



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2020

8501 Lullwater Drive
Dallas, Texas 75238
214-343-6400
www.LandonatLakeHighlands.com



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Daylight Saving Ends	2		3	Election Day	4		5		6		7	
SP	9:30 Lake Pointe LIVE Stream Church Service - TC	PY	10:30 Strength Training - MR	PR	8:30 Online Shopping - FO	PR	10:00 Core 15 - MR	PR	9:05 Walking Club - MR	SE	10:00 Stretch to Your Health - MR	I	2:00 Virtual Vacation to Rome - TC
SP	11:00 Catholic Diocese of Dallas Church Service - TC	PY	11:30 Smart Balance - FC	PY	9:00 Herb Garden - G	PR	11:05 Chair Aerobics & Strength Class - MR	PR	10:30 Chair Tai Chi - MR	SE	10:30 Chair-Full Fitness Class - MR	SE	3:30 Movie Matinee NCC - Catch Me If You Can - TC
SE	2:00 BINGO! - CL	SE	2:00 LIVE Line Dancing Class - MR	PR	11:00 Chair Yoga - MR	PY	11:30 Smart Balance - FC	CO	10:30 Kroger Shopping - OS	CO	11:30 Smart Balance - FC	SO	7:15 Movie Night CC - Downton Abbey S5 E3&4 - TC
CR	7:15 Movie Night CC - One Flew Over The Cuckoo's Nest - TC	E	3:00 TED Talk with Rachel "Active Aging" - TC	SE	2:00 Brain Games:"Do You Hear What I Hear?" & "Riddle Me This" - TC	CO	2:00 Silver Derby Horse Races (Bring your quarters) - MR	PR	1:00 Graceful Friends Committee - CL	PR	1:00 Graceful Friends Committee - CL	SO	
		SO	7:15 Movie Night CC - Fargo - TC	PR	2:30 Basic Step Class - MR	SO	4:00 Happy Hour During Dinner - TR	PR	2:00 Trash vs Recycling Seminar Recap - TC	SO	2:00 BINGO! - CL	SO	
				PR	3:15 Gobble Gobble Fire Safety Talk - TC	SO	7:15 Movie Night CC - Glory - TC	PY	2:30 Bocci Ball - VW	SO	4:00 Happy Hour During Dinner - TR		
				SO	7:15 Movie Night NCC - Cast Away - TC			SO	7:15 Movie Night NCC - It's Complicated - TC	SO	7:15 Movie Night NCC - Mrs. Doubtfire - TC		
8		9		10		11	Veterans Day	12		13		14	
SP	9:30 Lake Pointe LIVE Stream Church Service - TC	PY	10:30 Strength Training - MR	PR	8:30 Online Shopping - FO	PR	9:00 Preferred Podiatry - CC	PR	9:05 Walking Club - MR	SE	10:00 Stretch to Your Health - MR	CR	2:00 Rose Mary Rumbley Series Part 1 "Odds and Ends" - TC
SP	11:00 Catholic Diocese of Dallas Church Service - TC	PR	11:15 Gobble Gobble Fire Safety Talk - MR	SE	9:00 Turkey Trot Scavenger Hunt - Hunt the TURKEY'S on the floor!	PR	9:00 Elite Dental - TC	PR	10:00 Landon Farmers Market Open from 10 AM to 3 PM - CL	PR	10:00 Total Hearing - CC	SE	3:30 Movie Matinee CC - Brannigan - TC
SE	2:00 BINGO! - CL	PY	11:30 Smart Balance - FC	PY	9:00 Herb Garden - G	PR	10:00 Core 15 - MR	PR	10:30 Chair Tai Chi - MR	SE	10:30 Chair-Full Fitness Class - MR	SO	7:15 Movie Night CC - Downton Abbey S5 E5&6 - TC
CR	7:15 Movie Night CC - Hope Floats - TC	SE	2:00 LIVE Line Dancing - MR	PR	11:00 Chair Yoga - MR	PY	11:05 Chair Aerobics & Strength Class - MR	CO	10:30 Target Shopping - OS	PY	11:30 Smart Balance - FC		
		SO	3:30 Musingo - TC	PR	2:00 Current Events Talk with Barbara Glass - TC	CO	11:30 Smart Balance - FC	I	11:30 Smart Balance - FC	PR	1:00 Novin Jewellery Repair - ME		
			7:15 Movie Night NCC - Renaissance Man - TC	PR	2:30 Basic Step Class - MR	E	2:00 Lecture Series "Salute To Veteran's Day" - TC	PR	2:00 Barbie "The Plastic Icon" Lecture - TC	CC	2:00 BINGO! - CL		
				SO	7:15 Movie Night CC - Rain Man - TC	SO	3:00 USO Celebration with Marty & Ruby - MR	PR	2:00 Food Committee - CL	SO	4:00 Happy Hour During Dinner - TR		
							4:00 Happy Hour During Dinner - TR	PY	2:30 Bocci Ball - VW	SO	7:15 Movie Night NCC - Dances With Wolves - TC		
							7:15 Movie Night CC - As Good As It Gets - TC	SO	7:15 Movie Night NCC - Beaches - TC				
15		16		17		18		19		20		21	
SP	9:30 Lake Pointe LIVE Stream Church Service - TC	PY	10:30 Strength Training - MR	PR	8:30 Online Shopping - FO	PR	10:00 Core 15 - MR	PR	9:05 Walking Club - MR	SE	10:00 Stretch to Your Health - MR	SE	3:30 Movie Matinee NCC - Saving Mr. Banks - TC
SP	11:00 Catholic Diocese of Dallas Church Service - TC	PY	11:30 Smart Balance - FC	PY	9:00 Herb Garden - G	PR	11:05 Chair Aerobics & Strength Class - MR	PR	10:30 Chair Tai Chi - MR	SE	10:30 Chair-Full Fitness Class - MR	SO	7:15 Movie Night CC - Downton Abbey S5 E 7&8 - TC
SE	2:00 BINGO! - CL	E	1:00 Virtual Thanksgiving Messages To Your Friends & Family - BL	PR	11:00 Chair Yoga - MR	SO	2:00 Thankful Tea Time - CL	CO	10:30 WalMart Shopping - OS	CO	11:30 Smart Balance - FC		
CR	7:15 Movie Night CC - City Slickers - TC	SE	3:00 TED Talk with Rachel "Active Aging" - TC	PR	2:00 Basic Step Class - MR	PR	2:30 Basic Step Class - MR	PR	11:30 Smart Balance - FC	PY	11:30 Smart Balance - FC		
		SO	7:15 Movie Night CC - CoCo Chanel - TC	PR	3:15 STEADI RX Seminar Presented by Consortia - TC	SE	3:30 Learning Electronics Class - BC	PR	2:00 Resident Ambassador Meeting - CL	SE	1:30 Book Club "Talk Before Sleep" - TC		
				SO	7:15 Movie Night NCC - Million Dollar Baby - TC	SO	7:15 Movie Night NCC - Million Dollar Baby - TC	PY	2:30 Bocci Ball - VW	CC	2:00 BINGO! - CL		
								PR	3:00 New Resident Orientation - CL	SO	4:00 Happy Hour During Dinner - TR		
								SO	7:15 Movie Night NCC - Seabiscuit - TC	SO	7:15 Movie Night CC - The Terminal - TC		

Events are Subject to Change.

NOVEMBER 2020

The Landon at Lake Highlands

Events and Activities

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>SP 9:30 Lake Pointe LIVE Stream Church Service - TC</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service - TC</p> <p>SE 2:00 BINGO! - CL</p> <p>CR 7:15 Movie Night CC - The Book Thief - TC</p>	<p>23</p> <p>PY 10:30 Chair Aerobics & Strength Training - MR</p> <p>PY 11:30 Smart Balance - FC</p> <p>SO 7:15 Movie Night NCC - Driving Miss Daisy - TC</p>	<p>24</p> <p>PR 8:30 Online Shopping - FO</p> <p>PY 9:00 Herb Garden - G</p> <p>PR 11:00 Chair Yoga - MR</p> <p>PR 2:30 Basic Step Class - MR</p> <p>PR 3:30 Dial - In Community Meeting</p> <p>SE 7:15 Movie Night NCC - The Horse Whisperer - TC</p>	<p>25</p> <p>PY 11:30 Smart Balance - FC</p> <p>12:00 *REMINDER* Return your pre-order Thanksgiving dinner form(s) to the restaurant</p> <p>SO 3:00 LIVE Entertainment with Tony Macaroni - MR</p> <p>SO 4:00 Happy Hour During Dinner - TR</p> <p>SE 7:15 Movie Night NCC - True Grit - TC</p>	<p>26 Thanksgiving</p> <p>6:00 Office Closed - Have A Blessed Thanksgiving</p> <p>7:30 Breakfast Hours 7:30 AM - 10:30 AM - TR</p> <p>11:00 Thanksgiving Lunch Hours 11:00 AM - 2:00 PM - TR</p> <p>CC 3:30 Movie Matinee CC - Erin Brochovich - TC</p> <p>CC 7:15 Movie Night NCC - Erin Brockovich - TC</p>	<p>27</p> <p>PY 11:30 Smart Balance - FC</p> <p>CC 2:00 BINGO! - CL</p> <p>SO 4:00 Happy Hour During Dinner - TR</p> <p>SE 7:15 Movie Night CC - Julie & Julia - TC</p>	<p>28</p> <p>CR 12:00 LIVE Cooking Demonstration - CL</p> <p>SE 3:30 Movie Matinee NCC - The Chronicles Of Narnia The Lion, The Witch, & The Wardrobe - TC</p> <p>SE 7:15 Movie Night CC - Downton Abbey S5 E9 - TC</p>
<p>29</p> <p>SP 9:30 Lake Pointe LIVE Stream Church Service - TC</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service - TC</p> <p>SE 2:00 BINGO! - CL</p> <p>CR 7:15 Movie Night CC - Meet Me In St. Louis - TC</p>	<p>30</p> <p>PY 10:30 Strength Training - MR</p> <p>PY 11:30 Smart Balance - FC</p> <p>SE 7:15 Movie Night NCC - Time Traveler's Wife - TC</p>	<p>CC - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>Important Numbers: Chef Hotline #214-270-2215 Grace Home Health #469-212-6648 Trattoria Restaurant #214-221-3285 Emergency 911 Security Dispatcher #1 - 888-228-1063 Front Desk Main #214-343-6400</p>	<p>Location Key: TC - Theater Central ME - Main Entrance MR - Multipurpose Room FC - Fitness Center CL - Champagne Lounge FO - Front Office G - Garden TR - Trattoria Restaurant OS - Off-Site VW - Veteran's Wall CC - Care Concierge BL - Bistro Library BC - Business Center</p>	<p>Want more information about The Landon at Lake Highlands? Call or email us at: 214-343-6400 leasing@landonatlakehighlands.com WELCOMING visitors and tours by appointment, call us today to schedule your visit!</p>	<p>New Associates: Will Durham – Maintenance Danielle Hicks – Housekeeping Stephanie Upton - Leasing Monica Gonzalez - Care Concierge Kayla Trujillo - Server</p>

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