




**September 2019**

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

## MONTHLY SCHEDULE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	3:30PM Bingo-CL 3:30PM Movie MatineeCC -TC Forces Of Nature 7:15PM Movie Night NCC Forces Of Nature	2	<b>Labor Day- Office Closed</b> ~ No Classes Today 2:30PM Movie Matinee CC-TC How Green Was My Valley 7:15PM Movie Night NCC-TC How Green Was My Valley	3	(Shopping Loop- 1:30PM-3:00PM) 10:30AM Silver Sneakers Water Aerobics-P 2:00PM Sharing Our Faith with Homer M.-TC "When God Spoke Spanish" 3:00PM Fancy Tuesday Tea * Wear your hats-CL 7:15PM Movie Night CC -TC Cat On A Hot Tin Roof	4	<b>~ No Chair Tai Chi</b> 1:00PM Cheer Committee Meeting-TR 2:30PM Movie NCC Spider Man 3-TC 4:30PM Happy Hour with Rich Palamino-CL 7:15PM Movie Night CC Spider Man 3-TC	5	<b>National Cheese Pizza Day</b> 9:00AM *Target 11:30AM *Lunch at Kaze Japanese-OS RSVP at the desk- seating limited 2:30PM Movie Recap Meeting-TR 7:15PM Movie Night NCC Flashdance-TC	6	9:00AM Total Hearing- BH 10:00AM Arrangements by Ann-BH 1:00PM Chair Boxing Class-CL Box with a Professional! 7:15PM Movie Night CC Interstellar-TC	7	11:00AM Premier Jewelry-BH 10:30AM Silver Sneakers Water Aerobics-P 2:30PM Movie Matinee CC -TC The Hustler 7:15PM Movie Night NCC -TC The Hustler
8	<b>Grandparents Day</b> ★ 11:30AM Johnny & Trixie-CL Special Brunch Performance 3:30PM Bingo-CL 4:25PM Cowboys vs Giants-B FOX 3:30PM Movie MatineeCC Notting Hill-TC 7:15PM Movie Night NCC Notting Hill-TC	9	10:00AM Pick Your Coffee Event-CL Landon's NEW Signature Coffee 2:30PM Movie NCC -TC A Rumor Of Angels-TC 3:00PM Untangle The Transisiton- CL 7:15PM Movie Night CC -TC A Rumor Of Angels-TC	10	<b>~ No Water Aerobics Or Strength</b> 10:00AM Coffee & Donuts With Leasing-CL 10:00AM Line Dancing-MR 2:00PM Writing Class-TR 2:00PM Sharing Our Faith -TC With Judy 5:00PM *Dinner at Rise no.1 Restaurant-OS Homemade Souffles 7:15PM Movie Night CC Space Cowboy-TC	11	<b>9/11 Memorial Day</b> 10:30AM Exploring Bodyworks- MR & P 11:30AM 1st Responder Lunch-CL Active & Retired 1st Responders! 2:00PM *Richland College Lecture-MR 2:30PM Movie Matinee CC Disclosure -TC 3:30PM Movie Committee-TR 4:30PM Happy Hour with Bill G. -CL 7:15PM Movie Night NCC Disclosure-TC	12	9:00AM *Walmart-OS 1:00PM *Senior Follies-OS Show starts at 2pm Eismann Center 1:30PM Lecture With Barbara Glass-TC "1900 Galveston Hurricane" 2:00PM Food Committee Meeting-TR 7:15PM Movie Night NCC-TC The Big Wedding	13	9:00AM Total Hearing- CC 1:00PM Novi Jewelry Repair-CL 1:30PM Alzheimers Support Group-TR 3:00PM Veteran's Group-TC with David Serpas 4:30PM Fuego Flamenco Dancers-CL 7:15PM Movie Night CC -TC Joyful Noise	14	10:30AM Silver Sneakers Water Aerobics-P 12:30PM Art History with Erin-TC Amon Carter Museum Collection 2:30PM Movie Matinee CC -TC Hope Springs 7:15PM Movie Night NCC -TC Hope Springs
15	1:00PM Cowboys vs Redskins-B FOX 3:30PM Bingo-CL 3:30PM Movie Matinee NCC-TC Slap Shot 7:15PM Movie Night CC-TC Slap Shot	16	11:15AM Wellness Seminar-TC 1:30PM Ice Cream Social-CL Strawberry Shortcake 2:30PM Movie Matinee CC -TC Two Weeks Notice 7:15PM Movie Night NCC -TC Two Week's Notice	17	10:30AM Basic Water Aerobics-P 1:00PM Learning Electronics with Marco-BC 1:00PM Pet Committee-MR 2:00PM Sharing Our Faith-Clip by Lake Pointe-TC 3:30PM *Movie Club & Dinner-TC/TR Casablanca- Must RSVP for the Dinner! 7:15PM Movie Night NCC Step Up-TC	18	12:00PM Lunch and Learn with Rachel-TC Assumptions & Core Beliefs" 2:30PM Communion with L.H.U.M.C-TC ~ No Movie Matinee 4:30PM Happy Hour with Marty Ruiz-CL 7:15PM Movie Night CC -TC Ocean's 8	19	9:00AM *Sprouts-OS 10:00AM Men's Bible Study & Pastries-TC 12:30PM Calming Harp Healing Music-E 1:30PM BUNCO-CL 3:30PM Resident Ambassador Mtg-TR 7:15PM Movie Night NCC Iron Man II -TC Philomena	20	1:00PM Novin Jewelry-CL 1:30PM Book Club-4L Isaac's Storm 5:00PM *Man's Cave Dinner-TR Men Only please- RSVP at the desk 7:15PM Movie Night NCC-TC Planet Of The Apes	21	9:00AM TJs Creative Designs-BH 10:30AM Silver Sneakers Water Aerobics-P 2:30PM Movie Matinee CC-TC Twilight 7:15PM Movie Night NCC-TC Twilight
22	1:00PM Cowboys vs Dolphons-B FOX 3:30PM Bingo-CL 3:30PM Movie Re-Run Day NCC-TC "Flat Out Funny"- Jeanne R. 7:15PM Movie Re-Run Day NCC-TC "Flat Out Funny"- Jeanne R.	23	<b>Fall Prevention Week</b> 10:30AM Basic Water Aerobics-P 2:00PM Fall Prevention Event-CL Presented by Total Hearing 2:30PM Movie NCC -TC Bladerunner 2049 3:00PM Untangle the Transition-CL 7:15PM Movie CC -TC Bladerunner 2049	24	<b>Fall Prevention Week</b> All Day Medicine Disposal Day-Wellness Center 10:00AM Line Dancing-MR 10:30AM Basic Water Aerobics-P 1:00PM Learning Electronics with Marco-BC 1:00PM Splash Day for Pets in the Garden-T 2:00PM Sharing Our Faith With Charlene-TC 3:30PM Community Meeting-CL 7:15PM Movie Night NCC Miss Congeniality-TC	25	<b>Fall Prevention Week</b> 10:45AM Smart Balance Machine Works!-CL 1:10PM Calendar Review-TC 2:30PM Movie Matinee NCC-TC Miss Congeniality 2 4:30PM Happy Hour with Tony Macaroni-CL 7:15PM Movie Night CC -TC Miss Congeniality 2	26	<b>Fall Prevention Week</b> 9:00AM *Walmart-OS 2:00PM Fall Prevention Lecture-TC By Adam Meierhifer, PT 3:30PM New Resident Orientation-TC 7:15PM Movie Night CC-TC Nobody's Fool	27	<b>Fall Prevention Week</b> 10:00AM You Look Beautiful Boutique-BH 10:00AM Aqua Boxing-P 3:00PM *State Fair Of Landon With Marty Ruiz CL & Trattoria 7:15PM Movie Night NCC Avatar	28	10:30AM Silver Sneakers Water Aerobics-P 12:00PM Cooking Demo with Brad- MR 2:30PM Movie Matinee NCC-TC The Resident 7:15PM Movie Night CC-TC The Resident
29	<b>National Coffee Day</b> ★ 3:30PM Bingo-CL 3:30PM Movie Matinee NCC-TC The Fighter 7:15PM Movie Night CC-TC The Fighter 8:20PM Cowboys vs Eagles-B NBC	30	1:00PM *DIY Fall Mason Jars-CL Please RSVP for the craft 2:30PM Movie CC -TC The Break-Up 7:15PM Movie NCC -TC The Break-Up							NCC CC * *NEW*	Movies with NCC means Captions/subtitles <u>OFF</u> Movies with CC means Captions/subtitles <u>ON</u> RSVP Required New Classes or Clubs to Join		

LOCATION KEY				Important Phone Numbers		The Landon at Lake Highlands	
E	Entrance/Living Room	CL	Champagne Lounge	  THE LANDON AT LAKE HIGHLANDS <small>A GRACE MGMT COMMUNITY</small>  THE LANDON AT LAKE HIGHLANDS 214-343-6400 MAIN 214-343-6401 FAX	COURTESY OFFICER PHONE Cell # 214-734-1076	See an event/lecture you want to RSVP for?	
B	Bistro	MR	Multipurpose Room		TRATTORIA DINING ROOM		
BH	Bistro Hallway	OS	Off-site Transportation		214-221-3285		
BR	Billiard Room	P	Pool		EMERGENCY MEDICAL	We would love to save you a seat! Please call or email us at:	
CC	Care Concierge	T	Trattoria		911	leasing@landonatlakehighlands.com or 214-343-6400	
FC	Fitness Center	TR	Tuscan Room		CARE CONCIERGE	8501 Lullwater Dr. Dallas, TX 75238	
GR	Game Room	TC	Theatre Central		214-343-6400	Take a tour of our beautiful community & stay for a delicious lunch! We cant wait to see you!	
AR	Art Room	WC	Wellness Center		Monday-Friday 10AM-4PM		
BC	Buisness Center	4L	4th Floor Library				

