

# CLIFF NOTES

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



## TOKENS OF LOVE TO OUR HIGHLAND 55 RESIDENTS...

We are so pleased with our residents' success in Pickleball, Yoga & Tai Chi. Keep up the good work! Encourage your neighbors to join in on the fun while staying fit and healthy with you! As we are sure you are aware, all of our instructors truly adore each and everyone of you and look forward to teaching at Highland 55 every week! They share stories with us on everyone's progress and genuinely love being part of your fitness routine.

Happy Valentines Day!  
This is the month we tell our friends and family how much we love and care about them! The Highland 55 team loves our residents!

Sheri and Laura ❤️

## Let's have some fun with an in home Savanger Hunt!

**The first person to bring all of the items listed to the office will win a prize!!**

1. A photo of you when you were younger than 20
2. Something you own that you think is funny
3. Something from your refrigerator you are not going to eat
4. A sock with a hole in it
5. Something you are proud of
6. A wire hanger
7. Your favorite book
8. Something heart shaped
9. A piece of junk mail
10. A can of soup

**GOOD LUCK!!**

## 2022 Highland 55 Reminders

Please put trash out before 9am on weekdays only.

**DO NOT put any trash out during the night.** Please use the Highland 55 receptacles during the weekend.

**Please keep your garage doors closed when possible.**

Turn on outdoor lights at night to keep our neighborhood well lit.

**If walking during the nighttime, please carry a flashlight. DO NOT wear dark clothing.** Please use caution when walking if there is ice or snow!

Please pick up after your pets.

**Dogs must ALWAYS be on a leash. Pets are not allowed inside the clubhouse but are welcome on the porches.**

Please remember to wipe down the fitness center equipment after you use them. Even the hand weights.

**Help to keep everyone at H55 healthy!**

**Please be on time to all exercise classes!**

For Emergency Maintenance please call **405-216-5559**.

Avoid online requests for emergency issues as they are not dispatched and only go to email.