

Flu Shot Season!



Friday, September 25th
1:30PM at the Theater Landing
***MUST* RSVP to receive a shot!**
Please ask Sara for more information.

Medication Disposal Day!



*It's time to clean out your
medicine cabinet!*

*Bring any old, opened, expired
medications to the Care Concierges
Office for proper disposal.
Red Away will take it away the proper
way and dispose of all the unneeded
medications.*

*So check your dates on your
medications and decide if it is time to
throw them away.*

Cooking Demonstration



*Last Saturday of the Month
Saturday, September 26th
Noon & 2:00PM in the Champagne Lounge
Join Culinary Director, John for a LIVE
cooking demo! Enjoy the smells, cooking tips,
and the tasting of his latest creation.*



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

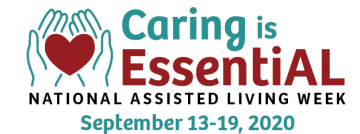
Life at the Landon September 2020



*This is going to be a fun month!
National Assisted Living Week is not only
for "Assisted Living" communities in Grace
Management. This year has been a
challenge for so many, but when you get
lemons, its time to make lemonade!*

*Our home office, Grace Management came up
with an inspiring theme for
National Assisted Living Week
(N.A.L.W) that speaks to
all levels of senior living.*

*This year's theme is, "Caring Is Essential."
Starting on Sunday, September 13th to
Saturday, September 19th we will participate
with special themed days that will show how
the Landon makes caring essential!*



Join us in
celebrating our
Essential
Caregivers!

*Sunday, September 13th
"How We Care for Our Family"
& National Grandparents Day
Monday, September 14th
"How We Care for the Environment"
Tuesday, September 15th
"How We Care for Ourselves"
Wednesday, September 16th
"How We Care for Our
Furry Friends/Pets"
Thursday, September 17th
"How We Care for Our Schools"
Friday, September 18th
"How We Care for Our Community"
Saturday, September 19th
"How We Care for Our Home"*

Mary Kay Ash Lecture, BINGO, & Giveaways!



Friday, September 25th
3:00PM in the Theater

*Back by popular demand we have Teresa
Godwin Zooming in from North Carolina to
present a new lecture called, "The
Amazing Success of Mary Kay's Dream."
This time we will have MK BINGO and of
course, giveaways! RSVP today*

Landon Fresh Farmers Market



**Wednesday, September 2nd
& Thursday, September 3rd
11:00AM - 3:00PM
Champagne Lounge**

*Stop on by our
fresh farmers market
right here at The Landon!*

*We'll have fresh fruits, fresh vegetables,
homemade pies, homemade seasoning
mixes, homemade jams, assorted fresh-
baked bread, and hand made items for
purchase.*

**Payment:
*No cash***

**Credit Cards Accepted
Or we can put on your rent
statement with a signed receipt.**

**Limit 10 people at a time with mask & 6 feet
socially distanced.**

Virtual Vacation to the Greek Islands



**Saturday, September 5th
2:00 PM
Theater**

*Sit back and relax while you're guided
through the beautiful, captivating Greek
Islands!*

*From Athens, Mykonos, Santorini, and
Rhodes, all will be shown, along with
interesting facts about these historical
destinations.*

Did you know:

- *Greece has over 5,000 Islands.*
- *Santorini is an active volcano!*
- *The Pelican is the mascot of Mykonos.*
- *Rhodes is the most popular destination
spot in Greece!*
- *Greece's signature "blue doors" keep
evil spirits away.*
- *Official name of Greece is the Hellenic
Republic.*

World Alzheimer's Day



**Monday, September 21st
12:00PM in the Theater**

*Live 2 B Healthy Lunch and Learn
Must RSVP to receive lunch during
lecture.
Then.....At 3:00PM don't miss the
TED Talk with Rachel*

Fall Prevention Seminar: "Fall is a Season Not a Destination"



**Tuesday, September 22nd
3:15 PM in the Theater**

*Have you fallen or are you afraid of
falling? Learn all about how to avoid
more falls and ways to overcome your
recent fall.*

Fall Prevention Week: Balance Class 101 & Fun Balance Games



**Wednesday, September 22nd
10:15AM in the Multipurpose Room
&**

2:30PM in the Fitness Center
*Join us in the morning for a fun workout to
target your balance!
Then.....In the afternoon pop into the Fitness
Center to play on the balance machine and
test your balance with the penguins!*

Virtual Tour and Fall Prevention Tips



**Thursday, September 24th
2:45PM in the Theater**
*Take a virtual tour of The Villages gym
and get fall prevention tips from the
experts! Ask questions and educate
yourself on how to prevent a fall from
happening to you.*

9/11 Memorial Day



Friday, September 11th
11:00AM
Veteran's Wall

Take a moment with us at the Wall of Heroes to remember 9/11 with a moment of silence, prayer, and our National Anthem.

The September 11 attacks were a series of four coordinated terrorist attacks by the Islamic terrorist group al-Qaeda against the United States on the morning of Tuesday, September 11, 2001. 2,977 deaths and over 25,000 Americans injured.

"Roma Amor" Lecture Part#1 with Holly



Saturday, September 12th & 19th
2:00PM
Theater

Come to a 2 part book review of "Roma Amor," by Dr. Judith Testa. Hear the secret/lesser known/gossipy back stories to the major tourist sites in Rome.

Golden Girls,
Thank You For Being A Friend Lecture



Sunday, September 13th
3:15PM in the Theater

Love the Golden Girls? RSVP for a fun lecture all about your favorite roommates! Come ready to laugh!

Sunday Church Services



Every Sunday in the Theater

9:30 AM

Lake Pointe Church Service
Live Stream

11:00 AM

Catholic Diocese of Dallas
Live Stream
(Channel KDFW Fox #4)

We will have two opportunities to have church service on the big screen in the theater, so please come and join us in a LIVE stream of service.

Also..... Don't miss Scott Somers with Lake Highlands United Methodist Church on the 3rd Wednesday of the month at 2:30 PM in the theater (Wednesday, September 16th).

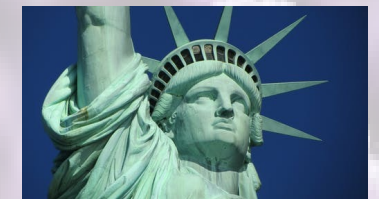
Holiday: Labor Day



Just a reminder that the office will be closed on Monday, September 7th to recognize Labor Day.

Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

Landon Lecture Series: "The Last Dance"
by Dr. Ray Sandoval



Wednesday, September 9th
2:00 PM in the Theater

In terms of change, the American system was established to provide for incremental change and prevent, or slow, significant radical change. We process reforms but not revolutions. However, we have encountered in the last 50 years numerous tipping points which have increased in both significance and frequency. Symbolically, what music do we play for our last dance and who do we dance with?

