

SEPTEMBER 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 for a tour! 214-343-6400 &/or email us at leasing@landonatlakehighlands.com It's not like home, it is HOME</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>Location Key: B-Bistro BC-Business Center BH-Bistro Hallway BL-Bistro Library CC-Care Concierge Office CL-Champagne Lounge FC-Fitness Center *O.D.U-One Day University Lecture Series* *T.B.H - Total Brain Health*</p>	<p>Location Key: FO-Front Office L-Lobby ME-Main Entrance MR-Multipurpose Room OS-OffSite PDR-Privat Dining Room T-Trattoria Restaurant WC-Wellness Center **Abbreviations: HH- Happy Hour O.D.U- One Day University LOM- League of Men</p>	<p>1 PY 9:30 Water Aerobics-P PY 10:30 Fit Chi- MR PY 11:15 Line Dancing Class-MR PY 1:30 Smart Balance-FC CO 2:00 Learn To Play: Rummikub with Ann-CL E 2:30 Grief Group-MR PR 7:00 Movie in the MR</p>	<p>2 PY 9:05 Walking the L Streets-OS SO 9:30 Donuts w/ Total Hearing-L PR 10:00 You Look Beautiful Boutique-BH PY 10:30 B Chair Fit-MR SE 12:15 Lunch & Learn: "Conscious Dying Coaching"-CL CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T PR 7:00 Movie in the MR</p>	<p>3 PY 9:00 Water Walking-P CO 10:30 Pool- Billiards Room CR 1:30 Matinee CC:12 Mighty Orphans-MR PR 7:00 Movie CC:House MD 3 E15&16 -MR</p>
<p>4 PY 9:00 Water Walking-P SP 11:00 Catholic Diocese of Dallas Church Service-MR SP 2:00 Non - Denominational Church Service - MR 3:15 Matinee CC:The Bible Part #3 Homeland -MR PR 7:00 Movie CC:The Bible Part #4 Kingdom-MR</p>	<p>5 Labor Day Office Closed PY 9:00 Water Walking-P PR 1:30 Movie Matinee in the MR PR 7:00 Movie in the MR</p>	<p>6 PY 9:30 Water Aerobics-P PY 10:00 Chair Yoga-MR PR 10:00 Online Shop-FO SP 1:00 Women's Bible Study-PDR CO 2:00 Dr. Mel White Lecture "Religion, Myths, and Magic"-CL PY 2:30 New Resident Trial Exercise Class-FC PR 7:00 Movie in the MR</p>	<p>7 PY 9:00 Water Walking-P PY 9:30 Smart Balance Orientation-FC PY 9:30 Water Aerobics-P CR 10:30 Craft: Scarecrow Competition-CL PY 11:00 Chair Aerobics-MR E 1:00 Graceful Friends Committee - PDR CO 2:30 T.B.H-CL SO 4:00 HH w/ Appetizers - CL PR 7:00 Movie in the MR</p>	<p>8 PY 9:30 Water Aerobics-P PY 10:30 Fit Chi- MR PY 11:15 Line Dancing Class-MR PY 1:30 Smart Balance-FC 2:00 Rummikub w/ Ann-CL PR 2:00 Food Committee - T E 2:30 Grief Group-MR PR 5:00 League of Men Dinner with Richard-CL PR 7:00 Movie in the MR</p>	<p>9 PR 9:00 Total Hearing Clinic-CC PY 9:00 Water Walking-P PY 9:05 Practice Walking the L Streets-OS PY 10:30 B Chair Fit-MR PR 11:00 Lunch at Penne Pomodoro-OS CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T PR 7:00 Movie in the MR</p>	<p>10 PY 9:00 Water Walking-P PR 9:00 Alex's Lemonade Stand Foundation Walk in the L- Streets-OS CO 10:30 Pool- Billiards Room PR 11:00 Lemonade Lounge with Marty Ruiz-CL CR 1:30 Matinee CC:The Blind Sidel-MR PR 7:00 Movie CC:House MD 3 E17&18-MR</p>
<p>11 Grandparent's Day PR National Grandparents Day SP 11:00 Catholic Diocese of Dallas Church-MR I 12:00 Ruby Weston during brunch SP 2:00 Non - Denom. Church Service - MR 3:15 Matinee CC:The Bible Part #5 Survival -MR PR 7:00 Movie CC:The Bible Part #6 Hope -MR</p>	<p>12 PR Joyful Moments with Food PY 9:30 Water Aerobics-P PY 11:00 Lower Body Strength Training-MR PR 11:00 Lunch:Rodeo Goat-OS SP 1:30 Women's Bible Study-PDR SO 3:00 Scoops & Smiles-CL PR 7:00 Movie in the MR</p>	<p>13 PR Joyful Memories I 9:00 Milestone Memories Display PY 9:30 Water Aerobics-P PY 10:00 Chair Yoga-MR PR 10:00 Online Shop-FO SP 10:00 Men's Bible Study-CL PR 1:30 Current Events Talk with Barbara Glass - CL PR 7:00 Movie in the MR</p>	<p>14 PR Joyful Moments in Art PY 9:30 Water Aerobics-P CO 10:30 NEW Acrylics w/ Jay-CL PY 11:00 Active Drumming-MR SO 1:30 Rosemary Rumbley's 90th Bday-OS PR 2:00 Resident Ambassadors-PDR SO 4:00 HH w/ Apps - CL PR 7:00 Movie in the MR</p>	<p>15 PR Joyful Moments in Nature PY 9:30 Water Aerobics-P PY 10:30 Tai Chi - Outside Garden PY 11:15 Line Dancing Class-MR 2:00 Rummikub w/ Ann-CL E 2:30 Grief Group-MR E 3:00 Alz. Group - BL PR 7:00 Movie in the MR</p>	<p>16 PR Joyful Moments Through Music PY 9:05 Over The Bridge Walking Club-OS SP 10:00 Rosary Service w/ Nancy-BL SE 1:30 Book Club-MR CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T I 4:15 Decades Dance Party At Dinner- T PR 7:00 Movie in the MR</p>	<p>17 Citizenship Day PR Joyful Moments with YOU! PY 9:00 Water Walking-P CO 10:30 Pool- Billiards Room CR 1:30 Matinee CC:Rain Man-MR PR 7:00 Movie CC:House MD 3 E19&20 -MR</p>



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

SEPTEMBER 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>18</p> <p>PY 9:00 Water Walking-P SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR SP 2:00 Non - Denominational Church Service - MR 3:15 Matinee CC:The Bible Part #7 Mission -MR PR 7:00 Movie CC:The Bible Part #8 Betrayal-</p>	<p>19</p> <p>PY 9:00 Water Walking-P PY 9:30 Water Aerobics-P PY 11:00 Balance and Strength Training-MR PR 11:30 League of Men Luncheon:Twin Peaks-OS SE 12:00 Lunch & Learn Ted Talk w/ Rachel- CL SP 1:30 Women's Bible Study-PDR PR 7:00 Movie in the MR</p>	<p>20</p> <p>PR 9:00 Ft. Worth Stockyards John Wayne: Historical Exhibit & Lunch-OS PY 9:30 Water Aerobics-P PY 10:00 Chair Yoga-MR PR 10:00 Online Shop-FO CO 2:00 Tech. Tuesday with Ed-CL SE 3:00 BUNCO! - CL PR 7:00 Movie in the MR</p>	<p>21</p> <p>PY 9:30 Water Aerobics-P CO 10:30 NEW Acrylics w/ Jay-CL PY 11:00 Chair Aerobics-MR CO 12:00 Lunch & Learn: Autumn, the Only Fall!-CL PR 2:30 L.H.U.M.C Service-CL SO 4:00 Happy Hour, Brad Ackland, & Apps - CL PR 7:00 Movie in the MR</p>	<p>22 Fall Begins</p> <p>PY 9:30 Water Aerobics-P PY 10:30 Fit Chi- MR PY 11:15 Line Dancing Class-MR CO 1:00 Desert w/ Divine-CL 2:00 Rummikub w/ Ann-CL E 2:30 Grief Group-MR PR 3:30 Welcome! New Resident Orientation - CL PR 7:00 Movie in the MR</p>	<p>23 Native American Day</p> <p>PY 9:05 Arboretum Walking Club-OS CR 10:30 Craft: Scarecrows-CL CO 12:15 Lunch & Learn "Prevent Falls w/ Massage Therapy": CL PR 1:00 Dr Petersen Clinic Hours-CC CO 2:00 Quarter BINGO!-CL SO 4:00 HH at Dinner - T PR 7:00 Movie in the MR</p>	<p>24</p> <p>PY 9:00 Water Walking-P CO 10:30 Pool- Billiards Room CR 1:30 Matinee CC:Marathon Man-MR CO 2:00 Afternoon Game: Rummikub-CL PR 7:00 Movie CC:House MD 3 E21&22-MR</p>
<p>25 Rosh Hashanah Begins</p> <p>PY 9:00 Water Walking-P SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR SP 2:00 Non - Denominational Church Service - MR 3:15 Matinee CC:The Bible Part #9 Passion -MR PR 7:00 Movie CC:The Bible Part #10 Courage-</p>	<p>26</p> <p>PY 9:00 Water Walking-P PY 9:30 Water Aerobics-P PY 11:00 Advanced Standing Strength Training-MR SP 1:30 Women's Bible Study-PDR CR 2:30 Craft: Scarecrow Competition-CL PR 7:00 Movie in the MR</p>	<p>27</p> <p>PY 9:00 Water Walking-P PY 9:30 Water Aerobics-P PY 10:00 Chair Yoga-MR PR 10:00 Online Shop-FO CR 1:30 Craft: Scarecrow Competition-CL PR 2:00 2023 Graceful Giving Planning-PDR PR 3:30 Town Hall Meeting-CL PR 7:00 Movie in the MR</p>	<p>28</p> <p>PY 9:30 Water Aerobics-P CO 10:30 NEW Acrylics w/ Jay-CL PY 11:00 Chair Dance-MR E 12:00 Lunch & Learn w/ Rachel-MR CR 1:25 Immersive King Tut"Boy, King, Hero"-OS SO 4:00 HH w/ Appetizers - CL PR 7:00 Movie in the MR</p>	<p>29</p> <p>PY 9:30 Water Aerobics-P PY 10:30 Fit Chi- MR PY 11:15 Line Dancing Class-MR PY 1:30 Smart Balance-FC PR 2:00 Feed Lake Highlands: What is this? How can you help?-CL E 2:30 Grief Group-MR PR 7:00 Movie in the MR</p>	<p>30</p> <p>No Quarter Bingo Today PR 8:30 Feelin' Lucky? Choctaw Casino Trip-OS PY 9:00 Water Walking-P PR 1:30 Flu Shots, by appointment only-MR SO 4:00 HH at Dinner - T PR 7:00 Movie in the MR</p>	<p>CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>

Events are Subject to Change.