

CLIFF NOTES

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



Highland 55 Residents are the BEST!

We are honored to serve you everyday! Thank you for continuing to make Highland55 the best place to live and work!

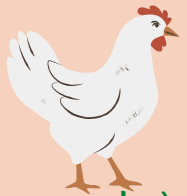
HAPPY FATHER'S DAY TO ALL THE DADS

We will have a special celebration on June 17th at 2:00 pm

GRILL & CHILL!! Cheers, Sheri & Laura

Laura's Famous Chicken Salad

- 4c. cooked chicken breast diced (you can use a rotisserie chicken)
- 2 cucumbers peeled and diced
- 2c. green grapes cut in 1/2
- 2 avocado cut into chunks (if eating the same day)
- Add mayonaise to your liking
- salt & pepper to taste



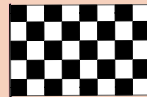
Serve on bread or dip with chips!
Chill & Enjoy!

Thank You! Thank You!

Look at all the green thumbs getting our first community garden planted! There will be a wide variety of garden goodness this summer! All are welcome to help tend to our community garden!



Very Important !!!!



We MUST slow down folks. There are too many people driving way to fast through our community. Please be mindful of your speed and surroundings. It would be helpful to remind your guests as well. Speed limit signs are on order.

Beginning in June our favorite yoga instructor, Paula Parrot will be adding a chair yoga class for all residents on Wednesday at 11:15. Class will be in the clubhouse. This is an excellent way to get some extra movement in your day! Feel free to join in or just come to watch a class!



A FEW FRIENDLY REMINDERS..

- Please put trash out **IN THE MORNING**, by 9am.
- Codes for Clubhouse and Fitness Center are listed in your directory.
- When using the walk thru gate in the front & back of the property please make sure to close and lock it securely.
- Walk thru gate code in front & back is C1357.
- We love our sweet pets but we cannot leave dog poo in the common areas. PLEASE PLEASE PLEASE pick up after your pets as you are walking them.

WE ARE CELEBRATING SEVERAL BIRTHDAYS THIS MONTH! BE SURE TO WISH YOUR NEIGHBORS A HAPPY DAY WHEN YOU SEE THEM!



Brenda S. Donna M. Jan R.
Ann C. Annette M.

STAY HEALTHY IN THE HEAT

- Drink water**: Fill a bottle with cold water and take it with you when you're out and about.
- Plan your day**: Avoid going out in the heat.
- Stay cool**: Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.
- Help others**: Check on friends, family and neighbours most at risk like the sick, elderly and young.
- Dress down**: Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.
- Hot cars can be deadly**: Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.
- Soak**: Take a cool shower or bath to help you cool down when you feel hot.
- Shade**: Wear a hat or take an umbrella with you for shade if you're outside on a hot day.