

# The Graceful Connection

May 2025



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

May is a month full of movement, mystery, and meaningful moments! We'll start strong with National Fitness Day on May 3rd, so look out for fun ways to get active, stretch, and celebrate the joy of movement together.

Throughout the month, we're also celebrating Mystery Month, so don't be surprised if you find secret clues, surprise guests, or a few puzzling twists in your favorite activities. We'll also take time to honor some very special people with our Mother's Day celebrations. Whether you're a mother, celebrating a mother, or cherishing the memory of one, it's a time to feel and share the love.

And as May winds down, we'll pause for Memorial Day to reflect on and remember the brave individuals who served our country. From festive to reflective, this month is full of opportunities to connect, celebrate, and enjoy all the little surprises along the way.



# Grace Signature Events

# Details



## Kentucky Derby Party

The horses are at the gate — are you ready?  
Saddle up for the Kentucky Derby in the Champagne Lounge!  
We'll be serving up mint juleps, classic Derby-day favorites,  
and plenty of good cheer.  
And don't forget the highlight of the day: the Hat Contest!  
Who will take home the crown for Best Hat this year? (Place  
your bets — and your feathers — wisely!)

Saturday, May 3rd

4:30 PM - Champagne Lounge

## Happy Teacher Appreciation Day

To Our Incredible Teachers, Educators, and Administrators —  
Today, we celebrate you!

Please join us for a special luncheon, served with gratitude, to honor your  
dedication, passion, and years of service to students of all ages. This is our  
small way of saying thank you for the big difference you make every day.  
Reserve your seat by signing up at the front desk — we can't wait to share  
a meal and hear your wonderful stories. You've earned this moment. Let  
us treat you!

Tuesday, May 6th

12:00 PM - Champagne Lounge

## Summertime - "Who Let The Dogs Out" Parade

### Dog Parade Alert!

Get ready to meet dogs from The Landon and our L-Street neighbors!  
Residents and their furry friends are invited to join the parade — just  
let Cami know if you and your pup want to be in the lineup.  
No dog? No problem! Grab a seat in the Lobby and watch the pups  
strut their stuff. They can't wait to show off for you!

Saturday, May 17th

2:00 PM - Lobby



# HAPPY BIRTHDAY!

Marty D. - 1st  
Arthur "Bud" L. - 2nd  
Scott R. - 5th  
Susan M. - 6th  
Sherry G. - 7th

Jana Jo U. - 8th  
Richard "Dick" R. - 11th  
Dorothy S. - 12th  
Dolores H. - 14th  
Beverly P. - 15th

Sandy H. - 17th  
Charles "Chuck" H. - 27th  
Mary B. - 29th



Aquatic Class & More!



**Summer's Almost Here – and So Is Pool Time!**  
**We're getting the pool ready for a season full of fun and fitness.**

**Start your mornings with Water Walking Monday through Friday at 9:00 AM – a great way to add gentle resistance to your routine at your own pace.**

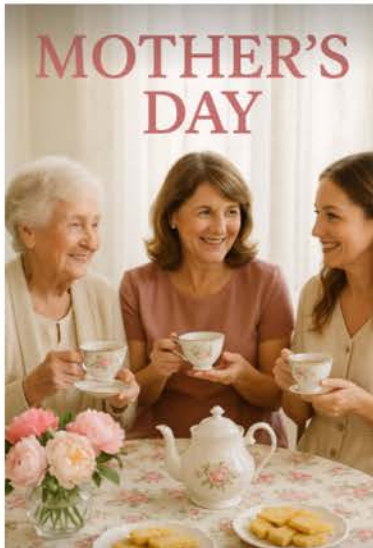
**Then every Wednesday at 9:30 AM, join Marilyn's Aquatic Fitness Class for a full-body workout that's as refreshing as it is energizing.**

**Bad weather? No worries!**

**If the weather doesn't cooperate, we'll still meet for a land-based class indoors – so you'll never miss a workout.**

**Classes begin Wednesday, May 7th at 9:30 AM!**  
**(Note: The May 28th class will be moved to Friday, May 30th at 9:30 AM in the pool.)**

☀ See the flyer insert for more monthly fitness offerings! ☀



**Mother's Day Celebration with Mom**

**Celebrate Mother's Day Weekend at The Landon!**

Mother's Day is a time for family, laughter, and honoring the women who mean the world to us.

Join us for a full weekend of celebration that everyone – from moms to grandmas to great-grandmas – will love!

🌸 **Saturday, May 10th – Mother's Day High Tea**

Kick off the weekend with a delightful High Tea at 2:00 PM in the Champagne Lounge!

Enjoy a charming afternoon of tea, treats, and a free photo opportunity to capture the special memories.

(Limited seating – please RSVP early! Residents may bring up to 2 guests.)

🎵 **Sunday, May 11th – Mother's Day Brunch with Live Music**

Keep the celebration going! Join us for a delicious Sunday Brunch featuring live music by Ruby Weston from 11:30 AM to 1:30 PM in the Trattoria Restaurant.

(Two seating's available – please RSVP with the restaurant and let us know which one you prefer! Guests will be \$25 per person)

Let's make this Mother's Day unforgettable for the incredible women of The Landon. We can't wait to celebrate with you!

# WELCOME HOME, NEW RESIDENTS

**Sharyn Hights**  
**Sandra Dilworth**  
**Pete LaFlamme**

**Robbie LaFlamme**  
**Mary Lou Billimek**  
**Virginia Pomara**







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**  
**Terra Johnson - Life Enrichment Assistant**  
**Chris Briggs - Culinary Director**  
**James Harris - Sous Chef**  
**Dwight Lamb - Maintenance Technician**  
**Michael Crear - Porter**

**Cecilia Overton - Sales Director**  
**Mark Sheets - Sales Counselor**  
**Tameka Thompson - Move In Coordinator**  
**Omekia Collins - Transportation Driver**  
**Eli Reyes - Transportation Driver**  
**Kesia Derilus - Select Physical Therapist**  
**Chef Hotline - 214-270-2215**  
**Courtesy Officer Cellphone - 972-345-5788**  
**Grace Home Health - 469-326-1700**

**The Landon at Lake Highlands**

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