

CLIFFNOTES

The Newsletter of Highland 55 at Spring Creek in Edmond, OK



Happy Thanksgiving

The spirit of Thanksgiving is one of family, friends, love, inclusiveness, being grateful and fabulous food. Team H55 is very thankful for our wonderful community & wish each of you and your families a very happy Thanksgiving. May each of you enjoy the warmth of old and new beginnings and friendships during this holiday season. Once again, thank you for continuing to make Highland 55 an active, friendly and fun place to live. Best Wishes for a wonderful Thanksgiving!

- Cathy and Sheri



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NOTICE

**The Highland 55
office will close at
noon on Wednesday
November 23 and
reopen at 9am on
Monday morning
November 29th**

Gallery Opening: Behnaz Sohrabian

Thu, November 4 | Edmond Fine Arts Institute

DETAILS:

Edmond Fine Arts Institute

27 E. Edwards

405-340-4481

TIMES AND TICKETS:

5 to 7 p.m.

Free

Homecoming Musical: Willy Wonka

Thu, November 4 – Sat, November 6

Oklahoma Christian University

The musical is back and better than ever! See Willy Wonka and the Chocolate Factory on stage as musical students take us to a magical world. This event is open to the public.

DETAILS:

Oklahoma Christian University

2501 E Memorial Rd

800-877-5010

TIMES AND TICKETS:

7:30 p.m.

\$20

Indoor Edmond Farmer's Market

Sat, November 6 | MAC in Mitch Park

Shop regional organic produce, fresh beef, eggs, honey and more from November 6 to March 26. The indoor market will not be open on November 26 or December 24.

DETAILS:

MAC in Mitch Park

2733 Marilyn Williams Dr

405-359-4630

TIMES:

8 a.m. to 1 p.m.



TRASH PICK-UP:

Monday - Friday

Please put trash out in the morning before 9am.

Please **DO NOT** put any trash out during the night.

Sat & Sundays

Please use the Highland 55 receptacles. **Do not** put trash out on the weekends.

Please Keep your Garage doors CLOSED at ALL TIMES.



Waffled Leftover Thanksgiving Brunch Recipe

Invite friends and family back over to re-celebrate the holidays with this unique brunch made from leftovers. The stuffing works perfectly in waffle form, topped with all the trimmings.

Ingredients

4 1/2 cups crumbled leftover stuffing
1/4 cup chopped fresh parsley
2 large eggs, beaten
Vegetable oil, for brushing waffle iron
Sliced leftover turkey, gravy and cranberry sauce, for serving

Preheat a waffle iron to medium-high. Combine the stuffing, parsley and eggs. Generously brush the top and bottom of the waffle iron with oil. Evenly and firmly pack each section of the waffle iron full with the stuffing mixture. Close and cook until golden and the waffles can easily be lifted out of the waffle iron, 4 to 6 minutes. Meanwhile, heat the gravy in a small saucepan. Once the waffles are ready, top each with as much turkey as you want and close the waffle iron. Cook until the turkey is warmed through, 2 to 3 minutes.

Transfer the waffles to 4 plates and top each with gravy and cranberry sauce!

PLEASE WATCH YOUR SPEED THROUGH OUR
NEIGHBORHOOD, AND PLEASE REMIND YOUR GUESTS
TO DO THE SAME. HIGHLAND 55 IS LUCKY TO HAVE
ACTIVE RESIDENTS THAT WALK THROUGH THE



NEIGHBORHOOD
AS WELL AS
GRANDCHILDREN,
GOLF CARTS AND
PETS.
PLEASE WATCH
YOUR SPEED AND SLOW DOWN. THANK
YOU!

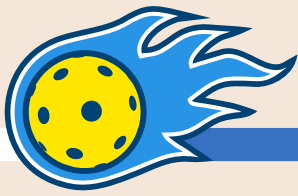
HEALTH AND WELLNESS SEMINAR



Highland 55 will be sponsoring a health and wellness seminar to be held at the clubhouse on Wednesday, November 17th beginning at 1:00pm.

Refreshments will be served. Come, listen & learn how you can live a healthy and happy lifestyle! Please RSVP in the office by Friday, November 12. Thank you!





We are thrilled that so many residents are utilizing our indoor pickle ball court at Highland 55!

Please remember to reserve times using the white erase calendar at the court. The court can be reserved by Highland 55 residents and their guests. A Highland 55 resident must be present during your time slot.

Please reserve in 1 1/2 hour increments.

There are paddles and balls located in the closet of the shelter room. Please clean the paddles when you are finished with them.

Don't forget the court is reserved for:

Tai Chi on Monday/Wednesday @ 10am

Yoga on Tuesday/Thursday @ 11:15am

Pickle ball drills Tuesday/Thursday @ 2-3pm



Don't Forget:

Use the North entrance (across from the mailboxes) to access the clubhouse when the H55 office is closed.

Code:5500#

The H55 fitness facility is open 24/7.

The pickleball court is open from 8am - 10pm. Code: 5501#

PLEASE DON'T FORGET TO USE
WIPES PROVIDED TO CLEAN
EQUIPMENT BEFORE AND AFTER
EACH USE. THANK YOU!

REMINDERS FOR ALL OF US.....



***ATTENTION DOG OWNERS , YOU
MUST PICK UP PET WASTE.
PLEASE!**

***Dogs must ALWAYS be on a leash.**

***Due to many issues, pets are not
allowed in the storm shelter.**

***Pets are always welcome on the
porches at the H55 clubhouse.**

***The H55 newsletter is now available
online at our website
Highland55.com. (under the "about"
tab, click Newsletter)
We are now emailing the newsletter
and calendar to you each month. A
few copies will be available in the
clubhouse.**

***DO NOT LEAVE TRASH OUT AT NIGHT-
BEWARE! WE HAVE SEEN SKUNKS ROAMING
THE NIEGHBORHOOD. THEY LOVE YOUR
TRASH. ROD THANKS YOU!**

***Be Considerate, Be Kind &
Be On Time!**

If you are attending any class
at H55 please allow yourself enough time to be
ready to
begin class ON TIME.
**REMEMBER, THE WARM UP IS THE MOST
IMPORTANT PART OF ANY EXERCISE CLASS!**