

The Graceful Connection

June 2024



Latest News from the The Landon at Lake Highlands Newsletter

We will be cruising into summer on June 20th as we celebrate the official first day of summer! We are also highlighting an important monthly observance with Men's Mental Health Awareness Month. Conversations around mental health are often stigmatized and this is even more apparent for men, leading to some negative consequences.

So, this month, we want to highlight all of the ways our gentlemen can access support and resources to support their mental health and to help reduce the shame around this sensitive topic.

Our other featured celebration this month is International Day of Yoga on June 21st! Yoga is an important source of exercise and supports mental and spiritual health as well. So, join in with millions around the globe to connect through movement.

Don't forget to check the calendar for our other June observances: Pride Month, Great Outdoors Month, Father's Day, Juneteenth and more!

Grace Signature Events

Details



Learning Electronics Class Beginners Welcomed!

Not sure how to operate your phone? Have questions about basics, LifeLoop, and social media? Then, this class is for you!

**Monday, June 3rd, 10th, & 17th
1:30 PM - Champagne Lounge**

Summer Fashion Show & Champagne

Come for the clothes, or just for a glass of champagne and watch the show! Models needed, let Cami know if you want to be a model.

Thursday, June 13th
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
9:00 AM - 10:00 AM - Fitness Center**

HAPPY BIRTHDAY!

Cathy H. - 1st
Jessie W. - 1st
Virginia H. - 2nd
Richard N. - 3rd
Coynella "Coy" M. - 5th

Lillie M. - 5th
Albert "Al" L. - 6th
Kenneth R. - 10th
Dr. Mark "Doc" L. - 14th
Jo Betsy M. - 15th

Mona R. - 16th
Charlie S. - 18th
Ruby "Polly" M. - 19th
Brenda W. - 22nd
Donna M. - 24th

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Happy Father's Day

Call all dads, grandfathers, great-grandfathers, pet dad's, and family members to our Father's Day Celebration with Marty Ruiz! Enjoy music, ice-cold beer, homemade jerky, and "Dad jokes"! Everyone is invited, so come and enjoy Father's Day with us!

Sunday, June 16th
2:00 PM
Champagne Lounge

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Juneteenth Celebration

1:00 PM Champagne Lounge :
Juneteenth Cooking Demo
Jamaican Beef Patties & Vegan Black-Eyed Pea Salad

2:30 PM Theater:
One Day University Lecture - " Juneteenth Explained from Tradition, Remembrance, and Revival"

7:00 PM Theater Movie: "Miss Juneteenth"

Wednesday, June 19th

WELCOME HOME, NEW RESIDENTS

Sandy Toussaint
Winnie Smith
Petrea & Tom Boone
Leila James



THE LANDON
AT LAKE HIGHLANDS
A GRACE MGMT COMMUNITY



**Want to schedule a tour?
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
Maritza Rivera - Dining Room Supervisor
- 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
Chef Hotline - 214-270-2215
Courtesy Officer Cellphone - 972-345-5788

The Landon at Lake Highlands
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