



THE LANDON AT LAKE HIGHLANDS

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

January 2022

Your Team

Nancy Harvath // Executive Director
Capri Hamlin // Business Office Manager
Richard Garcia // Front Desk Concierge
Daryl Branch // Driver
Chiquita Thomas // Driver
Will Durham // Maintenance Director
Gary Worthington // Maintenance Assistant
Jeff Hampton // Maintenance Assistant
Cami Barclay // Sr. Life Enrichment Director
Sara Bartolone // Wellness Director
John Rader // Culinary Director
Dave Mitchel // Sous Chef
Liz Garcia // Dining Room Supervisor
Wayne McClellan // Sales Director
Kim Hubbard // Sales Counselor
Tameka Thompson // Move In Coordinator
Danielle Hicks // Common Area
Maria Medel // 1st floor Housekeeper
Rocio Llamas // 2nd Floor Housekeeper
Natavia Hayden // 3rd floor Housekeeper
Maria Rodriguez // 4th Floor Housekeeper

It's not like home, it is HOME.

Tour The Landon
at Lake Highlands Today!



Call us at 214-343-6400

or email us at

leasing@

landonatlakehighlands.com

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.

A Year In Review, So Long 2021!



We LOVE what we do everyday, and it's all because of YOU!



Welcome To The League Of Men

League Of Men Events

Meeting for 2022 Events - Friday, January 7th at 1:00 PM

Multipurpose Room

Breakfast- Tuesday, January 11th at 8:00 AM

Trattoria Restaurant

Dinner & Wine Night- Tuesday, January 18th at 5:00 PM

Champagne Lounge

See Richard for more information on how to RSVP your spot!





Chris Tucker Lecture Series: " Problems Dividing America"

Civil rights movement is the biggest thing coming back in 2022.

What else do we have coming in 2022?

Tuesday, January 4th at 2:00 PM in the Champagne Lounge



Barbara Glass: Currents Events & Book Club

Tuesday, January 11th - Current Events

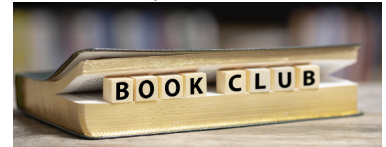
What is happening right now in the news and world?

Get the facts from Barbara!

Friday, January 21st - Book Club

See our 2022 book listing and join the book club!

Both at 1:30 PM in the Champagne Lounge



Betty White Turns 100 Years Young!

Celebrate the first lady of television with us!

12:15 PM - Limited tickets for the movie: "Betty White: 100 Years Young"

at the Regal Theater - tickets are \$18 each - Non refundable

7:00 PM - See the show, "Betty White: The First Lady of Television"

Monday, January 17th

Let's Eat!

Tuesday, January 25th at 10:45 AM - Kaze Habachi Grill

\$11 - \$18

Monday, January 31st at 10:45 AM - Flaming Burger

\$6-\$10

RSVP at the desk



***NEW* Resident Ambassador Committee**

Get to know new people in the community, first!

This is a special committee dedicated to welcoming
and engaging with new residents.

First Meeting is on Wednesday, January 12th at 2:00 PM

Private Dining Room

*Get a personalized name tag for joining
the new Resident Ambassador Committee*





Wellness Newsletter



Chair Yoga is Back!

Every Tuesday at 10am in the Multipurpose Room

Instructor Marj began studying yoga in 1973. She found Iyengar Yoga in 1993 and has stayed with that style since that time. In 1997 she began teacher training classes and became fully certified in the Iyengar method in 2001. Marj has traveled to India several times to study directly with the Iyengar family and work in the therapeutic classes under the direction of BKS Iyengar and Geeta Iyengar. Continuing study is required to maintain the certification, in 2021 Marj has completed study with many senior teachers on topics such as Grief and Loss, High Blood Pressure, Pelvic Floor Health, and Strength and Mobility in the Hips and other such topics. Each class will be tailored to those in attendance.



Lunch & Learn with Mandy McCracken, Massage Therapist

Thursday, January 20th at Noon in the Champagne Lounge

The no pain no gain rule and other fables about what pain is. What we really need to do is to make more gains with our bodies & I'll show you how.



Myths About Weight

Thursday, January 27th at 11:00 AM in the Champagne Lounge

The number on the scale, is it a reliable indicator of health? Weights management is an important component of overall health, but it's only one factor.

Knowing common indicators of compromise health and how to combat them gives you power over your own health.

