

# The Graceful Connection

July 2024



## Latest News from the The Landon at Lake Highlands Newsletter

As we step into July, we're embracing the warmth of summer with delightful activities planned just for you!

July is not only National Picnic Month but also celebrates Gorgeous Grandma Day on July 23rd. We can't wait to celebrate your wisdom, grace, and zest for life - so keep an eye on the calendar for more details.

Let's also indulge in the joy of outdoor picnics, enjoying the fresh air and each other's company amidst the beauty of our community and local picnic hot spots! Stay tuned for details on our picnic outings and festivities planned throughout the month. A few other notable days to celebrate in July include National Ice Cream Month, Social Wellness Month, National Blueberry Month, National Ice Cream Sundae Day, International Wine and Cheese Day, and of course, Independence Day!

Here's to a summer filled with sunshine, laughter, and cherished moments together!

# Grace Signature Events

# Details



## 4th of July Celebration Event

Celebrate Independence Day with a special performance by "The Texas Supremacy of Music and Arts Conservatory Unfaded Brass Band"

Thursday, July 4th  
2:00 PM - Champagne Lounge



## Dallas Zoo Educational Event with LIVE Animals

Experience the Dallas Zoo here at The Landon! Professional Trainers will educate us on all the animals they will bring for the presentation. YOU do not want to miss this!

Friday, July 19th  
1:00 PM - 1:45 PM - Champagne Lounge

## Personal Training with Sandy

Get your Tuesday's and Thursday's started on the right track with one on one personal training with Sandy! Sandy would love to meet you and see what your fitness needs are.

Tuesday's & Thursday's  
\*Time Change Starting in July!\*

8:30 AM - 9:30 AM - Fitness Center



# HAPPY BIRTHDAY!

Williams "Bill" A. - 5th  
Lori M. - 8th  
Roy P. - 12th  
Sandy T. - 16th

Stan H. - 16th  
Lloyd "Mac" M. - 20th  
Tom A. - 25th  
Ernest C. - 28th

Gerri M. - 29th  
Barbara P. - 31st  
Valerie "Val" M. - 31st

American Decades – The 80's  
Lecture by Chris Tucker



The decade saw a dominance of conservatism and free market economics, and a socioeconomic change due to advances in technology and a worldwide move away from planned economies and towards laissez-faire capitalism compared to the 1970s. As economic deconstruction increased in the developed world, multiple multinational corporations associated with the manufacturing industry relocated into Thailand, Mexico, South Korea, Taiwan, and China.

Monday, July 15th  
2:00 PM  
Theater



NEW!  
Chair Pickleball & Chair Volleyball

Monday's at 2:30 PM – Learn to play  
Chair Pickleball with our new court in the  
Multipurpose Room.

&/Or

Wednesday's at 1:00 PM– Learn to play  
Chair Volleyball in the Champagne Lounge.

Not sure how to play, join us and we'll show you  
how to play!

**WELCOME HOME, NEW RESIDENTS**

**Vicki & Mike Lewis**  
**Leila James**  
**Paul McCaghren**  
**Mimi Bunton**





THE LANDON  
AT LAKE HIGHLANDS  
A GRACE MGMT COMMUNITY



**Schedule a tour today!**  
**Call us at 214-343-6400**  
**or email us at [leasing@landonatlakehighlands.com](mailto:leasing@landonatlakehighlands.com)**

## MEET OUR TEAM

**Eileen Flanagan - Executive Director**  
**Gayla Taylor - Business Office Assistant**  
**Jonathan Salcedo - Customer Service Specialist**  
**Cami Barclay - Sr. Life Enrichment Director**  
**Chris Briggs - Culinary Director**  
**James Harris - Sous Chef**  
**Pedro Vallejo - Maintenance Director**  
**Dwight Lamb - Maintenance Technician**

**Vivian Smith - Sales Director**  
**Mark Sheets - Sales Counselor**  
**Tameka Thompson - Move In Coordinator**  
**Omekia Collins - Transportation Driver**  
**Eli Reyes - Transportation Driver**  
**Main Number - 214-343-6400**  
**Chef Hotline - 214-270-2215**  
**Courtesy Officer Cellphone - 972-345-5788**

**The Landon at Lake Highlands**

8501 Lullwater Dr, Dallas, TX 75238 | (214) 343-6400