

# HIGHLAND 55 CLIFF NOTES

The Official Newsletter of the Highland 55 Community

## THANK YOU!!

With sincere appreciation and a lot of gratitude we want to thank each of you! Thank you for your support, your friendliness and all of your understanding during the construction phase of our Highland 55 community.

We are looking forward to many fun gatherings in our clubhouse and fitness center. On behalf of the whole Highland 55 team we say  
"THANK YOU"  
~ Sheri and Cathy

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## ***We Invite you to The Residents Reveal!***

The Highland 55 team is happy to welcome you to your new, BEAUTIFUL CLUBHOUSE!

A day that we ALL have been looking forward to!

Please plan to join us on Thursday, April 29th from 4-6pm for our first Clubhouse Happy Hour!

# OFFICE HOURS:

MONDAY - FRIDAY 9-5:30

SATURDAY - NOON - 4

## GATE HOURS:

EVERYDAY - 7AM - 8PM



### WE HAVE A FAVOR TO ASK..

Team Highland 55 is thanking each of you in advance for not placing any trash out in the evening for morning pick-up. Little woodland creatures love your trash, and love to make a mess! We have also seen a few dogs strolling through the neighborhood. If possible please put trash out in the morning and let's keep H55 looking clean! You are always welcome to use the trash receptacles anytime.

Also, please don't forget to pick up after your pets when walking them around Highland 55.  
Thank you!!

## HIGHLAND 55 MUGS AND T-SHIRTS!!

**We Want All of Our  
Residents to Have One!!**

If you would like a Highland 55 t-shirt or coffee mug you can pick one up in the office starting April 12th.



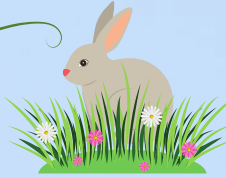
## HIGHLAND 55 HIKERS

IT WAS GREAT TO HAVE SO MANY RESIDENTS ATTEND OUR FIRST HIGHLAND HIKERS MEETING! IF YOU WERE UNABLE TO ATTEND AND WOULD LIKE TO JOIN US PLEASE SEE CATHY IN THE OFFICE. THIS TRAIL MAP WILL HELP YOU NAVAGATE YOUR WAY AROUND HAVER PARK. CROSS AT THE CROSS WALK AND USE THE STREET LIGHT BUTTON TO CROSS. YOU WILL SEE THE BRIDGE ON THE NORTH SIDE OF THE PELICAN BAY PARKING LOT. MAKE YOUR WAY ACROSS THE BRIDGE TO ENTER THE PARK.

HAPPY WALKING!!



## Coconut Easter Cake



### CAKE

2 (15.25 OZ) BOXES WHITE CAKE MIX

16 OUNCES SOUR CREAM

1/2 CUP VEGETABLE OIL

6 EGGS

15 OUNCES CREAM OF COCONUT, (SUCH AS COCO LÓPEZ)



### FROSTING

16 OUNCES CREAM CHEESE

4 TABLESPOONS MILK

2 POUNDS POWDERED SUGAR

2 TEASPOONS VANILLA EXTRACT

4 BAGS COCONUT (ABOUT 24 OZ)

HEAT OVEN TO 350°F

MIX CAKE MIX, SOUR CREAM, VEGETABLE OIL, EGGS, AND CREAM OF COCONUT IN A LARGE BOWL. DIVIDE CAKE BATTER INTO EVENLY BETWEEN 3 9" PANS THAT HAVE BEEN GREASED AND FLOURED. EACH PAN SHOULD BE FILLED TO SLIGHTLY HIGHER THAN 1/2 TO ENSURE THAT THE CAKE DOES NOT OVERFLOW AS IT BAKES. YOU MAY HAVE EXTRA BATTER.

BAKE APPROXIMATELY 30 MINUTES AT 350°F OR UNTIL YOU CAN PUT A TOOTHPICK IN THE CENTER AND IT COMES OUT CLEAN.

COOL COMPLETELY.

### FOR THE FROSTING

WHISK POWDERED SUGAR AND CREAM CHEESE TOGETHER IN THE BOWL OF YOUR MIXER. ADD VANILLA AND KEEP WHISKING. ADD MILK AS NEEDED TO REACH A SPREADABLE TEXTURE (THIS MAY NOT TAKE ALL 4 TABLESPOONS OF MILK).

### ASSEMBLE CAKE

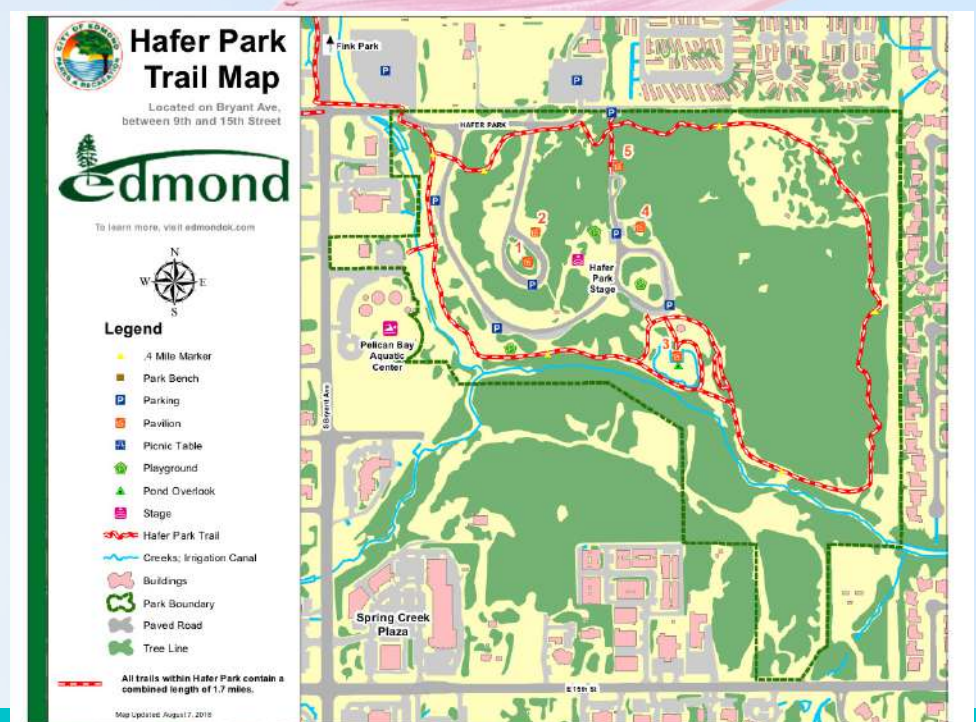
PLACE 1 9 INCH ROUND CAKE ON A CAKE BOARD (THIS WILL MAKE IT EASIER TO MOVE CAKE TO THE FREEZER. IF YOU ARE NOT FREEZING IT YOU CAN SKIP THIS STEP). FROST THE TOP OF THE LAYER AND PLACE THE NEXT CAKE ROUND ON TOP.

FROST THE TOP OF THAT ROUND AND PLACE THE FINAL ROUND ON TOP.

FROST THE TOP AND SIDES OF THE CAKE.

PRESS COCONUT INTO SIDES AND ONTO TOP OF CAKE.

ONCE CAKE IS FROSTED WRAP IT IN PLASTIC WRAP AND THEN ALUMINUM FOIL AND PLACE IN THE FREEZER. TAKE IT OUT TO THAW AT LEAST 4 HOURS BEFORE YOU ARE READY TO SERVE.





# Edmond Community News:



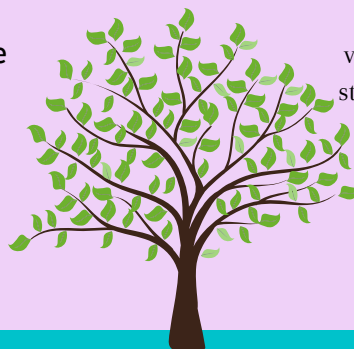
## Downtown Edmond's Art Experience! First Thursdays April Through October

VIBES is a FREE event held in Downtown Edmond on the 1st Thursday of each month from April through October. Participating downtown businesses, artists and performers invite you to celebrate creativity from 5-9pm. VIBES is excited to share all that Downtown Edmond has to offer. Be inspired by visual arts and captivated by the sounds and sights of performers as you stroll the streets of Edmond and engage with your local community. For more information visit [edmondvibes.org](http://edmondvibes.org).

## Enjoy the new Spring Creek Trail at Lake Arcadia!

From the Edmond Parks & Recreation website:

Escape and unwind! The new Spring Creek Trail is a 3.1 mile long pathway that runs west from Spring Creek Park, located at Arcadia Lake, to Interstate 35. This newly-constructed trail is 18 feet wide and features dedicated lanes for both cycling and walking/running, not to mention scenic views of Arcadia Lake and the surrounding area. To access the trail, visit the Spring Creek Park off of 15th St. or park in the parking area just north of Buffalo Wild Wings on the frontage road and walk on the trail under I-35. Numerous signs are located throughout the multiple-use trail indicating direction. These signs also designate the main and alternate trails. A white arrow indicates the main trails, and a yellow arrow indicates alternate trails or routes.



Edmond Farmers Market  
Opening Day Saturday, April 17th  
Hours 8:00 AM to 1:00 PM



Since 1988, the Edmond Farmer's Market has been one of the premier places in Oklahoma where farmers sell their crops directly to customers. And because it's located Downtown, it's the perfect shopping spot for residents, office workers, and visitors looking for Oklahoma's freshest produce and manufactured food items. Plus, with extras like flower and gardening vendors, and a full calendar of events, there's something to suit everyone.

The Edmond Farmers Market is a registered market with The Oklahoma Department of Agriculture, Food, and Forestry and meets all licensure requirements with the Oklahoma Department of Health.

### New to Edmond?



If you are new to the Edmond area and need to register to vote you can visit:

<https://oklahoma.gov/elections/voter-info/register-to-vote.html>



IF YOU ARE A FACEBOOKER...  
YOU MIGHT WANT  
TO MARK  
YOUR CALENDARS FOR  
THIS SPECIAL CHAT WITH  
U.S. POET LAUREATE  
JOY HARJO.

## Adult Art Classes???

Have you ever thought about an art class? The Edmond Fine Arts Institute located at 27 E Edwards in Downtown Edmond offers a variety of adult classes taught by a wonderful staff of trained and professional artists! Visit [edmondfinearts.com](http://edmondfinearts.com) to look through class listings. Let us know what you may be interested in! We would love to have "art talks" in the future at Highland 55!!





**HAVE YOU READ THE BLOG AT HIGHLAND55.COM?  
HERE IS THE LATEST ARTICLE WRITTEN FOR OUR BLOG.  
PLEASE SHARE OUR WEBSITE WITH YOUR FRIENDS & FAMILY!!**

## Enjoying the Edmond Senior Lifestyle

By Kathy Matthews | March 29, 2021



Find out what has so many seniors choosing Edmond, Oklahoma as their new hometown. It's all about the lifestyle! Located to the north of Oklahoma City, Edmond is a thriving community of roughly 94,000 residents. Edmond is large enough to offer big city amenities, while still maintaining much of its small town flavor.

Uniquely situated in a temperate climate, residents can enjoy outdoor activities most of the year, including golf, hiking, boating, camping, biking, and the area's most recent sports obsession, pickleball. The Greater OKC Pickleball Club lists over 41 pickleball courts in Edmond, along with an indoor court onsite at Highland 55 at Spring Creek, an Active Adult 55+ luxury, cottage community which began leasing in 2020. Edmond is known for its parks and trails. In addition to listing locations and amenities, the Edmond Parks and Recreation website has excellent information for anyone who is interested in plugging into the vibrant local scene. Be sure to investigate Hafer Park, located in close proximity to Highland 55 at Spring Creek, and which is home to one of the area's most impressive tulip displays each spring. Mitch Park is home to the YMCA, Edmond Senior Center, and an activity center known as the MAC which offers an outdoor amphitheater, arts and crafts classes, and meeting spaces for groups. Recently, Mitch Park positioned itself as a holiday must visit destination, drawing visitors to enjoy outdoor ice skating, and a walk through light display called Luminance. Each season in Edmond offers unique events. Libertyfest is a days long celebration culminating with a 4th of July parade, and firework show. The University of Central Oklahoma, Oklahoma's 3rd largest university fields a variety of sports teams, and is the site of The Endeavor Games, a national event for athletes with physical disabilities.

Dining options in Edmond range from fast casual national brands, locally owned cafes and breweries, and fine dining which draws patrons from Oklahoma City and beyond. Locally owned coffee shops such as Cafe Evoke, and Ellis Island cater to those who work remotely, and locals who drop by to meet and greet friends. The downtown area is enjoying increased popularity with the addition of The Railyard, a mixed use development offering several restaurants, venues, and retail space. Boulevard Steakhouse, The Sparrow, Cafe 501, Fait Maison, Charlestons, and Signature Grill offer fine dining options to tempt foodies. For those who prefer to dine at home, there are delivery services and meal prep options. Millie's Table offers fresh entrees with gluten-free and heart healthy choices, while 858TOGO can take delivery orders by phone for area restaurants avoiding online ordering all together!

Of course, access to state of the art healthcare is essential to maintaining an active, healthy lifestyle at any age. With over 200 physicians in the Edmond area, residents have their pick from a wide variety of primary care and specialists. INTEGRIS health offers a full service hospital only 3 miles from Highland 55 at Spring Creek. OU Health Medical Center, is located 1 mile from Highland 55 at Spring Creek. This hospital and medical complex have been a foundational part of the Edmond community for many years. Similarly located, Mercy Edmond offers specialized senior care services, and exercise facilities. Nearby Oklahoma City boasts several medical facilities with full research and teaching hospitals ensuring that patients have access to the latest care and treatments.

For the travel enthusiast, Edmond offers a central home base for excursions within Oklahoma. Explore the lakes, prairies, and even mountains, all within a few hours of Edmond, Oklahoma. It will be convenient to drive from Highland 55 at Spring Creek which is located only 3 miles from Interstate 35 and close to Interstate 40 enabling both north/south and east/west travel routes in the United States. With a travel time of less than 4 hours, Dallas is just a short drive away. The Will Rogers International Airport continues to increase its flight schedule to make air travel easy, modern and accessible. For those who enjoy riding the rails, Amtrak's Heartland Flyer offers daily service to Ft. Worth with connections to Dallas, Chicago, and San Antonio.

So, whether seniors are looking for something new in terms of a lifestyle or just ready to live closer to family, it's hard to beat Edmond. Learn a bit more about Edmond's history as a railway stop and its role in training many of Oklahoma's educators by visiting the Edmond Historical Society. Edmond has long enjoyed the reputation of welcoming newcomers, especially in light of recent growth in the community. Community groups, including the Chamber of Commerce and the city's Visit Edmond sites offer even more resources. If you are ready to explore Edmond's newest independent living option for the active adult 55+ renter, be sure to check out Highland 55 at Spring Creek. It's a 72 cottage community offering a neighborhood feel, and a central location in the prestigious Spring Creek area of Edmond. Schedule a tour and learn more on the website or by calling 405-216-5559.

Welcome to your Lifestyle Reimagined!

## Construction Continues

Our clubhouse is nearing completion and we will be moving in this month! The fitness center exterior is complete! All concrete work is done! Windows & doors will be installed soon. The interior will hold a complete work out room, yoga room, tornado shelter, 2 restrooms & an indoor pickleball court!

We are looking forward to having this space for our residents to enjoy very soon!!!

Thank you for your patience! We will continue to keep you updated with progress!!



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