

CLIFF NOTES

THE NEWSLETTER FOR HIGHLAND 55 AT SPRING CREEK EDMOND, OK

MAY 2023 VOLUME 30

SPRING IS IN FULL BLOOM!

May is always a fun month! After all, it includes a day devoted to eating tacos and drinking margaritas on May 5th, Cinco De Mayo. Mothers' Day, May 14th, is one of the sweetest and most important holidays of the year when we show love to all mothers everywhere. On Memorial Day we honor the fallen and unofficially kick off the summer season. We look forward to the fun that May will bring at Highland 55. The H55 community calendar is getting busier and we are thrilled that our residents enjoy all our amenities. It is each and everyone of you that make Highland 55 special!

SHERI, LAURA AND THE H55 TEAM

INTRODUCING PERSONAL TRAINING AND WELLNESS COACH KENDRA MARTIN.

We are excited to welcome Kendra Martin to the Highland 55 family! Kendra is a Registered Nurse, National Board Certified Health and Wellness Coach, and Certified Fitness Instructor. By combining her nursing background and experience as a fitness professional, Kendra has a unique understanding that healthy lifestyle choices are the first step in creating a robust, healthy life. Kendra is available for residents to schedule both personal and group training sessions. She will also be conducting Wellness Workshops at Highland 55 throughout the year.

Highland 55 will be hosting a meet and greet in the Fitness Center on May 10th at 3pm. Join us with any questions you may have. Welcome Kendra!

HAPPY MAY BIRTHDAYS!

LEROY R. DOUG G. RENEE H.

GAMBLE D. DEBBIE S.

REMINDERS.....

- **ALL WORK ORDERS MUST BE SUBMITTED WITH THE OFFICE OR ONLINE.**
- **REMINDER: RESIDENTS MUST ACCOMPANY ALL GUESTS IN THE FITNESS CENTER OR PICKLEBALL COURT.**
- **TURN ON YOUR OUTDOOR LIGHTS AT NIGHT AND KEEP GARAGE DOORS CLOSED WHENEVER POSSIBLE.**
- **GUEST COTTAGE #68 IS AVAILABLE FOR OUR RESIDENTS' GUESTS TO STAY FOR A \$75 FEE PER NIGHT. CONTACT SHERI OR LAURA TO RESERVE.**
- **THE NEWSLETTER AND CALENDAR ARE AVAILABLE ONLINE AT HIGHLAND55.COM. CHECK YOUR CALENDAR, EMAIL AND TEXTS FOR H55 ACTIVITIES & INFORMATION.**
- **NEW FITNESS CENTER POLICIES HAVE BEEN POSTED IN THE FITNESS CENTER.**
- **DURING STORM SEASON THE SAFE ROOM IS ALWAYS OPEN. THE CODE TO THE BUILDING IS 5501#. ALWAYS BRING YOUR CELL PHONE. FLASHLIGHTS & WATER ARE PROVIDED.**