



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2023

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p>SP 2:00 Non - Denominational Church Service - TC</p> <p>3:15 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>2</p> <p>Office Closed For New Years</p> <p>PR 1:30 Movie Matinee-MR</p> <p>PR 7:00 Movie Night - TC</p>	<p>3</p> <p>PY 9:45 Be VIP in Wellness-MR</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping-FO</p> <p>SP 10:00 Men's Bible Study with Ray-CL</p> <p>PY 11:00 Walk at Home with GHH-L</p> <p>SP 1:00 Women's Bible Study-PDR</p> <p>PR 7:00 Movie Night - TC</p>	<p>4</p> <p>PY 9:30 Smart Balance Orientation-FC</p> <p>PR 10:00 Preferred Podiatry, by appointment only-CC</p> <p>PY 10:30 Chair Aerobics-MR</p> <p>E 1:00 Graceful Friends Committee - PDR</p> <p>SO 4:00 Happy Hour with Art Stern-CL</p> <p>CC 6:00 League of Men:National Trivia Day-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>5</p> <p>PR 9:30 Trader Joe Thursday-OS</p> <p>PY 10:30 Fit Chi- MR</p> <p>PY 11:30 Fitness Center Orientation-FC</p> <p>CC 2:00 O.D.U."Charles Lindbergh: Complicated Story Of An Infamous Life"-TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>6</p> <p>PY 9:05 Northpark Walking Club-OS</p> <p>SO 9:30 Donuts with Total Hearing-L</p> <p>PR 10:00 Electronic Power Hour w/ Richard-BL</p> <p>PR 11:00 Restaurant Friday: First Watch-OS</p> <p>CC 2:00 Quarter BINGO!-CL</p> <p>SO 4:00 Happy Hour at Dinner - T</p> <p>PR 7:00 Movie Night - TC</p>	<p>7</p> <p>CC 10:30 Pool- Billiards Room</p> <p>I 1:00 Elvis' Birthday Celebration: Hunka, Hunka, Birthday Love Show!-CL</p> <p>PR 1:30 Movie Matinee - TC</p> <p>I 2:00 Brandan Koro African Drumming-CL</p> <p>PR 7:00 Movie Night - TC</p>
<p>8</p> <p>Elvis' Birthday</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p>SP 2:00 Non - Denominational Church Service - TC</p> <p>3:15 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>9</p> <p>9:30 Fitness Name Challenge-FC</p> <p>PY 11:00 Strength Training-MR</p> <p>CC 2:00 O.D.U: "Three Timeless Comedies From 100 Years Ago"-TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>10</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping-FO</p> <p>PY 11:00 Walk at Home with GHH-L</p> <p>SP 1:00 Women's Bible Study-PDR</p> <p>CR 2:00 "Importance of Writing Your Memoirs" by Pat Kramer - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>11</p> <p>PR International Thank You Day</p> <p>SO 9:00 Discover Healthy Resolutions at Breakfast for 2023-CL</p> <p>9:30 Fitness Name Challenge-FC</p> <p>PY 10:30 Active Drumming-MR</p> <p>SO 4:00 Special Happy Hour Thank You with Marty Ruiz!-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>12</p> <p>PR 9:30 Trader Joe Thursday-OS</p> <p>PY 10:30 Chair Tai Chi- MR</p> <p>CC 1:00 O.D.U: "The Six Wives Of Henry VIII"-TC</p> <p>PR 2:00 Food Committee - T</p> <p>PR 3:00 Resident Ambassador Committee-PDR</p> <p>PR 7:00 Movie Night - TC</p>	<p>13</p> <p>PR 9:00 Total Hearing Clinic-CC</p> <p>PR 10:00 Electronic Power Hour w/ Richard-BL</p> <p>PR 11:00 Restaurant Friday: Jersey Mike's -OS</p> <p>PR 12:00 New Year Shopping-L</p> <p>PR 12:15 Lunch & CBD Health-CL</p> <p>CC 2:00 Quarter BINGO!-CL</p> <p>SO 4:00 Happy Hour at Dinner - T</p> <p>PR 7:00 Movie Night - TC</p>	<p>14</p> <p>CC 10:30 Pool- Billiards Room</p> <p>PR 1:30 Movie Matinee - TC</p> <p>CR 2:00 Relax and Color - AR</p> <p>PR 7:00 Movie Night - TC</p>
<p>15</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p>SP 2:00 Non - Denominational Church Service - TC</p> <p>3:15 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>16</p> <p>SO 8:00 League of Men Breakfast-T</p> <p>9:30 Fitness Name Challenge-FC</p> <p>PY 11:00 Making the Most of your Prescriptions with Devonshire Pharmacy-CL</p> <p>SE 12:00 Lunch & Learn Ted Talk w/ Rachel- CL</p> <p>I 2:00 Chris Tucker Lecture Series: "MLK"-TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>17</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping-FO</p> <p>SP 10:00 Men's Bible Study with Ray-CL</p> <p>PY 11:00 Walk at Home with GHH-L</p> <p>SP 1:00 Women's Bible Study-PDR</p> <p>SO 5:00 League of Men: Dinner-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>18</p> <p>PY 9:30 Fitness Name Challenge-FC</p> <p>PY 10:30 Chair Aerobics-MR</p> <p>PY 11:20 Workout Wednesday for Men-MR</p> <p>E 12:00 Graceful Friends Lunch Bunch-CL</p> <p>PR 2:30 L.H.U.M.C Service-PDR</p> <p>SO 4:00 Happy Hour with Harpist, Brittany Burnes-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>19</p> <p>PR 9:30 Trader Joe Thursday-OS</p> <p>PY 10:30 Fit Chi- MR</p> <p>PR 12:30 League of Men: Movie Matinee-TC</p> <p>CC 1:30 Memory Cafe-BL</p> <p>CR 2:00 New Year, New You Fashion Show-CL</p> <p>E 3:00 Alzheimer's Caregiver Support Group- BL</p> <p>SE 3:00 BUNCO! - CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>20</p> <p>PY 9:05 Northpark Walking Club-OS</p> <p>9:30 Fitness Name Challenge-FC</p> <p>PR 10:00 Electronic Power Hour w/ Richard-BL</p> <p>PR 11:00 Restaurant Friday: TJ Cajun Seafood & Wings-OS</p> <p>CC 2:00 Quarter BINGO!-CL</p> <p>SO 4:00 Happy Hour at Dinner - T</p> <p>PR 7:00 Movie Night - TC</p>	<p>21</p> <p>CC 10:30 Pool- Billiards Room</p> <p>I 1:00 Impersonator, Joni Lambert as Barbara Streisand - CL</p> <p>PR 1:30 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>

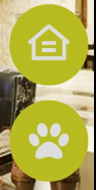
Events are Subject to Change.

JANUARY 2023

Monthly Events and Activities



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p>SP 2:00 Non - Denominational Church Service - TC</p> <p>3:15 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>23</p> <p>PY 11:00 Strength Training-MR</p> <p>SE 12:30 Lunch and Learn: Breaking the Pain Matrix for 2023-CL</p> <p>CR 1:00 League of Men: National Pie Day-CL</p> <p>PR 2:00 Lecture: "New Scams for 2023"-TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>24</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping-FO</p> <p>PY 11:00 Walk at Home with GHH-L</p> <p>CC 12:00 Gather with Dr. Mark Livingston for Lunch-CL</p> <p>SP 1:00 Women's Bible Study-PDR</p> <p>SE 2:00 Magical Hour with Magician, Rob Haddon-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>25</p> <p>PY 10:30 Active Drumming-MR</p> <p>E 12:00 Lunch & Learn w/ Rachel-MR</p> <p>CC 1:30 Movie Matinee: Where The Crawdads Sing"-TC</p> <p>SO 4:00 Happy Hour with Walker & Adams-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>26</p> <p>PY 9:30 "Let's Get Physical-Physical", Balance Assessment-FC</p> <p>PR 9:30 Trader Joe Thursday-OS</p> <p>PY 10:30 Chair Tai Chi- MR</p> <p>CC 1:00 Desert w/ Divine-CL</p> <p>2:00 "Let's Get Physical-Physical", Balance Assessment-FC</p> <p>PR 5:00 New Resident Orientation Dinner - CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>27</p> <p>PY 9:05 Northpark Walking-OS</p> <p>PR 10:00 Electronic Power Hr-BL</p> <p>PY 11:00 Mix it Up Fitness-MR</p> <p>PR 11:00 Flaming Burger-OS</p> <p>PR 1:30 Dr. Petersen Clinic-CC</p> <p>CC 2:00 Quarter BINGO!-CL</p> <p>CR 3:00 Book Club-4L</p> <p>SO 4:00 HH at Dinner-T</p> <p>PR 7:00 Movie Night-TC</p>	<p>28</p> <p>CC 10:30 Pool- Billiards Room</p> <p>PR 1:30 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>
<p>29</p> <p>SP 11:00 Catholic Diocese of Dallas Church Service (Streamed)-MR</p> <p>SP 2:00 Non - Denominational Church Service - TC</p> <p>3:15 Movie Matinee - TC</p> <p>PR 7:00 Movie Night - TC</p>	<p>30</p> <p>SP 10:00 Rosary Service with Nancy-BL</p> <p>PY 11:00 Strength Training-MR</p> <p>CC 12:00 Lunch & Learn w/ Rachel: Brain Games-T</p> <p>CC 2:00 O.D.U: "Fake Science and Irrational Beliefs"-TC</p> <p>PR 3:00 Elmer's Jewelry Repair-OS</p> <p>PR 7:00 Movie Night - TC</p>	<p>31</p> <p>PY 10:00 Chair Yoga-MR</p> <p>PR 10:00 Online Shopping-FO</p> <p>SP 10:00 Men's Bible Study with Ray-CL</p> <p>PY 11:00 Walk at Home with GHH-L</p> <p>SP 1:00 Women's Bible Study-PDR</p> <p>PR 3:30 Town Hall Meeting-CL</p> <p>PR 7:00 Movie Night - TC</p>	<p>Want to know more about The Landon at L.H.? Call us at 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: AR - Art Room 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>

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