

# NOVEMBER 2022

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want A Tour? Schedule yours today at 214-343-6400 or email us at <a href="mailto:leasing@landonatlakehighlands.com">leasing@landonatlakehighlands.com</a> Stay for Lunch! 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><b>1</b>  <b>PY 10:00</b> Chair Yoga-MR  <b>PR 10:00</b> Online Shopping-FO  <b>E 10:30</b> All Souls Day: Celebration of Life Tree Ceremony-ME  <b>PY 11:00</b> Walk at Home with Grace Home Health-L  <b>SP 1:00</b> Women's Bible Study-PDR  <b>SO 5:00</b> League of Men: Dinner-CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>2</b>  <b>PY 9:30</b> Smart Balance Orientation-FC  <b>CC 10:30</b> Acrylics w/ Jay-CL  <b>PY 11:00</b> Chair Aerobics-MR  <b>E 1:00</b> Graceful Friends Committee - PDR  <b>CC 2:00</b> One Day University: The Origins of Walt Disney-CL  <b>SO 4:00</b> Happy Hour w/ Appetizers - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>3</b>  <b>PY 10:30</b> Healthy Tips and Chair Tai Chi-CL  <b>PY 11:30</b> Fitness Center Orientation-FC  <b>CC 2:00</b> Learn To Play: Pictionary with Cami-CL  <b>CC 3:30</b> One Day University: Four Memorable Moments That Shaped College Football-CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>4</b>  <b>PY 9:05</b> Arboretum Walking Club-OS  <b>SO 9:30</b> Donuts with Total Hearing-L  <b>PR 10:00</b> You Look Beautiful Boutique-BH  <b>PR 10:00</b> Electronic Power Hour w/ Richard-BL  <b>CC 2:00</b> Quarter BINGO!-CL  <b>SO 4:00</b> Happy Hour at Dinner - T  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>5</b>  <b>CC 10:30</b> Pool- Billiards Room  <b>12:00</b> Ms Texas Senior America Pageant-OS  <b>CR 12:00</b> Music Hall at Fair Pak: "My Fair Lady" - OS  <b>PR 1:30</b> Movie Matinee - MR  <b>PR 7:00</b> Movie Night - MR</p>
<p><b>6</b> Daylight Saving Ends</p> <p><b>SP 11:00</b> Catholic Diocese of Dallas Church Service (Streamed)-MR  <b>SP 2:00</b> Non - Denominational Church Service - MR  <b>3:15</b> Movie Matinee - MR  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>7</b>  <b>PY 11:00</b> Strength Training-MR  <b>E 12:00</b> Lunch &amp; Learn TED Talk w/ Rachel-CL  <b>PR 2:00</b> Winter Safety Corner &amp; Hot Cocoa - CL  <b>CC 3:00</b> One Day University: 6 TV Shows That Changed The Rules-CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>8</b> Election Day</p> <p><b>SP</b> No Women's Bible Study Today  <b>PR 9:00</b> Voting Trip- OS  <b>PY 10:00</b> Chair Yoga-MR  <b>PR 10:00</b> Online Shopping-FO  <b>SP 10:00</b> Men's Bible Study with Ray-CL  <b>PY 11:00</b> Walk at Home with Grace HH-L  <b>PR 1:00</b> Voting Trip - OS  <b>SO 2:00</b> Tuesday Tea - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>9</b>  <b>CC 10:30</b> Acrylics w/ Jay-CL  <b>SO 10:30</b> Annual Frontiers of Flight Veteran's Lunch-OS  <b>PY 11:00</b> Active Drumming-MR  <b>PR 11:30</b> Ambassador Committee Luncheon -PDR  <b>SO 4:00</b> Happy Hour, Rich Palamino (Saxophone), &amp;Appetizers - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>10</b>  <b>9:30</b> New Class-Chair Core &amp; Pilates-MR  <b>PY 10:30</b> Chair Tai Chi-G  <b>CC 2:00</b> Learn To Play: Pictionary with Sara-CL  <b>PR 2:00</b> Food Committee - T  <b>SE 3:00</b> BUNCO! - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>11</b> Veterans Day</p> <p>No Quarter Bingo Today  <b>PR 9:00</b> Total Hearing Clinic-CC  <b>PY 9:05</b> North Park Walking Club-OS  <b>PR 10:00</b> Electronic Power Hour w/ Richard-BL  <b>PR 3:00</b> USO Veteran's Day With Marty &amp; Ruby - CL  <b>SO 4:00</b> Happy Hour at Dinner - T  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>12</b>  <b>CC 10:30</b> Pool- Billiards Room  <b>PR 1:30</b> Movie Matinee - MR  <b>PR 7:00</b> Movie Night - MR</p>
<p><b>13</b>  <b>SP 11:00</b> Catholic Diocese of Dallas Church Service (Streamed)-MR  <b>SP 2:00</b> Non - Denominational Church Service - MR  <b>3:15</b> Movie Matinee - MR  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>14</b>  <b>CC 10:30</b> One Day University: P.T. Barnum: The Man, Myth, &amp; Legend-CL  <b>PY 11:00</b> Strength Training-MR  <b>PR 2:00</b> "Understand Your LGBT Neighbors" Educational Lecture-CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>15</b>  <b>PY 10:00</b> Chair Yoga-MR  <b>PR 10:00</b> Online Shopping-FO  <b>PY 11:00</b> Walk at Home with Grace Home Health-L  <b>SP 1:00</b> Women's Bible Study-PDR  <b>CR 2:00</b> Holiday Baking: Homemade Potato Bread-CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>16</b>  <b>CC 10:30</b> Last Day* Acrylics w/ Jay-CL  <b>PY 11:00</b> Chair Aerobics-MR  <b>E 1:00</b> Thankful Gifts with Graceful Friends-CL  <b>PR 2:30</b> L.H.U.M.C Service-PDR  <b>SO 4:00</b> Happy Hour, Horse Races, &amp; Appetizers - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>17</b>  <b>PR 10:00</b> "Lets Get Physical, Physical!"-FC  <b>PY 10:30</b> Fit Chi- MR  <b>PY 11:15</b> Chair Core and Pilates-MR  <b>CC 2:00</b> Learn To Play: Pictionary with Cami-CL  <b>E 3:00</b> Alzheimer's Support Group - BL  <b>PR 5:00</b> New Resident Orientation Dinner - CL  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>18</b>  <b>PR 10:00</b> Electronic Power Hour w/ Richard-BL  <b>SP 10:00</b> Rosary Service with Nancy-BL  <b>E 1:30</b> Dr. Petersen Clinic Hours-CC  <b>CC 2:00</b> Quarter BINGO!-CL  <b>SO 4:00</b> Happy Hour at Dinner - T  <b>PR 7:00</b> Movie Night - MR</p>	<p><b>19</b>  <b>CC 10:30</b> Pool- Billiards Room  <b>PR 1:30</b> Movie Matinee - MR  <b>PR 7:00</b> Movie Night - MR</p>

Events are Subject to Change.

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## Monthly Events and Activities

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p><b>SP 11:00</b> Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p><b>SP 2:00</b> Non - Denominational Church Service - MR</p> <p><b>3:15</b> Movie Matinee - MR</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>21</b></p> <p><b>PY 11:00</b> Strength Training-MR</p> <p><b>SC 11:00</b> Lunch at Tony's Pizza &amp; Pasta-OS</p> <p><b>SE 12:00</b> Lunch &amp; Learn Ted Talk w/ Rachel- CL</p> <p><b>CC 2:30</b> One Day University: The War of 1812:Redefining North America-CL</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>22</b></p> <p><b>SP</b> No Women's Bible Study Today</p> <p><b>PY 10:00</b> Chair Yoga-MR</p> <p><b>PR 10:00</b> Online Shopping-FO</p> <p><b>SP 10:00</b> Men's Bible Study with Ray-CL</p> <p><b>PY 11:00</b> Walk at Home with Grace Home Health-L</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>23</b></p> <p><b>CC 10:30</b> One Day University: Mozart's Many Mysteries-CL</p> <p><b>CC 2:00</b> One Day University: What Can Downton Abbey Teach Us About History?-CL</p> <p><b>SO 4:00</b> Thankful, Grateful, &amp; Blessed Happy Hour with Ruby Weston &amp; Appetizers - CL</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>24</b> Thanksgiving</p> <p>Office Closed - Happy Thanksgiving!</p> <p><b>PR 1:30</b> Movie Matinee - MR</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>25</b></p> <p><b>CC 10:30</b> One Day University: The Trojan War: Fact, Fictions, Reality, and Myth-CL</p> <p><b>CC 2:00</b> Quarter BINGO!-CL</p> <p><b>SO 4:00</b> Happy Hour at Dinner - T</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>26</b></p> <p><b>CC 10:30</b> Pool- Billiards Room</p> <p><b>PR 1:30</b> Movie Matinee - MR</p> <p><b>CC 2:00</b> Afternoon Game: Pictionary - CL</p> <p><b>PR 7:00</b> Movie Night - MR</p>
<p><b>27</b></p> <p><b>SP 11:00</b> Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p><b>SP 2:00</b> Non - Denominational Church Service - MR</p> <p><b>3:15</b> Movie Matinee - MR</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>28</b></p> <p><b>PY 11:00</b> Strength Training-MR</p> <p><b>CC 12:15</b> Gather with Dr. Mark Livingston for Lunch-CL</p> <p><b>CC 2:00</b> One Day University: Last Days Of The Dinosaurs-CL</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>29</b></p> <p><b>PY 10:00</b> Chair Yoga-MR</p> <p><b>PR 10:00</b> Online Shopping-FO</p> <p><b>SP 1:00</b> Women's Bible Study-PDR</p> <p><b>PR 3:30</b> Town Hall Meeting-CL</p> <p><b>CR 5:00</b> Texas Motor Speedway Gift of Lights-OS</p> <p><b>PR 7:00</b> Movie Night - MR</p>	<p><b>30</b></p> <p><b>PY 11:00</b> Chair Aerobics-MR</p> <p><b>CC 1:30</b> One Day University: Tapestry of the World: International Quilt Museum-CL</p> <p><b>PR 3:00</b> Elmer's Jewelry Repair-OS</p> <p><b>SO 4:00</b> Mo'vember Happiest Hour w/ Appetizers &amp; Minute To Win It Games - CL</p> <p><b>PR 7:00</b> Movie Night - MR</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><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>

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