



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY

The Landon at Lake Highlands
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The Graceful Connection

October 2024



Latest News from the The Landon at Lake Highlands Newsletter

October is here, bringing a focus on health, staying active, fall flavors, and of course, a hauntingly good time.

This month, our community is honoring two important observances: Breast Cancer Awareness Month and Active Aging Week.

From October 6th to 12th, we're celebrating Active Aging Week, emphasizing the importance of living an active, healthy lifestyle at any age. We have an exciting lineup of activities designed to keep us moving and engaged, including our normal group exercise classes and more! This week is all about trying something new and having fun while promoting physical, mental, and social well-being.

You may see a lot of pink this month as we mark Breast Cancer Awareness month and support efforts in early detection. In addition to these important observances, this month also brings a whole bunch of spooky silly fun with Bat Awareness Month, Apple Month, I Love Lucy Day, Bob Ross Day, and of course, Halloween.

Don't be afraid to join in the fun!

Grace Signature Events

Details



Annual Oktoberfest!

One of our beloved events is Oktoberfest! Delight in traditional German cuisine, savor beer tastings, and enjoy a musical performance by accordionist Sventlana!

Tuesday, October 1st at 3:00 PM - Champagne Lounge



"Labels On Your Food & What They Mean" by Dietitian, Rebecca Tilden (MCN, RD, LD, and CEDS)

Food labels can often be confusing. Rebecca will simplify the essentials to help you comprehend what you're buying or planning to eat before you take that first bite. Discover important information about nutrition, sugars, fats, and much more!

Thursday, October 3rd at 2:00 PM - Theater

Annual Chili Cook-Off Competition

Do you have a beloved family recipe? Is there a chili dish you believe could claim victory in this year's contest? We invite everyone to participate in the chili contest and look forward to friendly rivalry. All participants are responsible for their own ingredients and cooking items, see flyer for more details. We are currently seeking five judges to help determine the winner of the 2024 Chili Cook-Off. *Deadline to enter Monday, October 28th.

Thursday, October 31st

Start cooking at 9:30 AM

(Residents can cook in apartment or in the Lounge *burners limited)
Tasting begins at 3:00 PM in the Champagne Lounge



HAPPY BIRTHDAY!

Richard N. - 3rd
Anne H. - 4th
Tim B. - 4th
Carolyn W. - 6th
James "Mike" R. - 8th

Joann L. - 8th
Margaret S. - 9th
Mary S. - 9th
Mona R. - 9th
Mary "Liz" P. - 12th

Peggy C. - 12th
Marcella "Marcy" H. - 16th
Mary Jane G. - 17th
Georgianna P. - 20th
James "Jim" T. - 20th

Joyce M. - 26th

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Landon Art Show Display

Display Your Art: Oil Paintings, Watercolors, and Fashion Art for Community Admiration!

We invite you to share your artwork for everyone to enjoy for the day!

Please provide the following details:

1. The creator's full name
2. The title of your artwork
3. A description of your art piece
4. Any additional information you'd like to share during the event.

Kindly send this information to Cami by or before Friday, October 25th. Tables will be available for displays, but easels are limited, so please bring your own if you have one.



Tuesday, October 29th

Livingroom

Bring down starting at 9:00 AM

Sip and View with Mimosas at 2:00 PM

Please pick up your items by 5:00 PM

(we cannot store items so please plan accordingly).

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It's that time of year again—Autumn has arrived, and we bid adieu to the pool Aqua classes until next year.

Due to low attendance in Saturday personal training sessions with Sandy, we will be postponing those and mixing things up with fitness classes led by Marilyn and Kim! In addition to all your favorite classes, we're excited to introduce two new Saturday sessions called "Move and Groove It."

These classes will cater to advanced fitness enthusiasts while also providing modified options for those who prefer to sit but still wish to stay active.

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Starting in October

Multipurpose Room

Be sure to explore a variety of fitness classes, including strength training, stretching, yoga, cardio, active drumming, tai chi, and don't miss out on Friday Kickstart with Kesia!

WELCOME HOME, NEW RESIDENTS

Bill Kuehl

Margaret Robison

Andy Howell





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Schedule a tour today!
Call us at 214-343-6400
or email us at 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
Dwight Lamb - Maintenance Technician
Spencer Boyd - Porter

Mark Sheets - Sales Counselor
Tameka Thompson - Move In Coordinator
Omekia Collins - Transportation Driver
Eli Reyes - Transportation Driver
Kesia Derilus - Health Pro Heritage P.T.
Chef Hotline - 214-270-2215
Courtesy Officer Cellphone - 972-345-5788