

# September 2020 Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>THE LANDON AT LAKE HIGHLANDS</b> A GRACE MGMT COMMUNITY</p>	<p><b>8501 Lullwater Dr. Dallas, TX 75238 2143436400</b></p>	<p>8:30 ★ Online Shopping Loop - Call for an appointment [FO] <b>1</b></p> <p>10:00 ↔ Aqua Bodyworks [P]</p> <p>10:00 ↔ Chair Tai Chi [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ↔ Chair Yoga [MR]</p> <p>1:30 🍷 Celebrate your Pet Today at Pet Play! "we have cake" [MR]</p> <p>2:30 ↔ Step in Motion: Basic Step Class [MR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - E.T. [TC]</p>	<p>8:30 ★ Online Shopping Loop - Call for an appointment [FO] <b>2</b></p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ★ Landon Fresh Farmers Market [CL]</p> <p>11:05 ↔ Chair Aerobics &amp; Strength Class [MR]</p> <p>11:30 ↔ Open Play on the Smart Balance [FC]</p> <p>12:30 🍷 12 Minute Health Tip and Snack [TC]</p> <p>2:00 🎶 Line Dancing Video [MR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night NCC - Parkland [TC]</p>	<p>10:00 ↔ Advanced Water Aerobics [P] <b>3</b></p> <p>10:30 ↔ Stretch to Your Health [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ★ Landon Fresh Farmers Market [CL]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>2:00 ↔ Chair Tai Chi [MR]</p> <p>2:30 ↔ Bocci Ball [VW]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Fried Green Tomatoes [TC]</p>	<p>10:00 ↔ Basic Water Aerobics [P] <b>4</b></p> <p>10:30 ↔ Chair-full Fitness Class [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>2:00 ↔ Line Dancing Video [MR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - I Am Sam [TC]</p>	<p>10:45 ↔ Water Walking Group [P] <b>5</b></p> <p>2:00 🎮 Virtual Vacation to the Greek Islands: Athens, Mykonos, Santorini, and Rhodes [TC]</p> <p>3:30 Movie Matinee NCC - La La Land [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - La La Land [TC]</p>
<p>9:30 🦋 Lake Pointe Church LIVE Stream [TC] <b>6</b></p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🦋 Catholic Diocese of Dallas LIVE Streamed [TC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Mona Lisa Smile [TC]</p>	<p><b>Labor Day</b> <b>7</b></p> <p>Office Closed</p> <p>10:00 ↔ Water in Motion [P]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>3:30 Labor Day Movie Matinee NCC - Apollo 13 [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Apollo 13 [TC]</p>	<p>8:30 Online Shopping Loop - Call for an appointment [FO] <b>8</b></p> <p>10:00 ↔ Aqua Bodyworks [P]</p> <p>10:00 ↔ Chair Tai Chi [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ↔ Chair Yoga [MR]</p> <p>1:30 🎮 Pet Play [MR]</p> <p>2:00 🎮 Brain Games - Do You Hear What I Hear? [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Life of Pi [TC]</p>	<p>8:30 ★ Online Shopping Loop - Call for an appointment [FO] <b>9</b></p> <p>9:00 ★ Preferred Podiatry, by appointment only [CC]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:05 ↔ Chair Aerobics &amp; Strength Class [MR]</p> <p>12:30 🍷 12 Minute Health Tip and Snack [TC]</p> <p>2:00 🎤 Landon Lecture Series - "The Last Dance" by Dr. Ray Sandoval [TC]</p> <p>2:00 🎶 Line Dancing Video [MR]</p> <p>3:00 🎤 Party with Marty - Come sing along &amp; dance! [E]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Face Off [TC]</p>	<p>10:00 ↔ Advanced Water Aerobics [P] <b>10</b></p> <p>10:45 ↔ Water Walking Group [P]</p> <p>2:00 ↔ Chair Tai Chi [MR]</p> <p>2:00 Food Committee Meeting [TR]</p> <p>2:30 ↔ Bocci Ball [VW]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Six Days Seven Nights [TC]</p>	<p>Novin Jewelry Repair at 12:30 PM - Please have items in a labeled envelope (see front desk for more info) <b>11</b></p> <p>10:00 Total Hearing [CC]</p> <p>10:00 ↔ Water in Motion [P]</p> <p>10:30 ↔ Chair-full Fitness Class [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🎵 Remembering 9/11 with Prayer, Moment of Silence, and our National Anthem [VW]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>2:00 ↔ Chair Tai Chi [TC]</p> <p>2:00 ↔ Line Dancing Video [MR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Beau Geste [TC]</p>	<p>10:45 ↔ Water Walking Group [P] <b>12</b></p> <p>2:00 🎮 Explore Dallas History with Holly - PART #1 "Roma Amor" [TC]</p> <p>3:30 Movie Matinee NCC- The Phantom of the Opera [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - The Phantom of the Opera [TC]</p>
<p>"How We Care for Our Family" &amp; National Grandparents Day - *See the Bistro Hallway For A Special Surprise! <b>13</b></p> <p>National Assisted Living Week - Celebrate and Support our Community's Nationwide</p> <p>9:30 🦋 Lake Pointe Church LIVE Stream [TC]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🦋 Catholic Diocese of Dallas LIVE Streamed [TC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>3:15 🎤 "Golden Girls, Thank You For Being A Friend" Lecture [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Meet The Parents [TC]</p>	<p><b>N.A.L.W - "How We Care for the Environment"</b> <b>14</b></p> <p>9:00 ↔ Herb Garden [T]</p> <p>10:00 ↔ Water in Motion [P]</p> <p>10:30 ↔ Strength Training [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>2:00 ↔ LIVE Line Dancing Class [MR]</p> <p>2:30 🎨 NALW Craft Event - Make your own canvas shopping bag &amp; Paper made from recycled materials! [CL]</p> <p>3:30 🎮 Musingo - Virtual Class [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Meet The Fockers [TC]</p>	<p><b>N.A.L.W - "How We Care for Ourselves" (Self - Care)</b> <b>15</b></p> <p>8:30 ★ Online Shopping Loop [FO]</p> <p>10:00 ↔ Aqua Bodyworks [P]</p> <p>10:00 ↔ Chair Tai Chi [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ↔ NALW Caring for Ourselves Workout - Celebrate Chair Yoga Day! A Surprise for Heather! [TC]</p> <p>1:30 🎮 Pet Play [MR]</p> <p>2:00 🎤 NALW Lecture - "Bruises, Bumps, Bandages, &amp; Broken Bones" [TC]</p> <p>2:30 ↔ Step in Motion: Basic Step Class [MR]</p> <p>3:00 🎤 NALW Treat - Mobile Smoothie Social on the Floors! *Starting on the 1st floor*</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Incident in A Small Town [TC]</p>	<p><b>N.A.L.W - "How We Care for Our Furry Friends/Pets"</b> <b>16</b></p> <p>National Guacamole Day</p> <p>8:30 ★ Online Shopping Loop [FO]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:05 ↔ Chair Aerobics &amp; Strength Class [MR]</p> <p>11:30 ↔ Open Play on the Smart Balance [FC]</p> <p>12:00 🎵 Lunch &amp; Learn with Rachel: Gratitude [TC]</p> <p>1:30 🎮 NALW Funny Pet Clips and More! - "Are You a Dog or Cat Person?" [TC]</p> <p>2:00 🎶 Line Dancing Video [MR]</p> <p>2:30 🎤 Communion with L.H.U.M.C [TC]</p> <p>3:00 🎤 LIVE Entertainment with Norris Perry [E]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Best in Show [TC]</p>	<p><b>N.A.L.W - "How We Care for Our Schools"</b> <b>17</b></p> <p>9:05 ↔ Walking Club [MR]</p> <p>10:00 ↔ Advanced Water Aerobics [P]</p> <p>10:30 ↔ Stretch to Your Health [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🎤 NALW Video: Help us make a quick video to our local school teachers &amp; students - "Welcome Back To School &amp; Stay Safe!" [LR]</p> <p>2:00 ↔ Chair Tai Chi [MR]</p> <p>2:30 ↔ Bocci Ball [VW]</p> <p>3:00 Resident Ambassador Meeting [TR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - She Done Him Wrong (with Carey Grant) [TC]</p>	<p><b>N.A.L.W - "How We Care for Our Community"</b> <b>18</b></p> <p>National Cheeseburger Day</p> <p>10:00 ↔ Basic Water Aerobics [P]</p> <p>10:30 ↔ Chair-full Fitness Class [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ★ NALW: Help us hand out a special THANK YOU lunch to the Men &amp; Women at FD #48 [E]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>1:30 📖 Book Club "Widow of Rose House" with Barbara Glass [TC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>2:00 ↔ Line Dancing Video [MR]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Camelot [TC]</p>	<p>NALW: Enjoy the breeze with a walk around the community &amp; Try something new today! <b>19</b></p> <p>National Assisted Living Week - Celebrate and Support our Community's Nationwide! - "How We Care for Our Home"</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>2:00 🎮 Explore Dallas History with Holly - PART #2 "Roma Amor" [TC]</p> <p>3:30 🎮 Movie Matinee NCC - Before The Flood (documentary about climate change) [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 🎮 Movie Night CC - Before The Flood (documentary about climate change) [TC]</p>
<p>9:30 🦋 Lake Pointe Church LIVE Stream [TC] <b>20</b></p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🦋 Catholic Diocese of Dallas LIVE Streamed [TC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Kingdom of the Blue Whale Documentary [TC]</p>	<p><b>Fall Prevention Week</b> <b>21</b></p> <p>World Alzheimer's Day</p> <p>9:00 ↔ Herb Garden [T]</p> <p>10:00 ↔ Water in Motion [P]</p> <p>10:30 ↔ Strength Training [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>12:00 🍷 Live 2 B Healthy Lunch and Learn, must RSVP to receive lunch during lecture [TC]</p> <p>2:00 ↔ LIVE Line Dancing Class [MR]</p> <p>3:00 🎤 TED Talk with Rachel: Gratitude [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Planet of the Birds [TC]</p>	<p><b>Fall Prevention Week</b> <b>22</b></p> <p>8:30 ★ Online Shopping Loop - Call for an appointment [FO]</p> <p>10:00 ↔ Aqua Bodyworks [P]</p> <p>10:00 ↔ Chair Tai Chi [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ↔ Chair Yoga [MR]</p> <p>1:30 🎮 Pet Play [MR]</p> <p>2:30 ↔ Step in Motion: Practice Climbing Steps to Prevent a Fall [MR]</p> <p>3:15 🎤 Fall Prevention Seminar: "Fall is a season not a Destination" [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🎤 Learning Electronics [BC]</p> <p>7:15 Movie Night CC - The Greatest Showman [TC]</p>	<p><b>Fall Prevention Week</b> <b>23</b></p> <p>8:30 ★ Online Shopping Loop - Call for an appointment [FO]</p> <p>10:15 ↔ Balance Class 101 [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:05 ↔ Chair Aerobics &amp; Strength Class [MR]</p> <p>11:30 ↔ Open Play on the Smart Balance [FC]</p> <p>12:30 🍷 12 Minute Health Tip and Snack [TC]</p> <p>2:00 🎶 Line Dancing Video [MR]</p> <p>2:30 🎮 Can you Waddle Like Penguin Game? (Highest Score Wins!) [FC]</p> <p>3:00 🎤 LIVE Entertainment with Sherrill Douglas [E]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Women of Impact: Changing The World Documentary [TC]</p>	<p><b>Fall Prevention Week</b> <b>24</b></p> <p>9:05 ↔ Walking Club [MR]</p> <p>10:00 ↔ Advanced Water Aerobics [P]</p> <p>10:30 ↔ Stretch to Your Health [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>2:00 ↔ Chair Tai Chi [MR]</p> <p>2:30 ↔ Bocci Ball [VW]</p> <p>2:45 🎮 Virtual Tour of The Villages Gym &amp; Fall Prevention Tips [TC]</p> <p>3:00 ★ New Resident Orientation *Welcome HOME!* [CL]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Expedition AMELIA [TC]</p>	<p><b>Medication Disposal Day in the Care Concierge Office</b> <b>25</b></p> <p>National Women's Health &amp; Fitness Day</p> <p>10:00 ↔ Basic Water Aerobics [P]</p> <p>10:30 ↔ Chair-full Fitness Class [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Try the Smart Balance Machine [FC]</p> <p>1:30 ★ Flu Shots, MUST RSVP [TL]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>2:00 ↔ Chair Tai Chi [TC]</p> <p>2:00 ↔ Line Dancing Video [MR]</p> <p>3:00 🎤 "The Amazing Success Of Mary Kay's Dream" Lecture, MK BINGO, &amp; Giveaways [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Jack [TC]</p>	<p>10:45 ↔ Water Walking Group [P] <b>26</b></p> <p>12:00 🎮 LIVE Cooking Demonstration [CL]</p> <p>2:00 🎮 LIVE Cooking Demonstration [CL]</p> <p>2:00 🎮 New Normal Seminar with Nickole [TC]</p> <p>3:30 Movie Matinee NCC - The Three Musketeers [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - The Three Musketeers [TC]</p>
<p>9:30 🦋 Lake Pointe Church LIVE Stream [TC] <b>27</b></p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🦋 Catholic Diocese of Dallas LIVE Streamed [TC]</p> <p>2:00 🎮 Bingo! [CL]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Turner &amp; Hooch [TC]</p>	<p><b>28</b></p> <p>9:00 ↔ Herb Garden [T]</p> <p>10:00 ↔ Water in Motion [P]</p> <p>10:30 ↔ Strength Training [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:30 ↔ Open Play on the Smart Balance Machine [FC]</p> <p>2:00 ↔ LIVE Line Dancing Class [MR]</p> <p>3:30 🎮 Musingo [TC]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night NCC - Three Men &amp; A Baby [TC]</p>	<p><b>29</b></p> <p>8:30 ★ Online Shopping Loop - Call for an appointment [FO]</p> <p>10:00 ↔ Aqua Bodyworks [P]</p> <p>10:00 ↔ Chair Tai Chi [MR]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 ↔ Chair Yoga [MR]</p> <p>1:30 🎮 Pet Play [MR]</p> <p>2:30 ↔ Step in Motion: Basic Step Class [MR]</p> <p>3:30 🎮 Dial - In Community Meeting</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>7:15 Movie Night CC - Sister Act [TC]</p>	<p><b>30</b></p> <p>8:30 ★ Online Shopping Loop - Call for an appointment [FO]</p> <p>10:45 ↔ Water Walking Group [P]</p> <p>11:00 🎮 New Normal Seminar with Nickole [TC]</p> <p>11:05 ↔ Chair Aerobics &amp; Strength Class [MR]</p> <p>11:30 ↔ Open Play on the Smart Balance [FC]</p> <p>12:30 🍷 12 Minute Health Tip and Snack [TC]</p> <p>2:00 🎶 Line Dancing Video [MR]</p> <p>3:00 🎤 LIVE Entertainment with Tony Macaroni [E]</p> <p>3:30 ↔ Water Walking Group [P]</p> <p>4:00 🍷 Happy Hour During Dinner [T]</p> <p>7:15 Movie Night CC - Sister Act 2 [TC]</p>	<p><i>Location Keys</i></p> <p>Business Center Care Concierge Champagne Lounge Entrance Fitness Center Front Office Lobby Living Room Multipurpose Room Pool Theater Central Theater Landing Trattoria Restaurant Tuscan Room Veteran's Wall</p>	<p>BC Cognitive CC Creative CL Emotional E Inter-generational FC Physical FO Purposeful TR Sensory M Social P Spiritual TC TL T TR VW</p>	 <p><b>Caring is Essential</b></p>

*Want to know more about The Landon?*

*Call us or stop by to take a tour of the community.*

*Schedule a tour today at [leasing@landonatlakehighlands.com](mailto:leasing@landonatlakehighlands.com) or call us at 214-343-6400*

*We can't wait to meet you and show you around to your new home!*

*It's not like home, it is home.*