



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2022

Monthly Events and Activities

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want to know more about The Landon at Lake Highlands? Call us at 214-343-6400 or email us at leasing@landonatlakehighlands.com Enjoy a tour and lunch!</p>	<p>Location Key: B-Bistro BC-Business Center BH-Bistro Hallway BL-Bistro Library CC-Care Concierge CL-Champagne Lounge FC-Fitness Center FO-Front Office G-Garden L-Lobby</p>	<p>Location Key: ME-Main Entrance MR-Multipurpose Room OS-Off Site PDR- Private Dining Room P-Pool TR-Trattoria Restaurant WC-Wellness Center</p>	<p>Important Numbers: Grace Home Health (469)212-6648 Chef Hotline (214)270-2215 Trattoria Restaurant (214)221-3285 Courtesy Officer After Hrs. (972)345-5788 Front Desk (214)343-6400 Emergency Dial 911</p>	<p>CC - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>Try a new activity this year with your Wellness Director, Sara. Get one on one personal training and group exercises with instructors from around the DFW area.</p>	<p>1 New Year's Day PR 10:00 Park Lane Jewelry - BH CR 1:30 Movie Matinee - Life of Pi - CL PR 7:00 Movie-TURN: Washington's Spies S3 E5&6-CL</p>
<p>2 SP 11:00 Catholic Diocese of Dallas Church Service - MR or Channel KDFI #8 or #27 SP 2:00 Non - Denominational Church Service - MR CO 7:00 Movie Night:Blossoms in the Dust - CL</p>	<p>3 PY 11:00 Yoga & More - MR SP 1:30 Armor of God Series:"Sizing Up The Enemy"-CL CO 2:30 Mexican Train Game - Theater Landing E 3:00 TED Talk with Rachel-MR CO 7:00 Movie Night:The Queen-CL</p>	<p>4 PR 10:00 Blood Pressure Clinic-CC PY 10:00 Chair Yoga-MR PR 10:00 Online Shopping - FO PY 11:30 Sign Up:Matter of Balance Class-MR CO 2:00 Chris Tucker:"Problems Dividing U.S.A" - CL PY 2:30 New Resident Trial Exercise Class-FC CO 7:00 Movie:On A Clear Day-CL</p>	<p>5 PY 9:00 Smart Balance Orientation-FC PR 10:00 Devonshire & Cinna-Bun's-L PY 11:00 Chair Aerobics-MR E 1:00 Graceful Friends Committee - CL SO 4:00 HH w/ Andy Corridori &Appetizers - CL CO 7:00 Movie Night: Marley & Me-CL</p>	<p>6 CO 11:00 Zoom: "Your Health is Your Choice"-CL PY 11:30 Fitness Center Orientation-FC CO 2:00 New Year's Resolution with Adam Meierhofer...NO FALLING!-CL CO 7:00 Movie Night: The Notebook-CL</p>	<p>7 SO 9:30 Donuts with Total Hearing-L PY 10:30 B Chair Fit-MR CO 12:00 The Gap Between Your Physician and the Pharmacy: Lunch and Learn-CL PR 1:00 League of Men:Meeting-MR CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T CO 7:00 Movie Night:La La Land-CL</p>	<p>8 CR 1:30 Movie Matinee: Letters to Juliet-CL PR 7:00 Movie-TURN: Washington's Spies S3 E7&8-CL</p>
<p>9 SP 11:00 Catholic Diocese of Dallas Church Service - MR or Channel KDFI #8 or #27 SP 2:00 Non - Denominational Church Service - MR PR 7:00 Movie Night: The Prestige-CL</p>	<p>10 PY 11:00 Strength Training - MR CO 1:00 Eventbrite-"How to Improve your Memory"-MR SP 1:30 Armor of God Series:"The Belt Of Truth"-CL CO 2:30 Spinner Dominoes-Theater Landing PR 7:00 Movie Night: Mean Girls-CL</p>	<p>11 SO 8:00 League of Men:Breakfast-T PR 10:00 Blood Pressure Clinic-CC PY 10:00 Chair Yoga-MR PR 10:00 Online Shopping - FO CO 12:00 2022-"A Healthy Lunch for a Healthy Brain"-MR PR 1:30 Current Events Talk w/ Barbara Glass - CL PR 7:00 Movie:Rob Roy-CL</p>	<p>12 PY 11:00 Active Drumming-MR SE 2:00 Relax & Color Stress Away - Theater Landing PR 2:00 Resident Ambassador Committee-PDR SO 4:00 HH w/ Appetizers - CL PR 7:00 Movie Night: Tootsie-CL</p>	<p>13 PY 10:30 Chair Tai Chi- MR CO 11:00 Zoom: "Small Choices, Big Impact"-CL PR 2:00 Food Committee - T PY 2:30 Balance Toys-MR SE 2:30 BUNCO! - CL PR 7:00 Movie Night: Date Night-CL</p>	<p>14 PR 9:00 Total Hearing Clinic-CC PY 9:05 Dallas Arboretum Walking-OS PY 10:00 Matter of Balance-CL PY 10:30 B Chair Fit-MR I 10:30 Dallas Art Museum w/ Jay-OS CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T PR 7:00 Movie:Queen Bees-CL</p>	<p>15 CR 1:30 Movie Matinee - You've Got Mail - CL PR 7:00 Movie-TURN: Washington's Spies S3 E9&10-CL</p>

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<p>16</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service - MR or Channel KDFI #8 or #27</p> <p>SP 2:00 Non - Denominational Church Service - MR</p> <p>PR 7:00 Movie Night: Something's Gotta Give-CL</p>	<p>17 Martin Luther King Day</p> <p>CR Happy Birthday Betty White!</p> <p>PY 11:00 Yoga & More - MR</p> <p>CR 12:15 Betty White:100 Years Young Movie-OS</p> <p>SP 1:30 Armor of God Series:"The Breastplate Of Righteousness"-CL</p> <p>SE 3:00 Ted Talk w/ Rachel-MR</p> <p>CO 7:00 Movie:"The First Lady of TV"-CL</p>	<p>18</p> <p>PR 10:00 Blood Pressure Clinic-CC</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping - FO</p> <p>SO 2:00 New Year Tea Time - CL</p> <p>SO 5:00 League of Men: Dinner & Wine-CL</p> <p>CO 7:00 Movie Night: Our Souls At Night-CL</p>	<p>19</p> <p>E 10:30 JFK Museum -OS</p> <p>PY 11:00 Barre Class-MR</p> <p>SE 2:00 Relax & Color Stress Away - Theater Landing</p> <p>PR 2:30 L.H.U.M Service-CL</p> <p>SO 4:00 Happy Hour w/ Appetizers - CL</p> <p>CO 7:00 Movie Night:Mrs. Doubtfire-CL</p>	<p>20</p> <p>PY 10:30 Chair Tai Chi- MR</p> <p>PY 11:15 "NEW" Line Dancing Class-MR</p> <p>CO 12:00 Lunch & Learn- "No Pain No Gain"-CL</p> <p>CO 1:00 Zoom: "Train Your Funky Brain"-CL</p> <p>E 3:00 Alzheimer's Support Group - BL</p> <p>SE 3:30 NEW: Wine of the Month Club - PDR</p> <p>CO 7:00 Movie Night: Paper Moon-CL</p>	<p>21</p> <p>No Quarter BINGO today</p> <p>PY 10:00 Matter of Balance-CL</p> <p>PY 10:30 B Chair Fit-MR</p> <p>SE 1:30 Book Club-CL</p> <p>CO 2:00 Jill Beam: "New Year & YOU!"-CL</p> <p>SO 4:00 HH at Dinner - T</p> <p>CO 7:00 Movie Night: The Help-CL</p>	<p>22</p> <p>CR 1:30 Movie Matinee: CATS-CL</p> <p>PR 7:00 Movie-TURN: Washington's Spies S4 E1&2-CL</p>
<p>23</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service - MR or Channel KDFI #8 or #27</p> <p>SP 2:00 Non - Denominational Church Service - MR</p> <p>CO 7:00 Movie Night: Father of the Bride-CL</p>	<p>24</p> <p>PY 11:15 Stability, Strength & Movement - MR</p> <p>SP 1:30 Armor of God Series:"The Shoes Of Peace"-CL</p> <p>CR 3:00 DIY: New Year Inspiration Board - CL</p> <p>CO 7:00 Movie Night: Heaven is for Real-CL</p>	<p>25</p> <p>PR 10:00 Blood Pressure Clinic-CC</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping - FO</p> <p>PR 10:45 Kaze Habachi Grill Lunch-OS</p> <p>PR 3:30 Town Hall Meeting-CL</p> <p>CO 7:00 Movie Night: Evan Almighty-CL</p>	<p>26</p> <p>PY 11:00 Chair Aerobics-MR</p> <p>PR 11:00 Jewelry Repair - B</p> <p>CO 12:00 Lunch & Learn with Rachel-CL</p> <p>SE 2:00 Relax & Color Stress Away - Theater Landing</p> <p>SO 4:00 HH w/ Rich Palamino & Appetizers - CL</p> <p>CO 7:00 Movie Night: It's Complicated-CL</p>	<p>27</p> <p>PY 10:30 Chair Tai Chi- MR</p> <p>CO 11:00 Zoom: "Myths About Weight"-CL</p> <p>CO 1:30 UNO! - CL</p> <p>PY 2:00 "Come Be a Flamingo"-MR</p> <p>PR 3:30 Welcome! New Resident Orientation - CL</p> <p>CO 7:00 Movie Night: Silver Linings Playbook-CL</p>	<p>28</p> <p>PY 9:05 Over The Bridge Walking Club-OS</p> <p>PY 10:00 Matter of Balance-CL</p> <p>PY 10:30 B Chair Fit-MR</p> <p>CO 2:00 Quarter BINGO!-CL</p> <p>SO 4:00 Happy Hour at Dinner - T</p> <p>CO 7:00 Movie Night: The Great Gatsby-CL</p>	<p>29</p> <p>CR 12:00 LIVE Cooking Demonstration - CL</p> <p>CR 1:30 Movie Matinee: Cheaper by The Dozen-CL</p> <p>PR 7:00 Movie-TURN: Washington's Spies S4 E3&4-CL</p>
<p>30</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service - MR or Channel KDFI #8 or #27</p> <p>SP 2:00 Non - Denominational Church Service - MR</p> <p>CO 7:00 Movie Night: Cheaper By The Dozen 2-CL</p>	<p>31</p> <p>PR 10:45 Flaming Burger Lunch-OS</p> <p>PY 11:00 Yoga & More - MR</p> <p>SP 1:30 Armor of God Series:"The Shield Of Faith"-CL</p> <p>SE 3:30 Learning Electronics Class - BC</p> <p>CO 7:00 Movie Night: Ray-CL</p>	<p>Location Key: B-Bistro BC-Business Center BH-Bistro Hallway BL-Bistro Library CC-Care Concierge CL-Champagne Lounge FC-Fitness Center FO-Front Office G-Garden L-Lobby</p>	<p>Location Key: ME-Main Entrance MR-Multipurpose Room OS-Off Site PDR- Private Dining Room P-Pool TR-Trattoria Restaurant WC-Wellness Center</p>	<p>Want to know more about The Landon at Lake Highlands? Call us at 214-343-6400 or email us at leasing@landonatlakehighlands.com Enjoy a tour and lunch!</p>	<p>Try a new activity this year with your Wellness Director, Sara. Get one on one personal training and group exercises with instructors from around the DFW area.</p>	<p>Important Numbers: Grace Home Health (469)212-6648 Chef Hotline (214)270-2215 Trattoria Restaurant (214)221-3285 Courtesy Officer After Hrs. (972)345-5788 Front Desk (214)343-6400 Emergency Dial 911</p>

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