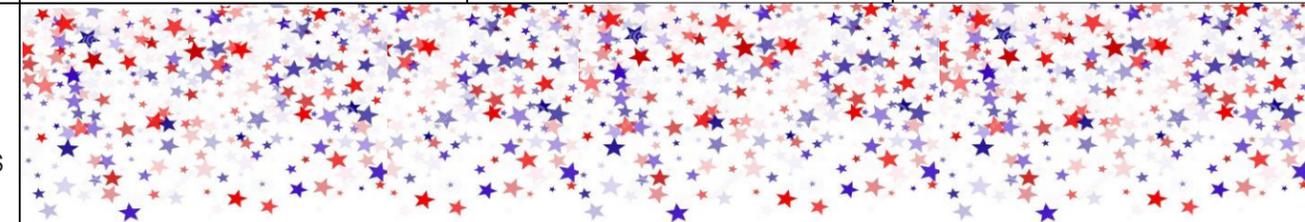


Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
10:15AM St Patrick's Catholic Svc - TC 10:30AM Lake Highlands united Methodist Church - OS 11:00AM Sunday Brunch- T 2:00PM Non-Denominational Svc - TC 3:00PM Golfing Putting Green West Rooftop Terrace-4th Floor 6:00PM Farkle-CL 7:15PM Movie Night-TC	8:30AM Shopping Loop - OS 9:30AM Advance Water Aerobics-P 10:30AM Strength Training - MR 11:00AM Balance 101-FC 11:30AM Open Play Smart Balance -FC 1:00PM Bridge-GR 3:30PM Movie Matinee-TC 4:30PM Happy Hour-CL 7:15PM Movie Night-TC	9:00AM Wellness Walking Club-OS 10:00AM Garden Club-T 10:00AM Water Walking-P 11:00AM Chair Yoga with Heather - MR 11:30AM Fitness Center Orientation - FC 1:00PM Bridge - GR 1:00PM Learning Electronics with Marco-BC 1:30PM Pet Play-MR 7:15PM Movie Night-TC	9:45AM Chair Tai Chi - MR 10:30AM Blood Pressure Checks-CC 11:05AM Chair Aerobics & Strength - MR 11:30AM Open Play Smart Balance -FC 1:00PM Bridge-GR 1:30PM Blood Pressure Checks-CC 2:30PM Movie Matinee-TC 4:30PM Happy Hour Entertainment-CL 7:15PM Movie Night- TC	9:00AM Water Walking-P 9:30AM Advance Water Aerobics-P 10:00AM Silver Sneakers - MR 11:30AM Open Play Smart Balance-FC 1:00PM Bridge - GR 2:00PM Circuit Training & Balance-FC 3:00PM Stretch To Your Health-MR 3:30PM Poker - Dealers Choice - GR 7:15pm Movie Night-TC	9:00AM Water Walking-P 9:30AM Basic Water Aerobics-P 10:30AM Strength Training - MR 11:30AM Open Play Smart Balance-FC 1:00PM Bridge-GR 2:00PM Wii Bowling-MR 3:00PM Bingo-CL 4:30PM Happy Hour with Appetizers-CL 7:15PM Movie Night-TC	10:00AM Water Walking-P 10:30AM Wii Bowling and Sports-MR 1:00PM Rummikub-CL 1:30PM Peaceful Puzzles-AR 2:30PM Movie Matinee-TC 3:30PM Ping Pong-BR 6:30PM Game of 42-CL 7:15PM Movie Night-TC

## MONTHLY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Happy 4th of July	1 ~ No New Normal This Month 2:00PM Town Hall Meeting-CL With Crest Exteriors Repair 3:30PM Movie Matinee CC -TC All The President's Men 7:15PM Movie Night NCC -TC All The President's Men	2 10:30AM Silver Sneakers Water Aerobics-P 2:00PM Sharing Our Faith With Stacy-TC 2:30PM *NEW*Strength Training-MR 3:00PM Tuesday Tea-CL 7:15PM Movie Night NCC Apollo 13-TC	3 1:00PM Cheer Committee-TR 2:30PM Movie Matinee NCC-TC The Crossing 4:30PM Happy Hour Lev K.-CL 7:15PM Movie Night CC-TC The Crossing	4 Independence Day-Office Closed Wear RED, WHITE, & BLUE! 4:00PM 4th Of July Celebration-CL Marty Ruiz & Ann Hinson 7:15PM Movie Night NCC-TC 1776, The Musical 	5 9:00AM Total Hearing- BH 1:00PM Chair Boxing Class-CL 4:30PM Special Happy Hour Event-CL Walker & Adams Performance 7:15PM Movie Night CC-TC In Pursuit of Honor	6 11:00AM Premier Jewelry-BH 2:30PM Movie Matinee CC -TC Black Hawk Down 7:15PM Movie Night NCC -TC Black Hawk Down
7 3:30PM Bingo-MR 3:30PM Movie MatineeCC -TC Patton 7:15PM Movie Matinee NCC -TC Patton	8 2:00PM Ice Cream Social-CL  Brownie Sundaes 3:30PM Movie Matinee NCC-TC Bringing Down The House 7:15PM Movie Night CC-TC Bringing Down The House	9 10:00AM Donuts & Coffee with Leasing-CL 10:00AM Line Dancing Class-MR 10:30AM Water Aerobics Basics with Sara-P 2:30PM *NEW*Strength Training-MR 7:15PM Movie Night CC -TC Renaissance Man  <b>ALL-DAY Christmas In July Sale in the Salon!</b>	10 10:30AM ACG Medical Supply Repair-CL 2:00PM *Richland College Lecture- MR "What Happened To Heroes?" 2:30PM Movie Matinee CC Mr. Mom-TC 3:30PM Movie Committee-TR 4:30PM Happy Hour Bill G. -CL 7:15PM Movie Night NCC Mr. Mom	11 9:00AM *Target-OS 11:30AM Lunch & Learn-TC Stap Free Phone Program 2:00PM Food Committee Meeting-TR 2:30PM *Movie Club & Dinner RSVP-TC The Help 7:15PM Movie Night NCC-TC Throw Mama From The Train	12 9:00AM Total Hearing- BH 1:30PM Alzheimers Support Group-TR 3:00PM Veteran's Group-TC Aviation Presentation with David S. 7:15PM Movie Night CC -TC The Last Laugh	13 10:00AM *The BOHO Farmers Market-OS 10:30AM Silver Sneakers Water Aerobics-P 12:30PM Art History with Erin-OS Earth Art 2:30PM Movie Matinee CC -TC Did You Hear About The Morgans? 7:15PM Movie Night NCC -TC Did You Hear About The Morgans?
14 3:30PM Bingo-MR 3:30PM Movie Matinee NCC-TC Gone Baby Gone 7:15PM Movie Matinee CC-TC Gone Baby Gone	15 10:00AM Peaceful Puzzles-AR 1:00PM Show & Tell- CL Family Albums 3:30PM Movie Matinee CC-TC Mission Impossible: Fallout 7:15PM Movie Night NCC-TC Mission Impossible: Fallout	16 10:30AM Silver Sneakers Water Aerobics-P 10:30AM *Ham's Orchard & Lunch-OS (Please RSVP at the desk)  1:00PM Novin Jewelry Repair-CL 2:00PM Sharing Our Faith With Stacy -TC 2:30PM *NEW*Strength Training-MR 7:15PM Movie Night NCC -TC Bullit	17 10:30AM Doris Porter as the P.T.-MR/FC Muscle Engagment 12:00PM Lunch and Learn with Rachel-TC "Alternative Thinking or Balance?" 2:30PM Communion with L.H.U.M.C-TC ~ No Movie Matinee 4:30PM Happy Hour Art Riddles -CL 7:15PM Movie Night CC Face Off -TC	18 9:00AM *WalMart-OS 10:00AM Men's Bible Study-TC 2:00PM Swarovski Crystal Lecture-TC Glamour In Hollywood"- Part #2 3:30PM Resident Ambassador Mtg-TR 7:15PM Movie Night NCC -TC Olympus Has Fallen 	19 1:30PM Book Club-4L "One Thousand White Women" 2:00PM Beautiful Birds & Scenery TC Of Costa Rica Presented by Grady 7:15PM Movie Night NCC-TC Die Hard	20 9:45AM *Perot Museum & Lunch-OS Leave at 9:30AM- Please RSVP \$24- General Admin & 3D Movie 2:30PM Movie Matinee CC-TC Black Panther 7:15PM Movie Night NCC-TC Black Panther
21 3:30PM Bingo-MR 3:30PM Movie Matinee CC-TC Royal Wedding 7:15PM Movie Matinee NCC-TC Royal Wedding	22 11:30AM *Lunch with Sara-OS Souper Salads- RSVP at desk 3:30PM Movie Matinee NCC-TC All About Eve 7:15PM Movie Night CC-TC All About Eve 	23 10:00AM Line Dancing Class-MR 10:30AM Water Aerobics Basics with Sara-P 1:00PM *New* Pet Committee-MR 2:00PM Lecture by Adam Meierhofer, P.T.-TC "Stay Hydrated" 2:30PM *NEW*Strength Training-MR  7:15PM Movie Night NCC -TC Some Came Running	24 National Tequila Day 11:30AM *Lunch at Shady Burgers-OS (Please RSVP at the desk) 2:30PM Movie Matinee NCC-TC Rear Window 4:30PM Happy Hour Marty Ruiz -CL 7:15PM Movie Night CC -TC Rear Window 	25 9:00AM *Central Market-OS 1:30PM BUNCO-CL 3:30PM New Resident Orientation-TC New Residents & Ambassadors 7:15PM Movie Night CC-TC The Graduate	26 10:00AM You Look Beautiful Boutique-BH 10:00AM *NEW*Aqua Boxing Class-P 4:30PM Happy Hour Norris Perry- CL 7:15PM Movie Night NCC To Catch A Thief	27 10:30AM Silver Sneakers Water Aerobics-P 12:00PM Cooking Demonstration- MR With Sous Chef Brad Hedden 2:30PM Movie Matinee NCC-TC Julie & Julia 7:15PM Movie Night CC-TC Julie & Julia
28 Parent's Day 3:30PM Bingo-MR 3:30PM Movie Matinee NCC-TC 50 First Dates 7:15PM Movie Matinee CC-TC 50 First Dates	29 10:30AM Peaceful Coloring-CL 3:30PM Movie Matinee NCC -TC The Ugly Truth 7:15PM Movie Night CC -TC The Ugly Truth	30 10:30AM Water Aerobics Basics with Sara-P 2:00PM Sharing Our Faith With Charlene-TC 2:30PM *NEW*Strength Training-MR 3:30PM Community Meeting-CL 7:15PM Movie Night NCC-TC The Switch	31 1:10PM Calendar Review-TC 2:30PM Movie NCC -TC Some Kind Of Beautiful 4:30PM Happy Hour Tony Macaroni-CL 6:00PM *REJEBIAN with Rose-Mary R-OS 7:15PM Movie Night CC -TC Some Kind Of Beautiful			

### LOCATION KEY

### Important Phone Numbers

### The Landon at Lake Highlands

E	Entrance	CL	Champagne Lounge
B	Bistro	MR	Multipurpose Room
BH	Bistro Hallway	OS	Off-site Transportation
BR	Billiard Room	P	Pool
CC	Care Concierge	T	Trattoria
FC	Fitness Center	TR	Tuscan Room
GR	Game Room	TC	Theatre Central
AR	Art Room	WC	Wellness Center
BC	Buisness Center	4L	4th Floor Library

<b>THE LANDON</b> 214-343-6400 MAIN 214-343-6401 FAX	<b>COURTESY OFFICER PHONE</b> Cell # 214-734-1076
<b>CARE CONCIERGE</b> 214-343-6400 Monday-Friday 10:00AM-4:00PM	<b>TRATTORIA DINING ROOM</b> 214-221-3285
	<b>EMERGENCY MEDICAL</b> 911

Interested in coming out to a fun exciting event at The Landon?  
We would LOVE to save you a seat!  
Please call or email us at 214-343-6400  
or  
leasing@landonatlakehighlands.com  
8501 Lullwater Dr. Dallas, TX 75238  
We can't wait to see you!

NCC	Movies with NCC means Captions/subtitles <u>OFF</u>
CC	Movies with CC means Captions/subtitles <u>ON</u>
*	RSVP Required
*NEW*	New Classes or Clubs to Join

