

The Graceful Connection

MAY 2023



Latest News from the The Landon at Lake Highlands Newsletter

April was packed with sunny days, bluebonnets, gardening, boat races, dress-a-like day, dog parades, and a talent show!

Now, what's next?

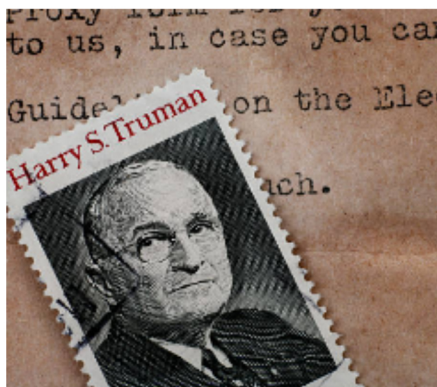
May will keep you busy, with fascinating lectures, annual health fair, Mother's Day, outings, and on May 20th we will have a Family & Friends Night with a live band- tell your friends and family as soon as possible so they can come out and enjoy a fun night with you!

Invite a friend or new neighbor to join you in all the events/activities coming up!

Have an AWESOME May, we can't wait to see you!

Grace Signature Events

Event /Activity Details



"How To Make The PERFECT Guacamole & Salsa"

Wednesday, May 3rd at 2:00 PM

Champagne Lounge

Let the FIESTA begin on May 5th!

"Margarita Tasting Bar"

Friday, May 5th at 1:00 PM

Champagne Lounge

"Mariachi 5 Pieces Band"

Starts at 2:00 PM in the

Trattoria Restaurant Garden Area

Kentucky Derby Day

"The Horses Are Ready, Are You?"

Saturday, May 6th at 1:30 PM

Champagne Lounge

Who will win this year?

Hats HIGHLY encouraged

National Harry Truman Day

"Why Harry Truman Still Matters"

Lecture by Chris Tucker from Dallas Community

College

Monday, May 8th at 2:00 PM

Theater

HAPPY BIRTHDAY!

Arthur "Bud" L. - 2nd

Tom T. - 3rd

Ana A. - 4th

Carolyn S. - 7th

Dorothy S. - 12th

Paige G. - 12th

Dolores H. - 14th

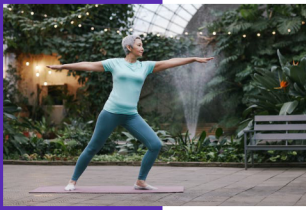
Beverly P. - 15th

Joan "Jo - Ann" M. - 21st

Brenda G. - 26th

Charles "Chuck" H. - 27th

Marlene H. - 29th



E V E N T S

National Senior Health & Fitness Day Fair
Wednesday, May 31st starting at 9:00 AM in the Lobby

Your health is the most valuable thing you have, so this health fair is for you!

Grab your fitness attire and get ready for exciting fitness classes, new experiences, vendors, meditation room, and how both men and women can stay healthy.

Special thank you to our vendors and your Wellness Director, Sara! Want to know more about the balance machine and personal training?
See Sara for more information.

Stay well!



N E W S

May is Older Americans Month and this year's theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat ageist stereotypes. This month we are encouraged to challenge the narrative on aging by celebrating opportunities to change and learn new things, embracing the deeper confidence and understanding of the world that only comes with maturity, and to stay engaged in our communities. Do this by participating in a Graceful Giving opportunity or attending a New Neighbor Social and forming new relationships and deeper connections with peers, neighbors, and family. Check in with your Life Enrichment Director to see how you can stay connected, give back to your community, and practice health habits to make the most of your aging experience, and have a little fun too!

WELCOME HOME, NEW RESIDENTS

**Pat & Dave Laughlin
Kathryn Blanford
Pat Micarelli**



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY



**Invite your family & friends to live their best lives at
The Landon At Lake Highlands. Enjoy the experience together!
Plus, you'll receive The Good Neighbor Referral Reward \$\$\$!
Schedule a tour today!**

MEET OUR TEAM

Nancy Harvath - Executive Director
Richard Garcia - Customer Service Specialist
Gayla Taylor - Business Office Assistant
Cami Barclay - Sr. Life Enrichment Director
John Rader - Culinary Director
James Harris - Sous Chef
Kia Askew - Dining Room Supervisor
Sara Bartolone - Wellness Director

William Durham - Maintenance Director
Jeff Hampton - Maintenance Assistant
Nick Simon - Maintenance Assistant
Wayne McClellan - Sales and Marketing Director
Mark Sheets - Sales Counselor
Tameka Thompson - Move-In Coordinator
Chad Girtmon - Transportation Driver
Omekia Collins - Transportation Driver

The Landon at Lake Highlands
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