee - TC Breakfast at Tiffany's 7:00 PM Movie - Breakfast at Tiffany's - TC First Day of Fall
23 2:30 PM Bingo with Sarah - MR 7:00 PM Movie - Project X Bistro open till 4:00	24 11:00 AM Coffee Hour - CL 1:00 PM Arm Chair Travel with Vicki - MR 3:00 PM Peaceful Puzzles - AR 5:00 PM Uno Game - CL	25 10:00 AM Trip to the Arboretum & Lunch - OS 11:00 AM Hedy Accessories - BH 1:00 PM Learning Electronics - BC 1:30 PM Pet Play - MR *NEW* 3:30 PM What's the Buzz - CL	26 Mismatch Day 11:00 AM Crazy Crafts - AR 3:30 PM Peaceful Puzzles - AR 4:30 PM Art Riddle - CL 7:00 PM Movie - Life Of Pi - TC	27 9:00 AM Walmart - OS 11:30 AM North Park Mall & Lunch - OS 6:30 PM Game Night- CL	28 1:00 PM Wii Bowling - MR 1:30 PM Book Club - 4L "Life of Pi" 3:00 PM Bingo - CL	29 10:00 AM National Family Health - TBD & Fitness Day 10:30 AM Wii Bowling - MR 12:00 PM Cooking Demonstration - MR 7:00 PM Movie - Some Like It Hot- TC

LOCATION KEY		Important Phone Numbers		Last Months Fun	
E	Enterance	CL	Champagne Lounge	The Landon 214-343-6400 MAIN 214-343-6401 FAX	
B	Bistro	MR	Multipurpose Room		
BH	Bistro Hallway	OS	Off-site Transportation	DAMON MATUSZ, CARE CONCIERGE 972-469-2585	
BR	Billiard Room	P	Pool		
CC	Care Concierge	T	Trattoria	EMERGENCY MEDICAL 911	
FC	Fitness Center	TR	Tuscan Room		
GR	Game Room	TC	Theatre Central	TRATTORIA DINING ROOM 214-221-3285	
AR	Art Room	WC	Wellness Center		
BC	Buisness Center	4L	4th Floor Library		