

# APRIL 2021

8501 Lullwater Drive  
Dallas, Texas 75238  
214-343-6400  
[www.landonatlakehighlands.com](http://www.landonatlakehighlands.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> <b>CC</b> - Cognitive  <b>CR</b> - Creative  <b>E</b> - Emotional  <b>I</b> - Intergenerational  <b>PY</b> - Physical  <b>PR</b> - Purposeful  <b>SE</b> - Sensory  <b>SO</b> - Social  <b>SP</b> - 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   WC- Wellness Center   CL - Champagne Lounge  FO - Front Office   OS - Off-Site   G - Garden   BC - Business Center   TR - Trattoria Restaurant   BL - Bistro Library   VW - Veteran's Wall   CC - Care Concierge   LR - Living Room</p>	<p>See an event you want to attend?            Call or email us to save your seat.            214-343-6400 &amp;/or  <a href="mailto:leasing@landonatlakehighlands.com">leasing@landonatlakehighlands.com</a>            We can't wait to meet you soon!</p>	<p><b>1 April Fools' Day</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>CO</b> 9:00 Catch The Easter Chick!- Around The Community  <b>PR</b> 10:30 Chair Tai Chi - MR  <b>PY</b> 11:20 Core 15- MR  <b>CR</b> 2:00 Craft: Easter Wooden Cross Decor - CL  <b>SO</b> 2:30 Bocci Ball Game- VW  <b>PY</b> 2:30 Water Walking - P  <b>PR</b> 7:00 Movie Night - Beaches - TC         </p>	<p><b>2 Good Friday</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PY</b> 10:30 First Friday Fit Class - MR  <b>PR</b> 11:00 Smoky Rose Restaurant - OS  <b>CO</b> 2:00 BINGO! - CL  <b>PY</b> 2:30 Water Walking - P  <b>SO</b> 3:00 Good Friday: Easter with Marty &amp; Egg Hunt with Neighborhood - ME  <b>SO</b> 4:00 Happy Hour During Dinner - TR  <b>PR</b> 7:00 Movie Night - Joshua - TC         </p>	<p><b>3</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PR</b> 10:00 Park Lane Jewelry - BH  <b>I</b> 11:00 Holy Saturday Virtual Vacation to the Holy Land - TC  <b>PR</b> 2:00 Changing Lives One Drop at Time: CBD Products - CL  <b>PY</b> 2:30 Water Walking - P  <b>SE</b> 3:30 Movie Matinee - Cinderella Man - TC  <b>PR</b> 7:00 Movie Series - Doc Martin S4 E1&amp;2 - TC         </p>
<p><b>4 Easter</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>SP</b> 11:00 Easter Service Catholic Diocese of Dallas Church Service - TC or Local Channel KDFI #8 or #27  <b>SE</b> 2:00 Easter BINGO! - CL  <b>PR</b> 7:00 Movie Night - Marley &amp; Me - TC         </p>	<p><b>5</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PY</b> 10:30 Upper Body Strength Training Class - MR  <b>PY</b> 2:30 Water Walking - P  <b>SE</b> 3:00 Ranger Baseball Home Opener Game vs Blue Jays - CL  <b>E</b> 3:00 TED Talk with Rachel: Stress Management - TC  <b>PR</b> 7:00 Movie Night - Mrs. Doubtfire - TC         </p>	<p><b>6</b></p> <p> <b>PR</b> 8:30 Online Shopping - FO  <b>PY</b> 9:00 Water Walking - P  <b>PR</b> 11:00 Chair Yoga - MR  <b>PR</b> 12:00 Lunch &amp; Learn:"Estate Planning/P.O.A Essentials" with Livens Reed - MR  <b>SE</b> 2:00 National Tartan Day: "Scottish Tartan's &amp; History" Lecture - TC  <b>PY</b> 2:30 Water Walking - P  <b>PR</b> 7:00 Movie Night - In Love And War - TC         </p>	<p><b>7</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PR</b> 11:00 2nd Vaccine (First Come, First Serve) - Lobby Area  <b>PR</b> 2:00 Celebrate The Final Vaccine Clinic with Coke Floats &amp; Ice Cream Cones! - LR  <b>PY</b> 2:30 Water Walking - P  <b>SO</b> 4:00 Happy Hour at Dinner - TR  <b>PR</b> 7:00 Movie Night - Little Miss Sunshine - TC         </p>	<p><b>8</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>I</b> 9:00 The League of Men Breakfast - CL  <b>PR</b> 10:30 Chair Tai Chi - MR  <b>PY</b> 11:20 Core 15- MR  <b>I</b> 1:00 Yom Hashoah - Dallas Holocaust Museum - OS  <b>PR</b> 2:00 Food Committee - CL  <b>PY</b> 2:30 Water Walking - P  <b>CO</b> 3:00 BUNCO is Back! - CL  <b>PR</b> 7:00 Movie Night NCC - The Diary of Anne Frank - TC         </p>	<p><b>9</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PR</b> 10:00 Total Hearing-CC  <b>SE</b> 10:00 Stretch to Your Health - MR  <b>PY</b> 10:30 April Showers Power Hour - MR  <b>CO</b> 2:00 BINGO! - CL  <b>PY</b> 2:30 Water Walking - P  <b>SO</b> 4:00 Happy Hour During Dinner - TR  <b>PR</b> 7:00 Movie Night - Doubt - TC         </p>	<p><b>10</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>I</b> 11:00 Relaxing Piano &amp; Violin Music by Svanik - TC  <b>SE</b> 2:00 Health With An Attitude Lecture with Fred - TC  <b>PY</b> 2:30 Water Walking - P  <b>SE</b> 3:30 Movie Matinee - Dr. Dolittle - TC  <b>PR</b> 7:00 Movie Series - Doc Martin S4 E3&amp;4 - TC         </p>
<p><b>11</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>SP</b> 11:00 Catholic Diocese of Dallas Church Service - TC or Local Channel KDFI #8 or #27  <b>SE</b> 2:00 BINGO! - CL  <b>PR</b> 7:00 Movie Night - Hidalgo - TC         </p>	<p><b>12</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PY</b> 10:30 Upper Body Strength Training Class - MR  <b>PY</b> 2:30 Water Walking - P  <b>PR</b> 7:00 Movie Night - Hairspray - TC         </p>	<p><b>13 Ramadan Begins</b></p> <p> <b>PR</b> 8:30 Online Shopping - FO  <b>PY</b> 9:00 Water Walking - P  <b>PR</b> 10:00 Donuts with Leasing - CL  <b>PR</b> 11:00 Chair Yoga - MR  <b>CO</b> 1:30 20 Minutes of Relaxing Music Part #3 (piano, cello, and harp) - TC  <b>PY</b> 2:30 Water Walking - P  <b>CO</b> 3:15 Learn About Sleep - TC  <b>PR</b> 7:00 Movie Night - Walk The Line - TC         </p>	<p><b>14</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>SE</b> 9:00 National Garden Day - G  <b>PR</b> 11:00 New Class: Active Drumming Fitness - MR  <b>CO</b> 2:00 "Great Journey Of The Trans-Siberian Railway" Lecture - TC  <b>PY</b> 2:30 Water Walking - P  <b>SO</b> 3:00 "Unmasked" with Ruby &amp; Brad - CL  <b>SO</b> 4:00 Happy Hour - TR  <b>PR</b> 7:00 Movie Night - Munich - TC         </p>	<p><b>15</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PY</b> 11:20 Core 15- MR  <b>CR</b> 2:00 FUN Craft Event: Spring Flower Pens! - CL  <b>PY</b> 2:30 Water Walking - P  <b>PR</b> 7:00 Movie Night - Elizabeth The Golden Age - TC         </p>	<p><b>16</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>SE</b> 10:00 Stretch To Your Health - MR  <b>SE</b> 10:30 Dallas Arboretum - OS  <b>PY</b> 10:30 Effective Fun 4 Fitness - MR  <b>PR</b> 11:00 You Look Beautiful Boutique - BH  <b>CO</b> 2:00 BINGO! - CL  <b>PY</b> 2:30 Water Walking - P  <b>SO</b> 4:00 Happy Hour - TR  <b>PR</b> 5:30 National Pajama Day &amp; Movie:"Heaven Is For Real" - TC         </p>	<p><b>17</b></p> <p> <b>PY</b> 9:00 Water Walking - P  <b>PY</b> 2:30 Water Walking - P  <b>SE</b> 3:30 Movie Matinee - My Fair Lady - TC  <b>PR</b> 7:00 Movie Series - Doc Martin S4 E5&amp;6 - TC         </p>

Events are Subject to Change.

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The Landon at Lake Highlands

Events and Activities

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>18</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>SP</div> <div>11:00</div> <div>Catholic Diocese of Dallas Church Service - TC or Local Channel KDFI #8 or #27</div> </div> <div> <div>SE</div> <div>2:00</div> <div>BINGO! - CL</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Something's Gotta Give - TC</div> </div>	<div>19</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PY</div> <div>10:30</div> <div>Upper Body Strength Training Class - MR</div> </div> <div> <div>PR</div> <div>1:00</div> <div>Harris/Novin Jewelry Repair Services - Lobby</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SE</div> <div>3:00</div> <div>TED Talk with Rachel: "The political progress women have made &amp; what's next" - TC</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - What Dreams May Come - TC</div> </div>	<div>20</div> <div> <div>PR</div> <div>8:30</div> <div>Online Shopping - FO</div> </div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>11:00</div> <div>Chair Yoga - MR</div> </div> <div> <div>CR</div> <div>2:00</div> <div>National Look Alike Day!: Guess Who Is Who - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SE</div> <div>3:30</div> <div>Learning Electronics Class: Widgets, Updates, and General Questions - BC</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - The Queen - TC</div> </div>	<div>21</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>11:00</div> <div>New Class: Barre Fitness with Marilyn - MR</div> </div> <div> <div>PR</div> <div>11:30</div> <div>Total Hearing: Differences between screen &amp; hearing tests - MR</div> </div> <div> <div>PR</div> <div>2:30</div> <div>L.H.U.M.C Service - TC</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SO</div> <div>4:00</div> <div>Happy Hour at Dinner - TR</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Tootsie - TC</div> </div>	<div>22</div> <div>Earth Day</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>10:30</div> <div>Chair Tai Chi - MR</div> </div> <div> <div>PR</div> <div>11:00</div> <div>Earth Day: Shred It Truck (11:00 AM to 1:00 PM) - ME</div> </div> <div> <div>PY</div> <div>11:20</div> <div>Core 15- MR</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>3:30</div> <div>Welcome! New Resident Orientation - CL</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Say Anything - TC</div> </div>	<div>23</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>SE</div> <div>10:00</div> <div>Stretch To Your Health - MR</div> </div> <div> <div>PY</div> <div>10:30</div> <div>What The Box! Core &amp; More - MR</div> </div> <div> <div>SE</div> <div>1:30</div> <div>Book Club:"The Book Woman Of Troublesome Creek" - TC</div> </div> <div> <div>CO</div> <div>2:00</div> <div>BINGO! - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>3:00</div> <div>Picnic Day: Pick Up Your Limeade - LR</div> </div> <div> <div>SO</div> <div>4:00</div> <div>Happy Hour At Dinner - TR</div> </div>	<div>24</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>CR</div> <div>12:00</div> <div>LIVE Cooking Demonstration - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SE</div> <div>3:30</div> <div>Movie Matinee - Silver Lining Playbook - TC</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Series - Doc Martin S4 E7&amp;8 - TC</div> </div>
<div>25</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>SP</div> <div>11:00</div> <div>Catholic Diocese of Dallas Church Service - TC or Local Channel KDFI #8 or #27</div> </div> <div> <div>SE</div> <div>2:00</div> <div>BINGO! - CL</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - September Dawn - TC</div> </div>	<div>26</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PY</div> <div>10:30</div> <div>Upper Body Strength Training Class - MR</div> </div> <div> <div>PR</div> <div>2:00</div> <div>National Pretzel Day: Come grab a hot fresh pretzel! - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Paul Blart Mall Cop - TC</div> </div>	<div>27</div> <div> <div>PR</div> <div>8:30</div> <div>Online Shopping - FO</div> </div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>11:00</div> <div>Chair Yoga - MR</div> </div> <div> <div>I</div> <div>2:00</div> <div>Tea Time &amp; National Tell A Story Day: Bonnie &amp; Clyde - "The Dallas Outlaws" by Cami - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Stranger Than Fiction - TC</div> </div>	<div>28</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>CO</div> <div>12:30</div> <div>Lunch &amp; Learn with Rachel: "How symbols &amp; brands shape our humanity" - TC</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SO</div> <div>3:00</div> <div>Entertainment by Tony Macaroni - CL</div> </div> <div> <div>SO</div> <div>4:00</div> <div>Happy Hour - TR</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Playing For Keeps - TC</div> </div>	<div>29</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>PR</div> <div>10:30</div> <div>Chair Tai Chi - MR</div> </div> <div> <div>PY</div> <div>11:20</div> <div>Core 15- MR</div> </div> <div> <div>I</div> <div>2:00</div> <div>Celebrate International Dance Day: "Dances From Around The World!" - TC</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>I</div> <div>5:00</div> <div>The League of Men Dinner &amp; Wine Night - CL</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Shall We Dance? - TC</div> </div>	<div>30</div> <div> <div>PY</div> <div>9:00</div> <div>Water Walking - P</div> </div> <div> <div>SE</div> <div>10:00</div> <div>Stretch To Your Health - MR</div> </div> <div> <div>PY</div> <div>10:30</div> <div>Fatigue Fight Club, Energy In 30 - MR</div> </div> <div> <div>CR</div> <div>11:00</div> <div>National Tie Dye Day: Water Marbling Class - CL</div> </div> <div> <div>CO</div> <div>2:00</div> <div>BINGO! - CL</div> </div> <div> <div>PY</div> <div>2:30</div> <div>Water Walking - P</div> </div> <div> <div>SO</div> <div>4:00</div> <div>Happy Hour During Dinner - TR</div> </div> <div> <div>PR</div> <div>7:00</div> <div>Movie Night - Tribute To Lucille Ball - TC</div> </div>	<div>Dining Room Times - No RSVP Needed:</div> <div>Breakfast: 7:30 AM - 10:00 AM</div> <div>Lunch: 11:30AM - 2:00 PM</div> <div>Dinner: 4:00 PM - 7:00 PM</div>

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