

CLIFF NOTES

THE NEWSLETTER FOR HIGHLAND 55 AT SPRING CREEK

EDMOND, OK

AUGUST 2023

VOLUME 33

AUGUST IS OUR BIRTHDAY MONTH!

This is our month to celebrate 2 years as Edmond's BEST 55+ active living community! Thank you to the residents who have been here since the beginning and to those who have since joined this incredible community. You make Highland 55 at Spring Creek fun and a special place to live and stay active. Let the party continue!

LOVE, Sheri, Laura & H55 team

WISH YOUR NEIGHBORS A HAPPY BIRTHDAY!!

Cathy B. Al W. Nancy R.
Betty H. Justin M. Carol C. Bob H.



REMINDERS:

- ALL work orders MUST be submitted in the office or online.
- Residents must accompany all guests in the fitness center, pickleball court & clubhouse.
- Make reservations for the guest cottage in the office.
- Please keep your pets inside if you are not home. When at home they must be on a leash or in your yard.
- DO NOT allow your guests to dispose of cigarette butts on property grounds. Smoking is only allowed 15ft. away from common areas & back patios. No smoking inside any buildings at Highland 55.
- The bounty from our community garden is in a basket on the clubhouse island. First come, first served! yum!
- Please keep garage doors closed at all times. Please turn on outdoor lights on in the evenings. Thank You!

Healthy Lemon Pepper Chicken

Ingredients

3 boneless skinless chicken breasts
1-2 T. olive oil
3 T. lemon pepper seasoning
1 lemon
Dried or fresh herbs



Instructions

Preheat oven to 400F. Brush chicken with olive oil on both sides. Sprinkle lemon pepper on both sides. Sprinkle with dried or fresh rosemary, basil and/or thyme for more flavor. Halve lemon, and squeeze 1/2 on top of chicken and arrange other half in slices around the chicken breasts. Bake for 25-35 min. (depending on size of chicken breasts) or until instant read thermometer reads 165 degrees. Serve with spaghetti, rice a green vegetable or a salad! Easy, delicious and healthy!

AUGUST HAPPENINGS...

We are now in the Dog Days of Summer! As temps rise, it's important to stay cool and hydrated. August is also National Sandwich Month! On August 6, 1762 the Earl of Sandwich asked for a meal with meat between 2 slices of bread and voila!...the sandwich was born!

Here are a few more fun days in the month of August.

August 2 - National Ice Cream Sandwich Day.
August 3 - Vibes in Downtown Edmond from 6-9pm FREE.
August 6 - National Sister Day
August 9 - National Book Lovers Day - Stay cool and read a book today!
August 15 - National Lemon Meringue Pie Day! Plan a visit to Railyard Pie!
August 19 - Heard on Hurd in Downtown Edmond 6-10pm FREE.
August 21 - National Senior Citizen Day. Say hi to your neighbor!
August 26 - National Dog Day - Give your pooch an extra kiss & treat today!
August 28 - Martin Luther King delivers "I Have a Dream" speech in 1963.