

HIGHLAND 55 CLIFF NOTES

The Official Newsletter of the Highland 55 Community

*Happy New Year
from all of us at
Highland 55!!*

Highland 55 would like to wish each of you a wonderful and happy new year! Thank you for helping make this community a truly enjoyable and fun place to live. We are so grateful for the best residents in Edmond.

The new year will bring a beautiful new club house and fitness center, along with new residents. We are very excited about the plans being made to make H55 a place where new and fun memories will be made. So, in with the new, and making 2021 the BEST!

Sheri & Cathy



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HEARTY WHITE BEAN CHICKEN SOUP



2 tbsp olive oil
2 large carrots, peeled and diced
2 celery stalks, finely diced
1 bay leaf
3 garlic cloves, minced
8 cups chicken stock
2 (14 oz cans) cannellini beans, drained & rinsed
2-3 cups shredded rotisserie chicken
salt and pepper to taste
2 tbsp fresh dill (plus extra for garnish)
1 bunch swiss chard, stems removed and chopped
1 lemon, juiced
parmesan cheese for serving

Saute. Onions, carrots, celery, bay leaf and garlic in oil until they are soft and fragrant.
Boil. Stir in chicken stock, white beans, shredded chicken, add dill. Bring the soup to a rolling boil.
Simmer. Turn the heat down and simmer until flavors have blended, about 20 minutes.
Wilt. Add a squeeze of lemon juice along with the chard, and let it wilt.
Serve. Garnish with dill, a squeeze of lemon juice and a little parmesan.

Look!
FOR OUR AD IN EDMOND
OUTLOOK MAGAZINE!



"A Must See Exhibit"

The Edmond Historical Museum is Americas first-ever museum exhibit dedicated to Darci Lynne, our hometown hero. Featured artifacts include clothing from her performances her first practice puppets, tour posters and scripts. Darci Lynne was only 12 years old when she won NBC's America's Got Talent for her singing and ventriloquist act. The Deer Creek student got her start by winning 1st place at the 2014 Edmond's Got Talent competition. Now she appears on tv shows and travels around the country to sell-out crowds after having her own show in Las Vegas.

The Edmond Historical Society & Museum is located at 431 S. Boulevard. For more info go to edmondhistory.org.

The exhibit is open through January 31st.



INSPIRATIONAL QUOTES FOR THE NEW YEAR

"You'll never get bored
When you try something new.
There's really no limit
to what you can do."
~ Dr. Seuss

"The Best is yet to come."
~Frank Sinatra

"The magic in new beginnings
is truly the most powerful
of them all."
~Josiyah Martin

Cheers to a bright and happy new year!!



CLUBHOUSE & FITNESS CENTER CONSTRUCTION UPDATE!!



The outside of our beautiful clubhouse is almost finished being painted! The stonework is done. Cabinets and trim work are almost finished! The beautiful ceiling beams are installed! We can't wait to move into our permanent offices, and enjoy the comfortable working space! Walls are going up in our fitness center, and we hope you are getting excited to work out with us!

OFFICE HOURS:

MONDAY - FRIDAY
9:00 - 5:30
SATURDAY
12 - 4

GATE HOURS:

7 AM - 7 PM



Porch Lights

Help Highland 55 really "shine" by turning on your porch lights at night. It looks very pretty,

Trash Pick-Up

Trash pick-up begins at 9am.
Monday- Friday

You are welcome to use the H55 dumpster on the weekends if needed.

Hot Coco Happy Hour

Mark Your Calendar!


Come and go 5:00-6:30
Friday, January 22nd ~ Cottage #1

Garage Doors

Friendly reminder to keep your garage door closed during the day & night. H55 is still in the construction stage.

We are here to help your move go as smoothly as possible.

DID YOU KNOW?

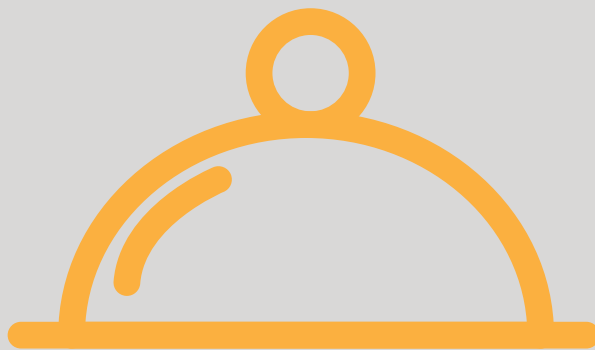
- Walking is the most popular form of exercise in the United States. To burn off a plain M&M candy, you would need to walk the length of a football field!
- The average human walking speed is **3.1** miles per hour.
- A typical pair of tennis shoes last for **500** miles of walking.
- **Less than 50%** of Americans exercise enough to see significant health benefits.
- Walking **6,000** steps a day will help improve your health and walking **10,000** will help you lose weight.
- A person walks **65,000 miles** in their lifetime – that's equivalent to walking three times around the earth.
- Walking increases blood flow to the brain and improves your mood. 
- Walking for **10 miles** every week would eliminate **500 pounds** of carbon dioxide emissions a year.
- Walking an extra **20 minutes** a day will burn **7 pounds** of body fat per year.
- **So grab your coat, get outside and enjoy the view!**

**HIGHLAND 55 WILL BE STARTING
A WALKING CLUB SOON!!!
LET CATHY KNOW IF YOU ARE
INTERESTED IN WALKING WITH US!**



Winter at Hafer Park





DO YOU NEED A BREAK FROM COOKING? WE ARE LUCKY TO HAVE MANY GREAT CHOICES OF RESTAURANTS CLOSE TO HIGHLAND 55!

MOST OFFER DELIVERY OR CURBSIDE PICK-UP!

HERE IS A LIST OF H55 STAFF FAVORITES!!! LOOK UP ANY OF THESE RESTAURANTS ON THE WEB FOR ALL INFORMATION INCLUDING HOURS AND MENUS!

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CHARLESTONS	3409 S BROADWAY	405.478.4949
SMITTY'S GARAGE	601 S BRYANT AV	405.341.5801
LOUIES GRILL	1389 E 15TH ST	405.340.8700
PANERA BREAD	1472 S BRYANT AV	405.844.5525
COWBOY CHICKEN	410 S BRYANT AV	405.562.7944
BRICKTOWN BREWERY	1150 E 2ND ST.	405.726.8300
FUZZY'S TACOS	1462 S BRYANT AV	405.562.4800
TAZIKIS MEDITERRANEAN	1389 E 15TH ST	405.285.9005
THAI DELIGHT	925 W I35 FRONTAGE RD	405.285.5095
PANANG 5	3325 S BLVD	405.285.5188
YUMMY CHINA	13801 N BRYANT AV	405.242.2191
MARCOS PIZZA	3210 S BOULEVARD	405.657.1999
PAPA MURPHYS PIZZA	3248 S BROADWAY	405.509.2979
QDOBA	301 S BRYANT	405.513.5200
FIVE GUYS BURGERS	1540 E 2ND ST	405.279.9990
PUB W	2452 E 2ND ST	405.906.2421
CHICKEN SALAD CHICK	2404 E 2ND ST	405.276.4392





I DO BELIEVE SOMETHING MAGICAL CAN HAPPEN WHEN YOU READ A GOOD BOOK ~ J.K. ROWLING

I have always heard, or read , ***you can't buy happiness, however you can buy books, and that is kind of the same thing.*** Another one of my favorites, ***books let you travel without even moving your feet.***

I could go on and on, but you get what I am saying. Who doesn't like reading a good book on a cold winter day?

I have listed five books that I have enjoyed reading, or found interesting in one way or another. I have discussed my recommendations with some of my avid reader friends. They have agreed that each of these are good reads. If you would like to recommend a good book, I would love to let our residents know in the next issue of "Cliff Notes."

The Nightingale by Kristin Hannah

Where The Crawdads Sing by Delia Owens

Boom Town by Sam Anderson

The Silent Patient by Alex Michaelides

Cutting For Stone by Abraham Verghese

WITH THE BEGINNING OF A NEW YEAR, WRITE YOUR OWN PAGES.!

**I LOOK FORWARD TO YOUR BOOK RECOMMENDATIONS, BUT UNTIL THEN,
I HOPE YOU ENJOY ONE OF MINE . HAPPY READING YA'LL!**