

# CLIFF NOTES

THE NEWSLETTER FOR HIGHLAND 55 AT SPRING CREEK EDMOND, OK  
NOVEMBER 2023 VOLUME 36

## To Our Residents,

THE HIGHLAND 55 TEAM CONTINUES TO BE GRATEFUL AND THANKFUL FOR EACH AND EVERYONE OF YOU! WE HOPE YOU ALL ENJOY THE WARMTH OF OLD AND NEW FRIENDSHIPS WITHIN OUR COMMUNITY DURING THE UPCOMING HOLIDAY SEASON. THANK YOU FOR CONTINUING TO MAKE HIGHLAND 55 AN ACTIVE, FUN AND FRIENDLY PLACE TO LIVE.

**Happy Thanksgiving!**  
**Sheri, Laura and the H55 Team**

## H55 REMINDERS

- Please submit all work orders through the office or online.
- Residents must always accompany any guests in the fitness center, pickleball court or the clubhouse.
- Make reservations for the guest cottage in Sheri's office.
- Please keep your pets inside if you are not home. When at home they must be on a leash or in your yard.
- Smoking is only allowed 15ft. away from common areas & back patios. No smoking is allowed inside any building at Highland 55.
- Please keep garage doors closed & turn on outdoor lights on in the evenings.
- Freezing temps are upon us! Please let faucets drip when temps drop below freezing.
- All trash must be out by 9am for pick up on that day. Please make sure to tie off your bags. Do not leave trash out if you have missed pick up.
- Excessive barking is a violation of the pet agreement as it disturbs the peace & enjoyment of your neighbors. Please make sure you bring your dog(s) inside promptly if they continue to bark after several minutes.

## EXERCISE TO BOOST YOUR IMMUNE SYSTEM!

Exercise benefits your body in a number of ways. Regular exercise gives your immune system a boost to keep you well this winter. Take advantage of the many classes H55 has to offer each week. Using our exercise facility for a quick work-out is a great way to feel better and stay strong!



## HAPPY NOVEMBER BIRTHDAYS TO OUR HIGHLAND 55 NEIGHBORS!!



JOYCE P. KAY S. SHERYL L.  
SANDRA T. BARBARA S.  
DWIGHT A. CANDY R.

## WHITE TURKEY CHILI WITH AVOCADO

2 T. olive oil  
1 large onion diced  
4 cloves garlic minced  
1 lb. ground turkey  
2 t. ground cumin  
1 t. coriander  
1 t. cayenne pepper  
salt & pepper to taste  
4 c. chicken broth  
1 15 oz. can corn kernels  
1 15 oz. can white beans  
1 avocado diced

In a large pot, heat the olive oil. Add onions saute until translucent. Add garlic continue to cook for about a minute. Add turkey and cook until browned. Add all seasonings and cook until fragrant. Stir in broth and bring to a simmer over medium heat. Stir in corn and beans. To serve, ladle into bowls top with avocado slices.

Serve immediately.

ENJOY!

