

The Graceful Connection

February 2025



Latest News from the The Landon at Lake Highlands Newsletter

February is a month full of opportunities to connect, celebrate, and care for one another.

As we honor Black History Month, we'll explore the profound contributions of Black Americans through music, art, and storytelling. These activities remind us of the resilience and richness of our shared history. It's also American Heart Month, the perfect time to focus on wellness. Look forward to heart-healthy cooking classes, fun fitness activities, and tips for maintaining a vibrant, active lifestyle.

This month also brings moments of joy and connection with Valentine's Day on the 14th and Random Acts of Kindness Day on February 17th which invites us to brighten someone's day with a simple gesture—it's a great way to spread cheer across our community!

Sports enthusiasts can look forward to Super Bowl Sunday, where we'll gather for good food and great company to watch the big game. Later in the month, Ramadan begins, offering a chance to reflect on themes of community, gratitude, and compassion. Join us in making February a month of learning, kindness, and celebration.

Grace Signature Events

Details

***New* "Stay Active & Independent for Life" by Cathy Glenn**

Stay fit and health with this unique fitness class by Cathy Glenn, Injury Prevention Trauma Outreach Coordinator at Texas Health Presbyterian Hospital Dallas.

Starting in February on Monday's and Wednesday's
2:00 PM
Multipurpose Room

***NEW* Happy Hour Trivia, Brain Games, and Friendly Feud with Jaiden**

Get ready to party with Jaiden as you dive into a world of exciting new games and Happy Hour Trivia! Mark your calendars and don't miss out on any of Jaiden's epic events!

Mah-Jong - Beginners Welcome!

Mah-Jong, anyone? We've got a crowd buzzing about this game, and guess what? We're rolling out the red carpet for everyone who wants to dive into the Mah-Jong madness or learn the ropes! So, grab your tiles and come join the fun—it's game time!

Wednesday's Starting February
2:00 PM
Bistro



HAPPY BIRTHDAY!

Janet O. - 3rd
Jesse O. - 8th
Charles Andrew "Andy" H. - 11th
Jeff O. - 16th

Nancy P. - 16th
Ann M. - 21st
Sandra G. - 21st
Gary A. - 22nd

Dora G. - 24th
Lynn H. - 24th
Gladys F. - 26th
Mimi B. - 27th



Black History Month Events

Get ready for an exciting experience on February 27th with the Bandan Koro African Drumming Group! Alongside our educational lectures on Rosa Parks, Martin Luther King Jr., and the Civil Rights Movement, we have even more enjoyable activities planned for you.

Lectures by Curiosity University start Tuesday's at 2:00 PM in the Theater – Check the calendar for the topics.



To study, and share experiences associated with African culture and history through the medium of dance, music, and specialized presentations, so that we may foster a greater awareness, understanding, appreciation, and respect for African and African Diaspora related music, dance, and culture.

HISTORY

Bandan Koro African Drum & Dance Ensemble was formed in Winter 2009 in an effort to provide quality African dance & drum classes, programs, performances and educational and cultural activities.



Valentine's Day Events

Love is blooming at The Landon!

Kick off your Valentine's Day with a performance by Marty Ruiz and enjoy a delightful dinner to cap off the evening. Choose from two seatings at 4:00 PM and 5:30 PM (please RSVP with Dining), complemented by Champagne and live entertainment by Chauna Divine.

Date: Friday, February 14th

Schedule:

2:00 PM – 3:00 PM: Marty Ruiz in the Champagne Lounge
Dinner begins at 4:00 PM (first seating) & 5:30 PM (last seating)
in the Trattoria Restaurant

WELCOME HOME, NEW RESIDENTS

**Scott Robson
Ann Stevens
Robert "Bob" Fosse**

**Marty & Donald Davis
Gloria Higgins
Melanie & Hugh**

**Hubbard
Laura Martinez
Jesse & Nellie Ortez**

**John Leedom
Shirley Taylor
Nancy Pennington**



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

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
Paul Barnes - Maintenance Director
Dwight Lamb - Maintenance Technician
Leo Silva - Porter

Cecilia Overton - Sales Director
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
Grace Home Health - 469-326-1700

The Landon at Lake Highlands
8501 Lullwater Dr, Dallas, TX 75238 | (214) 343-6400