

# THE HIGHLANDS

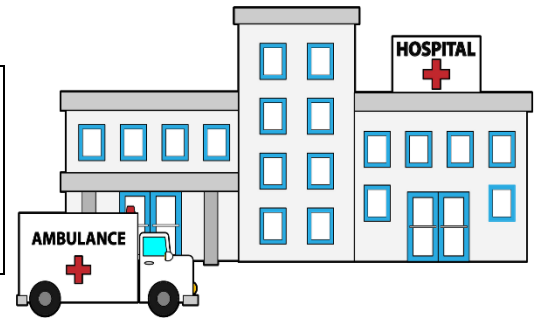
## FLING

January, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722

SOCIAL  
DISTANCE &  
WEAR YOUR  
MASK...DON'T  
END UP HERE



### JANUARY EVENTS

Wed, Jan 20

Open Board Mtg - 10:00 am

**\*\*PLEASE WEAR A  
MASK\*\***

**MANY SOCIAL EVENTS  
ARE CANCELLED UNTIL  
FURTHER NOTICE**

**PLEASE SIGN UP!**

### SPEED BUMPS COULD BE COMING!!

The topic of speeding in The Highlands was brought up and discussed at the Board Meeting on December 16.

Cars and Trucks traveling on our roads at unsafe speeds has been an ongoing problem. We are fortunate that there have not been any accidents or injuries YET! We are asking residents to be mindful of their speed while driving in The Highlands and remind any guests or friends to do the same.

We will be contacting many delivery companies, contractors, utilities and other commercial drivers to remind them of our 15 miles per hour speed limit. We are also requesting that the local police patrol our streets to stop speeders and ticket them if necessary.

Anyone who is walking, riding a bike or just standing on the side of the road has a responsibility to allow vehicles to pass safely. Wear bright clothing and carry a flashlight at night so you can be seen.

One final note, STOP is not a suggestion or recommendation, it means...STOP! That goes for cars, trucks, golf carts and bicycles!

Please be safe and remember...ONLY YOU CAN PREVENT SPEED BUMPS!  
Craig Bennett  
HOA President

### WELCOME NEW RESIDENT

Terri Sebastian, Matterhorn

### CARDS SENT

Jerry Dennis - Get Well

Lynn Nix - Get Well

Herb Johnson - Sympathy  
Loss of wife

Al Rausch - Sympathy  
Loss of mother

**NOTE:** If you know of someone who should receive a card, please call Marilyn Staley at (520) 484-8532.



Georgiana Wallace, age 93 <sup>3</sup>/<sub>4</sub>  
Mother of Linda Ortiz

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com)

# JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day  *No trash today	2  Aquafit 10:00 am
3	4 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	5 Aquafit 10:00 am Hand & Foot 1:00 pm	6 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	7 Aquafit 10:00 am Wellness Parade 4 pm Cards/Games 6:00 pm	8 Aquafit 10:00 am Cards/Games 6:00 pm	9  Aquafit 10:00 am
10	11 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	12 Aquafit 10:00 am Hand & Foot 1:00 pm	13 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	14 Aquafit 10:00 am Wellness Parade 4 pm Cards/Games 6:00 pm	15 Aquafit 10:00 am Cards/Games 6:00 pm	16  Aquafit 10:00 am
17	18 ML King Day Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	19 Aquafit 10:00 am Hand & Foot 1:00 pm	20 Aquafit 10:00 am Open Bd Mtg 10:00 am** Hand & Foot 1:00 pm Cards/Games 6:00 pm	21 Aquafit 10:00 am Wellness Parade 4 pm Cards/Games 6:00 pm	22 Aquafit 10:00 am Cards/Games 6:00 pm	23  Aquafit 10:00 am
24	25 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	26 Aquafit 10:00 am Hand & Foot 1:00 pm	27 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	28 Aquafit 10:00 am Wellness Parade 4 pm Cards/Games 6:00 pm	29 Aquafit 10:00 am Cards/Games 6:00 pm	30  Aquafit 10:00 am
31		December 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> Green = Resource Room/Office Red = Off Site Activity <b>**BE SURE TO WEAR A MASK</b> *Trash Pickup on Saturday due to Holiday

TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures

# THE HIGHLANDS FLING

February, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



Covid 19 is in  
The Highlands.  
Mask up, Stay 6  
feet apart and  
Wash your  
hands!!

## FEBRUARY EVENTS

**Fri, Feb 5**

Annual Open Board Meeting  
1:00 pm

**Wed, Feb 17**

Open Board Mtg 10:00 am

**\*\*PLEASE WEAR A  
MASK\*\***

**MANY SOCIAL EVENTS  
ARE CANCELLED UNTIL  
FURTHER NOTICE**

**PLEASE SIGN UP!**

## CANCELLED!!

Due to ongoing issues with the pandemic, we have decided to cancel the Community Yard Sale (2/20) and White Elephant Sale (2/27) for this year. There will, however, be a 20 yard dumpster placed in the RV Lot for homeowners' use the week of February 22<sup>nd</sup>. This dumpster can be used to eliminate any "treasures" including yard waste, branches, old screens, etc. You **CANNOT** put the following items in the dumpster: **tires, fuels, batteries or anything that ever contained Freon!!** We would like to continue using a dumpster in the future, but it depends **solely** on homeowners following the rules. If you have any items that can't be placed in the dumpster, you can take them to the Catalina Transfer Station which is on Oracle Road. We believe the cost to do this is \$25 per load.  
Best Regards,  
Steve & Jamie Horst

## RV LOT HOURS

There is a new gate at the entrance to the RV Lot. The gate will be locked from 9 p.m. until 6 a.m. If you need access to your unit, please be aware of the new hours.

## CRAFT SHOW & SALE

Come to the Clubhouse grounds on Saturday, March 6, between 9:00 a.m. and 12:00 noon. Handcrafted items by Highlands' residents will be for sale. More information to follow.

## CELEBRATION OF LIFE

On Sunday, March 14, at 2:00 p.m. there will be a Celebration of Life to honor those residents who passed away during the last year. This event will be held outside.

## COVID VACCINE

Here is the website to sign up for the Covid Vaccine and see if/when you qualify:  
[pima.gov/covid19vaccine](http://pima.gov/covid19vaccine)

## NEED HELP PICKING FRUIT?

I will help pick your fruit in exchange for some. Contact Susan Weber at (505) 927-4216. Thank you.

## CARDS SENT

Linda Ortiz – Sympathy  
Loss of Mother,  
Georgiana Wallace  
Judy Pope - Get Well  
Jane Force – Get Well  
Kathy Reagan – Get Well  
Lloya Ossier – Get Well  
Sharon Dennis – Get Well  
Gene Malik – Get Well  
Sharon Malik – Get Well  
Barbara Moe – Sympathy  
Loss of Sister  
Marcia Pritikin

**NOTE:** If you know of someone who should receive a card, please call Marilyn Staley at (520) 484-8532.



Harry Farris

## THE POOL

The pool is open at 10:00 a.m. if the temperature is reported to be 65 degrees or higher. It will be closed at 5:00 p.m. We still need volunteers to cover and uncover the pool. If you can help, please call Louise Bohrer at (715) 448-3301. Let's all do what we can to keep the pool open. Thank you.

## TUCSON PHONE BOOKS

If you need a Tucson Phone Book, there are several in the library. If you enter the library from the sliding glass door, they are on the bottom shelf just before you enter the main room of the Clubhouse.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com)

# FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	2 Groundhog Day Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	3 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	4 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	5 Aquafit 10:00 am ANNUAL OPEN BOARD MEETING 1:00 pm** Cards/Games 6:00 pm	6 Aquafit 10:00 am
7	8 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	9 Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	10 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	11 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	12 Chinese New Year Aquafit 10:00 am Cards/Games 6:00 pm	13 Aquafit 10:00 am
14 Valentine's Day	15 Presidents' Day Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	16 Mardi Gras Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	17 Ash Wednesday Aquafit 10:00 am Open Bd Mtg 10:00 am** Hand & Foot 1:00 pm Cards/Games 6:00 pm	18 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	19 Aquafit 10:00 am Cards/Games 6:00 pm	20 Aquafit 10:00 am
21	22 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	23 Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	24 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	25 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	26 Aquafit 10:00 am Cards/Games 6:00 pm	27 Aquafit 10:00 am
28						
		January 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		March 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b> <b>**BE SURE TO WEAR A MASK</b>

**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**

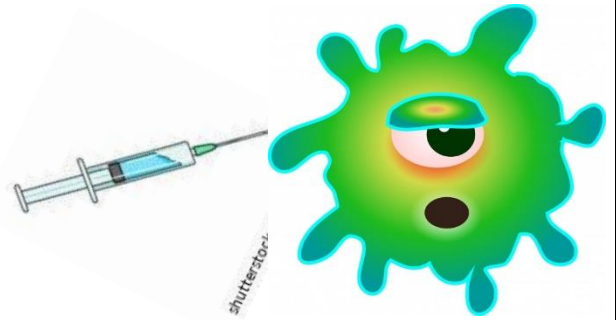
# THE HIGHLANDS

## FLING

March, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### MARCH EVENTS

**Sat, Mar 6**

Craft Show & Sale  
9:00 am - 12:00 noon

**Sun, Mar 14**

Celebration of Life - 2:00 pm

**Wed, Mar 17**

Open Board Mtg - 10:00 am

**Fri, Mar 19**

Social Comm Mtg - 9:00 am

**\*\*PLEASE WEAR A  
MASK\*\***

**MANY SOCIAL EVENTS  
ARE CANCELLED UNTIL  
FURTHER NOTICE**

**PLEASE SIGN UP!**

### REMINDER

If you wish to have "The Fling" delivered to your home, please make sure you have a tube available. Your mailbox can only be used for US Mail.

### THE POOL

Recent revelations from the CDC have surfaced regarding community pools. They believe that an outside pool has enough air circulation and chemicals to mitigate the spread of germs.

The Board of Directors has discussed this and voted unanimously to immediately open the pool to guests and children. Social distancing is required and children must be under the supervision of an adult.

Please be considerate of others when using the pool.  
Enjoy, Craig

### CRAFT SHOW & SALE

Come to the Clubhouse on Saturday, March 6, between 9:00 a.m. and 12:00 noon. We have nine residents signed up to sell handcrafted items. The show and sale will be set up outside next to the Clubhouse. Please make time to stop by and support your neighbors.

### NEW YOGA CLASS

You are invited to a chair yoga class for anyone not wanting to stretch on the floor. All yoga poses will be done either seated or standing using a chair for support and balance. The class will be well rounded for strength, flexibility and breathing techniques. You will feel relaxed and energized! Class will begin on Tuesday, March 2, at 11:00 a.m. for 45 to 60 minutes. Classes will be held at the Clubhouse. Please wear a mask and we will socially distance our chairs. Suggested donation is \$5. Call or text Susan Weber at (505) 927-4216 to register, or just show up.

### CELEBRATION OF LIFE

On Sunday, March 14, at 2:00 p.m. there will be a Celebration of Life to honor those residents who passed away during the last year. This event will be held outside near the shuffleboard court.

### CARDS SENT

There was no report of cards sent this month.

**NOTE:** If you know of someone who should receive a card, please call Marilyn Staley at (520) 484-8532.

## **NEW PAINT COLOR WHEEL**

In an effort to allow homeowners to view ALL the colors and numbers that can be used when painting a house, a "new" color wheel has been placed in the Resource Room. The new wheel is not attached to the wall; therefore, if you take it home, PLEASE sign the clipboard on the table. Kindly include your address and phone number on the sign-out sheet so we know where the wheel is located. Sherwin-Williams makes minor changes to their paint colors and numbers every few years, so we will be able to update ours as well.

**Please Note:** You are not required to use Sherwin-Williams brand paint. If you take their color number to your supplier, they will be able to create a similar color.

A HUGE thank you to Sharon and Jerry Dennis who spent a lot of time updating the color wheel.

THI Compliance

## **SING WHILE YOU DRIVE**

45 MPH - "Highways Are  
Happy Days"

55 MPH - "I'm But a Stranger  
Here, Heaven Is  
My Home"

65 MPH - "Nearer My God to  
Thee"

75 MPH - "When the Roll is  
Called Up Yonder,  
I'll Be There"

85 MPH - "Lord I'm Coming  
Home"

Submitted by a Resident

## **THE BOARD OF DIRECTORS**

For those of you who have asked about positions held by the 2021-2022 Board of Directors, here is the information.

### **President**

Craig Bennett  
(810) 923-9236

### **Vice President & Contracts**

Sara Danville-Gelhaus  
(951) 453-1035

### **Treasurer**

Jamie Horst  
(309) 230-0233

### **Secretary**

Mary Rausch  
(319) 560-5258

### **Maintenance/Compliance**

Bernie Lee  
(520) 409-8709

Morris Coville  
(541) 754-2261

### **Compliance**

Jimmy Clark  
(520) 484-3336

Kent Hinds  
(520) 444-1107

### **Director**

Bob Beck  
(520) 461-9540

## **A SPECIAL NOTE OF THANKS**

Dear Highlands Friends  
and Family,

After living in the Highlands for 26 years without an issue, I really could not believe it when my tricycle was stolen. I enjoyed it so much!

To my amazement, I received money to replace the tricycle from the wonderful group here in The Highlands.

I thank you all so very much. Words cannot express my appreciation for such wonderful people.

Sincerely,  
Shirley Nicodemus

The deadline for Fling articles is the 20<sup>th</sup> of each month.

Please send information to Carol Nadeau at cboydna@aol.com

# MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	2 Riverfront Yoga 9:00 am Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	3 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	4 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	5 Aquafit 10:00 am Cards/Games 6:00 pm	6 Craft Show/Sale 9:00:00 am  Aquafit 10:00 am
7	8 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	9 Riverfront Yoga 9:00 am Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	10 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	11 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	12 Aquafit 10:00 am Cards/Games 6:00 pm	13 Aquafit 10:00 am
14 Daylight Saving  Celebration of Life 2:00:00 pm	15 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	16 Riverfront Yoga 9:00 am Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	17 St. Patrick's Day Aquafit 10:00 am Open Bd Mtg 10:00 am** Hand & Foot 1:00 pm Cards/Games 6:00 pm	18 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	19 Social Comm 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	20 Aquafit 10:00 am
21	22 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	23 Riverfront Yoga 9:00 am Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	24 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	25 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	26 Aquafit 10:00 am Cards/Games 6:00 pm	27 Aquafit 10:00 am
28 Passover	29 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	30 Riverfront Yoga 9:00 am Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	31 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm			
		February 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	April 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		All Activities Held in Clubhouse/Pool Area EXCEPT: Green = Resource Room/Office Red = Off Site Activity **BE SURE TO WEAR A MASK	

**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**



# THE HIGHLANDS

## FLING

April, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### APRIL EVENTS

Wed, Apr 21

Open Board Mtg - 10:00 am

**\*\*PLEASE WEAR A  
MASK\*\***

**MANY SOCIAL EVENTS  
ARE CANCELLED UNTIL**

**FURTHER NOTICE**

**PLEASE SIGN UP!**

### FROM THE BOARD OF DIRECTORS

The office has medical equipment available for residents to borrow. There is no cost for the service.

We are looking for a committee to suggest ideas for outdoor activity areas... should we keep them? change them? update them? etc. Please sign up in the Clubhouse by April 5.

### WELCOME NEW RESIDENTS

Kelly & Sarah  
Danville Gelhaus  
Norma Jean Sellers  
Mark & Regina Linsalata  
Laura Nelson  
Thomas & Nancy Clark  
Lisa Stiller  
Dianne Jacobs  
James & Margaret Rehnberg  
Michael Faron  
Chuck & Chris Ardingo

### VOLUNTEER OPPORTUNITY

The Board is looking for someone who would be interested in serving as Assistant Secretary. For additional information, please contact Mary Rausch at (319) 560-5258.

### TUESDAY COFFEE

Come to the Clubhouse for coffee at 8:30 a.m. each Tuesday. All are welcome. Cost is \$1 for sweets and coffee.

### CARDS SENT

Marilyn Staley reported the following cards were sent.  
Louise Adams – get well  
Joseph Luoma – sympathy  
Loss of his mother  
Eila Waterland – sympathy  
Loss of husband, Sonny  
Addie Everett – get well

**NOTE:** If you know of someone who should receive a card, please call Marilyn at (520) 484-8532.

### THE HIGHLANDS' DIRECTORY

Just before her untimely passing, Georgia called me with an article for the Fling. She wanted to thank Cindy Bennett and the others who helped her create the phone directory. She wanted anyone whose information is incorrect to let us know so that we can make up a list to be included with a future issue of the Fling. If your information is incorrect, please drop a note in the box on the office door. I will get the information in the Fling.

## **HIGHLANDS' NEIGHBORHOOD WATCH**

The faithful members of the Highlands' Neighborhood Watch have been patrolling regularly. We have members who patrol on foot, by scooter, golf cart, car and truck. All members have been issued a fluorescent yellow vest to identify them as members of the Highlands' Security Patrol.

We usually have five to six patrols during a 24-hour period focusing on the hours when personal property is most susceptible to crime. We have a new member who patrols in the wee hours between 2:30 and 4:30 a.m. We can't be all places at all times, but we try to make our presence known.

We have communicated with the Oro Valley police and they have agreed to step up their patrols between midnight and 5:00 a.m. Our police liaison suggests you put all valuables away where they can't be seen.

Theft has increased in Oro Valley due to a number of factors such as pandemic unemployment, etc. Lock your cars and your doors! Install a motion detector!

If you have questions, please contact Elizabeth Hinds, Neighborhood Watch Coordinator, at (520) 440-7056.

## **NOTE OF THANKS**

Many thanks for the calls, cards, and concerns. I am doing well so far.

Linda Wilcoxson



Georgia Pfleiderer

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com)

# APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 April Fool's Day <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Cards/Games 6:00 pm	2 Good Friday Aquafit 10:00 am Cards/Games 6:00 pm	3 Aquafit 10:00 am
4 Easter	5 Aquafit 10:00 am Hand & Foot 1:00 pm <b>Crafts 1:30 pm</b> Ping Pong 7:00 pm	6 Coffee 8:30 am <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	7 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	8 <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Cards/Games 6:00 pm	9 Aquafit 10:00 am Cards/Games 6:00 pm	10 Aquafit 10:00 am
11	12 Aquafit 10:00 am Hand & Foot 1:00 pm <b>Crafts 1:30 pm</b> Ping Pong 7:00 pm	13 Ramadan begins Coffee 8:30 am <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	14 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	15 <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Cards/Games 6:00 pm	16 Aquafit 10:00 am Cards/Games 6:00 pm	17 Aquafit 10:00 am
18	19 Aquafit 10:00 am Hand & Foot 1:00 pm <b>Crafts 1:30 pm</b> Ping Pong 7:00 pm	20 Coffee 8:30 am <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	21 Admin Assist Day Aquafit 10:00 am Open Bd Mtg 10:00 am** Hand & Foot 1:00 pm Cards/Games 6:00 pm	22 Earth Day <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Cards/Games 6:00 pm	23 Aquafit 10:00 am Cards/Games 6:00 pm	24 Aquafit 10:00 am
25	26 Aquafit 10:00 am Hand & Foot 1:00 pm <b>Crafts 1:30 pm</b> Ping Pong 7:00 pm	27 Coffee 8:30 am <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Chair Yoga 11:00 am Hand & Foot 1:00 pm	28 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	29 <b>Riverfront Yoga 9:00 am</b> Aquafit 10:00 am Cards/Games 6:00 pm	30 Aquafit 10:00 am Cards/Games 6:00 pm	
		March 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		May 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b> <b>**BE SURE TO WEAR A MASK</b>

**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**

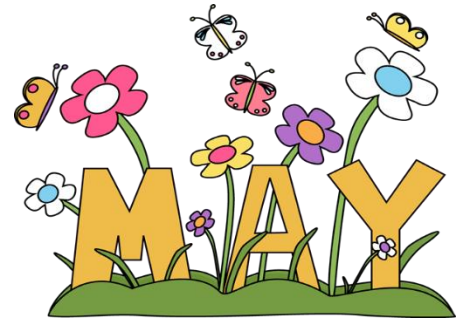
# THE HIGHLANDS

## FLING

May, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### MAY EVENTS

#### Thursdays

Golf Cart Parade - 6:00 pm

**\*\*PLEASE WEAR A  
MASK\*\***

**MANY SOCIAL EVENTS  
ARE CANCELLED UNTIL  
FURTHER NOTICE**

**PLEASE SIGN UP!**

### URGENT

It doesn't seem possible that any grandparent or parent would intentionally injure their child. On April 3, several residents observed a very small child (3-4 years old) standing up driving a golf cart, which even appeared to be exceeding the speed limit.

We've all seen stories on TV about freak accidents that happened because someone wanted to allow a child to "have some fun". No child under 16 should be driving a motorized vehicle. STOP – think how you will feel if your grandchild or child gets hurt.

### FROM THE BOARD OF DIRECTORS

A three-year contract has been signed with Hughes Sanitation, so please note the following changes:

The monthly rate goes from \$13.00 to \$13.50, which means the quarterly payment will be \$40.50.

If gas reaches \$4.00 per gallon, our monthly rate will immediately go up \$1.00 until the gas price goes down.

Doubling up with a neighbor is strictly **PROHIBITED** and if caught will result in \$100 fine; back payments will also be assessed.

### FROM HORAC

Most residents should have received the survey from the newly formed Highlands' Outdoor Recreation Committee (or HORAC) asking for your input regarding existing and possible future outdoor activities at The Highlands. Your input is very important. If you did not receive a survey, please contact Cheryl Haggard at (520) 609-1340.

### WELCOME NEW RESIDENTS

Martin Wolf  
Daniel & Joyce Emery  
Edward & Christina Gilman

### PARADE TIME CHANGE

Effective May 1, the Golf Cart Parade will begin at 6:00 p.m. on Thursdays.

### LIGHT POLE CREDIT

If you are supposed to receive a 'light pole credit' it will appear on the FIRST quarter invoice, which means your quarterly amount owed to The Highlands will be \$6.00 less (\$174 - \$6 = \$168). This same credit would apply if you were paying bi-annually or yearly as well.

## CARDS SENT

Marilyn Staley reported the following cards were sent:

Judy Pope – get well  
Florence Dutton – get well  
Linda Wilcoxson – get well  
Addie Everett – get well  
Bernie Lee – get well  
Rich Staska – sympathy  
Loss of his mother, Jane

**NOTE:** If you know of someone who should receive a card, please call Marilyn at (520) 484-8532.

## SING-A-LONG

Morris Coville is interested in leading some Sing-A-Longs. He will provide the lyrics and music. If you are interested or have questions, please contact Morris at (541) 990-0263.



Jane Staska  
Bill Hullfish

## SUBMITTED BY A RESIDENT



## NOTE OF THANKS

Thank you to everyone for the cards and prayers after the passing of my mother.

Jan Cason

## REMINDER

The Fling will not be delivered to your home from May until November. There will be copies in the Clubhouse and Resource Room. It can also be found on our website.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at cboydna@aol.com

# MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
						1 Aquafit 10:00 am																																																																																					
2	3 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	4 Coffee 8:30 am Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	5 Cinco de Mayo Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	6 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	7 Aquafit 10:00 am Cards/Games 6:00 pm	8 Aquafit 10:00 am																																																																																					
9 Mother's Day	10 Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	11 Coffee 8:30 am Riverfront Yoga 9:00 am Aquafit 10:00 am Hand & Foot 1:00 pm	12 Aquafit 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	13 Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	14 Aquafit 10:00 am Cards/Games 6:00 pm	15 Armed Forces Day Aquafit 10:00 am																																																																																					
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30	31 Memorial Day Aquafit 10:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	<p style="text-align: center;">April 2021</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p style="text-align: center;">June 2021</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p><b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b></p> <p style="color: green;">Green = Resource Room/Office</p> <p style="color: red;">Red = Off Site Activity</p> <p><b>**BE SURE TO WEAR A MASK</b></p>
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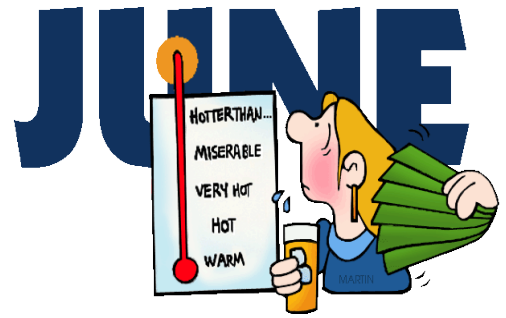
**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**

# THE HIGHLANDS FLING

June, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



## ATTENTION DOG OWNERS

Some residents (myself included) have witnessed dog waste on their property or the curbs of our streets. We have a NO PETS POLICY in The Highlands and many of us chose to live here because of that policy. The paperwork you signed regarding "Rules for Reasonable Accommodation of Service or Assistance Animals" clearly states that you are required to carry a trash bag and immediately pick up any waste deposited by your animal (Rule 6). The Fair Housing Act, Section 504, indicates that you must be in control of your animal at all times, which includes cleaning up any waste left by the animal. The Federal Government also gives us the right to require your animal be removed from the community if you refuse to follow the guidelines. **PICK UP AFTER YOUR DOG!**

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com)

## NEIGHBORHOOD WATCH

Many residents have left for the summer, but we are keeping watch over your property. In the past, we have caught water leaks/irrigation breaks and called police to report suspicious persons in the community. Oro Valley Police have told us crime is up 150 percent. One of our patrol members discovered a vagrant camped out in the RV lot after 3 a.m. At 12:30 a.m. a resident heard someone running in their yard. A patrol member saw a stranger near the RV lot at 3:15 a.m.

We strongly advise you to keep your cars and houses locked, even during daylight hours. Never open the door to strangers. Call 911 if they refuse to leave.

Stay safe by being aware and careful at all times. If you notice something suspicious, call 911.

Elizabeth Hinds  
Neighborhood Watch  
Coordinator (520) 440-7056

## CARDS SENT

Marilyn Staley reported the following cards were sent:  
Carrie Letts – get well  
Jeff Thomas – get well  
Ray Ghiselline – get well  
Jerry Dennis – get well  
Anita Lee – get well

**NOTE:** If you know of someone who should receive a card, please call Marilyn at (520) 484-8532.

## WELCOME NEW RESIDENTS

Glen & April Hulstrand  
Neil & Sarah Poesse

## PARADES

Wellness Parades will resume July 4.



Ray Ghiselline

# JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Coffee 8:30 am Aquafit 9:00 am	<b>2</b> Aquafit 9:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>3</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>4</b> Aquafit 9:00 am Cards/Games 6:00 pm  *No Trash Today	<b>5</b> Aquafit 9:00 am  *Trash Pick Up Today
<b>6</b>	<b>7</b> Aquafit 9:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>8</b> Coffee 8:30 am Aquafit 9:00 am	<b>9</b> Aquafit 9:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>10</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>11</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>12</b> Aquafit 9:00 am
<b>13</b>	<b>14</b> Flag Day Aquafit 9:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>15</b> Coffee 8:30 am Aquafit 9:00 am	<b>16</b> Aquafit 9:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>17</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>18</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>19</b> Aquafit 9:00 am
<b>20</b> Father's Day	<b>21</b> June Solstice (GMT) Aquafit 9:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>22</b> Coffee 8:30 am Aquafit 9:00 am	<b>23</b> Aquafit 9:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>24</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>25</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>26</b> Aquafit 9:00 am
<b>27</b>	<b>28</b> Aquafit 9:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>29</b> Coffee 8:30 am Aquafit 9:00 am	<b>30</b> Aquafit 9:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm			
		May 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> Green = Resource Room/Office Red = Off Site Activity  *Trash Pick Up on Sat due to Memorial Day		

TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures



# THE HIGHLANDS

## FLING

July, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### JULY EVENTS

#### Sunday – July 4

Potluck – 4:30 pm

Golf Cart Parade - After the  
Potluck

#### Wed – July 14

Meet & Greet – 4:00 pm

#### Wed – July 21

Ladies Luncheon – 11:30 am

**\*\*PLEASE WEAR A  
MASK IF YOU HAVE  
NOT BEEN FULLY  
VACCINATED AGAINST  
COVID\*\***

**PLEASE SIGN UP!**

### NOTICE!

All articles published in The Fling have been approved by the President of the Board.

### CELEBRATE OUR INCEPENDENCE!

All residents are welcome to attend the 4<sup>th</sup> of July Potluck at 4:30 p.m. in the Clubhouse. Please sign up in the poker room at the Clubhouse. Bring a dish to share, your table service and a drink if desired. The Wellness Golf Cart Parade will resume after dinner. Let's decorate those golf carts! Questions should be directed to Jane Force at (520) 245-4164.

### NEW, NEW, NEW!

Recently some changes have taken place at our office. The office is now open Tuesday, Wednesday and Thursday from 10:00 a.m. until 1:00 p.m. It has been updated with new furniture, flooring and paint. Lynne Jordan will be greeting us at the office and handling our transactions. Lynne has lived in the Tucson area for 13 years. She enjoys cooking, aviation and the outdoors.

### TAI CHI CLASS

Rick Anderson will be teaching Tai Chi at the Clubhouse on Monday and Wednesday at 9:30 a.m. Questions should be directed to Rick at (970) 245-8001.

### MEET AND GREET

Come to the Clubhouse on July 14 from 4:00 to 5:00 p.m. and meet your neighbors. The meet and greet is open to all residents. Bring your beverage and a snack to share.

### CARDS SENT

Marilyn Staley reported the following cards were sent:

Louise Adams – sympathy,  
loss of her sister  
Phyllis Lynde – get well  
Bill Lynde – sympathy,  
loss of his mother, Phyllis  
Lucy Phelan – sympathy, loss  
of her caregiver & friend,  
Barbie

**NOTE:** If you know of someone who should receive a card, please call Marilyn at (520) 484-8532.

## LADIES' LUNCHEON

The Ladies' Luncheon will be July 21 at Ole Mexican Grill, 2080 Orange Grove Road. Meet at the Clubhouse at 11:30. Please sign up in the poker room at the Clubhouse. Provide your first and last name, your phone number and indicate whether or not you can drive. Your phone number is necessary in case we have to cancel due to Covid. Questions should be directed to Kathy Zeleznik/Bentler at (440) 821-5591.

## UPDATED RESERVE PLAN

An updated reserve plan, dated April 2021, is on file in the office. A PDF version may be requested by members.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at cboydna@aol.com. Please indicate "Fling Article" or something similar in the subject line.



Phyllis Lynde

## FROM THE HIGHLANDS' NEIGHBORHOOD WATCH

The Oro Valley Police have asked us to share information regarding the recent rise in thefts of catalytic converters. The cost of replacing a catalytic converter will be very expensive, and the thieves can pocket about \$200 per converter.

Here are some steps you can take to help prevent theft of your catalytic converter:

- Park in a garage or well-lit area.
- Add a commercial catalytic theft prevention device.
- Install an under-vehicle alarm system.
- Etch the vehicle VIN number on the converter.
- Report the theft to law enforcement immediately.

Oro Valley Police Department is asking that you watch for anything suspicious, particularly anyone working on the undercarriage of a vehicle. Please call OVPD at (520) 229-4900 and allow them to investigate. Without the public's help, they will have difficulty stopping this crime.

Questions should be directed to Elizabeth Hinds, Neighborhood Watch Coordinator, at (520) 440-7056 or drelizfortin@aol.com.

# JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Aquafit 9:00 am Cards/Games 6:00 pm	2 Aquafit 9:00 am Cards/Games 6:00 pm	3 Aquafit 9:00 am
4 Independence Day  Pot Luck 4:30 pm Golf Cart Parade after	5 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	6 Coffee 8:00 am Aquafit 9:00 am	7 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	8 Aquafit 9:00 am Cards/Games 6:00 pm	9 Aquafit 9:00 am Cards/Games 6:00 pm	10 Aquafit 9:00 am
11	12 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	13 Coffee 8:00 am Aquafit 9:00 am	14 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Meet & Greet 5:00 pm Cards/Games 6:00 pm	15 Aquafit 9:00 am Cards/Games 6:00 pm	16 Aquafit 9:00 am Cards/Games 6:00 pm	17 Aquafit 9:00 am
18	19 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	20 Coffee 8:00 am Aquafit 9:00 am	21 Aquafit 9:00 am Tai Chi 9:30 am <b>Ladies Lunch 12 noon</b> Hand & Foot 1:00 pm Cards/Games 6:00 pm	22 Aquafit 9:00 am Cards/Games 6:00 pm	23 Aquafit 9:00 am Cards/Games 6:00 pm	24 Aquafit 9:00 am
25 Parents' Day	26 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	27 Coffee 8:00 am Aquafit 9:00 am	28 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	29 Aquafit 9:00 am Cards/Games 6:00 pm	30 Aquafit 9:00 am Cards/Games 6:00 pm	31 Aquafit 9:00 am
		June 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		August 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b>

**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**

# THE HIGHLANDS FLING

August, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



## AUGUST EVENTS

**Tue – Aug 3**  
Potluck – 5:30 pm

**Wed – Aug 18**  
Meet & Greet – 4:00 pm

## PLEASE SIGN UP!

**\*\*PLEASE WEAR A  
MASK IF YOU HAVE  
NOT BEEN FULLY  
VACCINATED AGAINST  
COVID\*\***

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com). Please indicate "Fling Article" or something similar in the subject line.

## MEET & GREET

Come and meet some new folks. Join us at the August Meet and Greet, Wednesday, August 18, from 4:00 to 5:00 p.m. Bring your beverage and a snack to share. No need to sign up.

## POTLUCK

Our August potluck will be held Tuesday, August 3, at 5:30 p.m. Please sign up on the sheet in the Clubhouse, bring a dish to share and your place setting. Looking forward to seeing you there.

## CARDS SENT

Marilyn Staley reported the following cards were sent:

Barbara Scantlan - Get Well  
Harry Nix - Thinking of You  
Gail Franklin - Get Well  
Morris Coville - Get Well  
Lynn Nix - Sympathy, Loss of Her husband, Harry

If you know of someone who should receive a card, please call Marilyn at (520) 484-8532.

## Note from Marilyn:

I want to thank everyone who donated cards for our community mailings. Last week someone left beautiful Sympathy Cards in the

Clubhouse for giveaway and my neighbor, DeDe Vannot brought them to me. THANKS TO ALL WHO DONATE THEIR CARDS!

## ATTENTION!

To anyone who went to the July Meet and Greet. I lost a large slotted serving spoon that goes to my set of silverware. It apparently went home with someone else. If you find it, please leave it on the counter in the clubhouse with my name on it, or give me a call at (520) 887-4120. Here's a drawing of the spoon.



Thank you so much,  
Patti Triplett



Barbara Davis  
Harry Nix

# AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	3 Coffee 8:00 am Aquafit 9:00 am Potluck 5:30 pm	4 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	5 Aquafit 9:00 am Cards/Games 6:00 pm	6 Aquafit 9:00 am Cards/Games 6:00 pm	7 Aquafit 9:00 am	
8	9 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	10 Coffee 8:00 am Aquafit 9:00 am	11 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	12 Aquafit 9:00 am Cards/Games 6:00 pm	13 Aquafit 9:00 am Cards/Games 6:00 pm	14 Aquafit 9:00 am	
15	16 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	17 Coffee 8:00 am Aquafit 9:00 am	18 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Meet & Greet 5:00 pm Cards/Games 6:00 pm	19 Aviation Day Aquafit 9:00 am Cards/Games 6:00 pm	20 Aquafit 9:00 am Cards/Games 6:00 pm	21 Aquafit 9:00 am	
22	23 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	24 Coffee 8:00 am Aquafit 9:00 am	25 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	26 Aquafit 9:00 am Cards/Games 6:00 pm	27 Aquafit 9:00 am Cards/Games 6:00 pm	28 Aquafit 9:00 am	
29	30 Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	31 Coffee 8:00 am Aquafit 9:00 am					
		July 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		September 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b>	

**TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures**

# THE HIGHLANDS

## FLING

September, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### SEPTEMBER EVENTS

**Fri – Sept 17**

Social Committee  
9:00 am

**Sat – Sept 18**

Memorial Service for  
Harry Nix – 2:00 pm

**\*\*PLEASE WEAR A  
MASK\*\***

### MEMORIAL SERVICE

A memorial service celebrating the life of Harry Nix will be held in the Clubhouse on Saturday, September 18, from 2:00 to 4:00 p.m. Harry's wife, Lynn, has invited anyone who wishes to come and pay their respects.

### SOCIAL COMMITTEE

The first Social Committee Meeting of the season will be held in the Clubhouse on Friday, September 17, at 9:00 a.m. Come and bring your ideas for future social events.



Dick Muzzy - former  
resident and Board  
Member.

Expressions of Sympathy  
may be sent to:

Nancy Muzzy  
4001 Ivanhoe Blvd.  
Columbia, MO 65203

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com). Please indicate "Fling Article" or something similar in the subject line.

# SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>2</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>3</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>4</b> Aquafit 9:00 am
<b>5</b>	<b>6</b> Labor Day Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>7</b> Rosh Hashanah Coffee 8:00 am Aquafit 9:00 am	<b>8</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>9</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>10</b> Aquafit 9:00 am Cards/Games 6:00 pm  *No Trash Today	<b>11</b> Patriot Day Aquafit 9:00 am  *Trash Pickup Today
<b>12</b> Grandparents Day	<b>13</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>14</b> Coffee 8:00 am Aquafit 9:00 am	<b>15</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>16</b> Yom Kippur Aquafit 9:00 am Cards/Games 6:00 pm	<b>17</b> Constitution Day Aquafit 9:00 am Social Comm. 9:00 am Cards/Games 6:00 pm	<b>18</b> Aquafit 9:00 am
<b>19</b>	<b>20</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>21</b> Coffee 8:00 am Aquafit 9:00 am	<b>22</b> Autumnal equinox (GMT) Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>23</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>24</b> Aquafit 9:00 am Cards/Games 6:00 pm	<b>25</b> Aquafit 9:00 am
<b>26</b>	<b>27</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	<b>28</b> Coffee 8:00 am Aquafit 9:00 am	<b>29</b> Aquafit 9:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	<b>30</b> Aquafit 9:00 am Cards/Games 6:00 pm		
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TENTATIVE schedule only--ALL events subject to lifting of COVID-19 restrictions/closures

# THE HIGHLANDS

## FLING

October, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



### OCTOBER EVENTS

**Sat – Oct 9 & 23**

Kaffee Klatsch - 9:00 am  
**YOU MUST SIGN UP IF  
YOU WANT DONUTS**

**Tue – Oct 12**

Potluck – 5:30 pm

**Fri – Oct 15**

Social Committee Meets  
9:00 am

**Wed – Oct 20**

Open Board Meeting  
10:00 am

**Tue – Oct 26**

Jam Session - 6:00 pm

**PLEASE SIGN UP IN  
THE POKER ROOM AT  
THE CLUBHOUSE!**

**\*\*PLEASE WEAR A  
MASK FOR YOUR  
SAFETY\*\***

### VOLUNTEERS NEEDED

Currently the community is in need of someone to take charge of the Ladies' Lunch and the Men's Breakfast. Each event is held once monthly. If you are interested in either activity, please contact Cindy Bennett at (810) 599-8929, or come to the next Social Committee Meeting or a Kaffee Klatsch.

Additionally, we are seeking people to run for the Board of Directors. This is a three year term to replace outgoing directors. Questions may be directed to current Board members. If interested, please have your resume to the office by December 1, 2021, for the February election.

### UPCOMING EVENTS

Fall is here and that means sign-up sheets are in the Clubhouse for upcoming events. Check the attached calendar to see what's happening that might interest you.

Co-hosts are always needed for our monthly potluck dinners. Many people are willing to help and there are written directions with simple steps to follow.

Everyone is welcome to join in on a Social Committee Meeting. Get active and meet new people. Our next meeting is October 15 in the Clubhouse.

### WELCOME NEW RESIDENTS

Laura Reeb  
Javier Valdiva  
Gary & Susan Wilkinson

### HAPPY BIRTHDAY

Wish "Happy Birthday" to your friends and neighbors. The names and dates (not the year) will be in the Fling each month. Sign up in the Clubhouse or leave a message with Colleen at (520) 576-7804.

### OCTOBER BIRTHDAYS

Barbara Mort – Oct 9  
Al Rausch – Oct 9  
Steve Horst – Oct 11  
Patti Triplett – Oct 16

### FIVE CROWNS CARD GAME

Play will resume on Sunday, October 17 at 1:00 p.m. in the Clubhouse. Coins needed: 12 dimes and one quarter for each of three games. Easy to learn; fun to play.



## ATTENTION VETERANS

If you are a veteran, please sign up in the Clubhouse so you can be thanked for your service on Veterans' Day, November 11.



Donald Ruel Johnson

Don and his wife Virginia were residents of The Highlands' for several years. Don was 93 and had recently been a resident of the MN Veterans' Home. Virginia passed away last year. Don's obituary and funeral service may be seen online at the Morris Nilsen Funeral Chapel, Bloomington, MN website.



## CARDS SENT

Marilyn Staley reported the following cards were sent:

Richard Alberda, Get Well  
Jimmy Coffey, Get Well  
Joan Petterson, Get Well  
Carrie Lett, Get Well  
Paul Gerleman, Get Well  
Yvonne Kuhlman, Get Well  
Jean Layton, Get Well  
Donna Smith, Thinking of You  
Nancy Muzzy, Sympathy, loss  
of her husband, Dick  
George & Ginny Tanner,  
Sympathy, loss of their  
son-in-law, Edmund

## FRIDAY SOCIAL HOUR

The Friday Social Hour has resumed. The event is held in the Clubhouse every Friday at 4:00 p.m.

## HOME DELIVERY OF THE FLING

The Fling Newsletter will be delivered to your home beginning in November and continue through April. During the summer months, we ask that you pick it up in the Clubhouse or Resource Room because we don't know which residents have left for the season.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com). Please indicate "Fling Article" or something similar in the subject line.

# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Aquafit 10:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	2 Aquafit 10:00 am
3	4 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	5 Coffee 8:00 am Aquafit 10:00 am	6 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	7 Aquafit 10:00 am Cards/Games 6:00 pm	8 Aquafit 10:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	9 Aquafit 10:00 am Kaffee Klatsch 9:00 am
10	11 Columbus Day Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	12 Coffee 8:00 am Aquafit 10:00 am Potluck 5:30 pm	13 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	14 Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	15 Aquafit 10:00 am Social Comm. 9:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	16 Sweetest Day Boss's Day Aquafit 10:00 am
17	18 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	19 Coffee 8:00 am Aquafit 10:00 am	20 Aquafit 10:00 am Tai Chi 9:30 am Open Board Mtg 10 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	21 Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	22 Aquafit 10:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	23 Aquafit 10:00 am Kaffee Klatsch 9:00 am
24 United Nations Day	25 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	26 Coffee 8:00 am Aquafit 10:00 am	27 Aquafit 10:00 am Tai Chi 9:30 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	28 Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	29 Aquafit 10:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	30 Aquafit 10:00 am
31 Halloween		September 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		November 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b>

# THE HIGHLANDS FLING

November, 2021

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



## NOVEMBER EVENTS

**Wed – Nov 10**

Men's Breakfast  
8:00 am

**Sat – Nov 13**

Kaffee Klatsch - 9:00 am  
**YOU MUST SIGN UP IF  
YOU WANT DONUTS**

**Wed – Nov 17**

Open Board Meeting  
10:00 am

**Fri – Nov 19**

Social Committee Meets  
9:00 am

**Thur – Nov 25**

Thanksgiving Potluck  
2:00 pm

**Sat – Nov 27**

Kaffee Klatsch and  
Craft Fair - 9:00 am

**Tue – Nov 30**

Jam Session - 6:00 pm

**PLEASE SIGN UP IN  
THE POKER ROOM AT  
THE CLUBHOUSE!**

## URGENT VOLUNTEERS NEEDED

We are seeking people to run for the Board of Directors. Four Directors will be stepping down in February, 2022. If we are unable to fill the four vacancies, we may have to turn our responsibilities over to a management company; this would increase our maintenance fees considerably. If interested, please have your resume to the office by December 1, 2021, for the February 4<sup>th</sup> election.

## DID YOU KNOW?

When attending a Potluck at The Highlands, you should bring a dish to share; something that would serve 6-8 people. Also, please bring your own place setting.

It is everyone's responsibility to clean up after themselves when using the Clubhouse. There is always a broom and dustpan in the laundry room. At times the tables have been left sticky and there are crumbs on the floor.

## THANKSGIVING POTLUCK

We need help cooking turkeys for the Thanksgiving Potluck. Cindy Bennett will deliver a roasting pan, the turkey and bag to cook it in. Look for a sign-up sheet in the Clubhouse.

## NOVEMBER BIRTHDAYS

Paul Gerleman – Nov 1  
Janet Reed – Nov 3  
Claudia Jensen – Nov 4  
George Tanner – Nov 15  
Barbara Scantlan – Nov 16  
Kathy Garver – Nov 20  
Diane Leigh – Nov 23  
Yvonne Kuhlman – Nov 24  
Jan Hamilton – Nov 29

## ATTENTION VETERANS

If you are a veteran, please sign up in the Clubhouse so you can be thanked for your service on Veterans' Day, November 11. A flag will be placed in the ground in front of your home.

## FIVE CROWNS CARD GAME

Same Game – New Time.  
Friday at 1:00 p.m. in the Clubhouse. Easy to learn; fun to play. Bring 12 dimes and one quarter for each of two games.

## **FALL CRAFT FAIR**

Crafters get ready! Please sign up for a Fall Craft Fair.

Come to the Clubhouse on Saturday, November 27, 9:00 a.m. to 1:00 p.m. where handcrafted items by Highlands' residents will be for sale. The sale may be inside or out depending on the weather.

## **BINGO IS BACK!**

Bring your bingo daubers and come join the fun! Every Sunday at 2:00 p.m. in the Clubhouse. Questions should be directed to Donna Fritz at (509) 690-4953.

## **WEEKLY CHESS**

Come to the Clubhouse on Tuesdays at 1:00 p.m. and play Chess. Everyone is Welcome! Call Reed Snell at (520) 668-0135 for additional information.

## **MEN'S BREAKFAST**

The Men's Breakfast will resume on November 10. It will be held at Jerry Bob's on Oracle and Magee at 8:00 a.m. Please be sure to sign up so we can make a reservation.

## **TEXAS HOLD'EM?**

Some of us are considering starting a weekly afternoon Texas Hold'em tournament. If you like Poker and are interested in trying his, please contact Bob Beck at (520) 461-9540.

## **WI-FI PASSWORD**

The password for the Clubhouse Wi-Fi is posted on the Clubhouse bulletin board.

## **YOGA AT RIVERFRONT PARK & CHAIR YOGA AT THE HIGHLANDS**

Please join me, Susan Weber, for yoga at Riverfront Park on Tuesday and Thursday mornings at 9:00 a.m. Stretch into your day and you will feel refreshed, energized and stronger, yet relaxed. My style is accessible to all levels and all body types. Bring your own mat and blocks if you have them. Classes run 45 to 60 minutes; donations accepted.

Fit Chair Yoga is for anyone wanting to feel good without getting down on the floor. We will start with some warm-ups, then yoga stretches on a chair, standing balance poses and guided breathing exercises. Class will be in the Resource Room on Wednesday at 10:00 a.m. Each class is approximately 45 minutes; donations accepted.

Call or text Susan Weber at (505) 927-4216 with questions. I have been teaching yoga since 2001. I look forward to seeing you in class.

## **VOLUNTEER COMPUTER OPERATORS NEEDED**

Some members would like to participate in Open Board Meetings from a remote location. This requires an "operator" in the Clubhouse controlling the connections. If you could tackle this function, please call Bob Beck at (520) 461-9540.

## **CHAIR YOGA CLASS**

Diane Jacobs will be conducting a Chair Yoga class on Mondays and Thursdays from 8:00 a.m. to 9:00 a.m. in the Clubhouse. She recommends you bring water. The first class is complimentary; thereafter the cost is \$7 per session. For additional information, please contact Diane Jacobs at (520) 403-1815.

## **TAI CHI AT THE HIGHLANDS New Class Starting Soon!**

Tai Chi is proven to have a positive effect on one's overall health. Studies show that the practice of Tai Chi improves and prevents many chronic conditions including arthritis, heart disease and diabetes. It also improves balance and reduces stress!

The Tai Chi for Health program was created by Dr. Paul Lam of the Tai Chi for Health Institute ([taichiforhealthinstitute.org](http://taichiforhealthinstitute.org)), and is endorsed by the Arthritis Foundation and the Center for Disease Control and Prevention. The movements are gentle and beneficial. They can even be performed seated!

Starting January 4, 2022, certified instructors Andy Gerrie and Meredith Hentschel will offer a beginning class in Tai Chi for Health at the Highlands' Clubhouse. Classes will be on Tuesday mornings at 9:30 on a donation basis. All proceeds benefit the program. For more

information, e-mail  
highlandstaichi@hotmail.com.



### CARDS SENT

Marilyn Staley reported the following cards were sent:

Carrie Lett, Get Well  
George Tanner, Get Well  
Brenda Henderson, Get Well  
Kathy Reagan, Get Well  
Barbara Scantlan, Get Well  
Jimmy Coffey, Thinking of You  
Brenda Henderson, Thinking of You

If you know of someone who should receive a card from The Highlands, please contact Marilyn at (520) 484-8532.

**Note:** Many charities often send out packets of assorted cards. If you don't want them, please donate them to The Highlands.

### HOME DELIVERY OF THE FLING

The Fling Newsletter will be delivered to your home beginning in November and continue through April. During the summer months, we ask that you pick it up in the Clubhouse or Resource Room because we don't know which residents are on vacation or have left for the season.



The Christmas Parade and Social will be held Sunday, December 5, starting at 4:00 p.m. After enjoying the parade, bring a snack and your voices to the Clubhouse for a Christmas Sing-A-Long.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com). Please indicate "Fling Article" or something similar in the subject line.

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# THE HIGHLANDS FLING

December, 2021

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520-297-2722



## DECEMBER EVENTS

**Fri – Dec 3**

Decorate Clubhouse  
For Christmas 9:00 am

**Sun – Dec 5**

Golf Cart Parade and  
Social 4:00 pm

**Wed – Dec 8**

Men's Breakfast  
8:00 am

**Sat – Dec 11**

Music by Carol Coville  
Kaffee Klatsch - 9:00 am

**Wed – Dec 15**

Open Board Meeting  
10:00 am

**Wed – Dec 15**

Ladies Lunch 11:30 am

**Sat – Dec 25**

Christmas Potluck  
2:30 pm

**Fri – Dec 31**

New Year's Eve Party  
8:00 pm

**PLEASE SIGN UP IN  
THE POKER ROOM AT  
THE CLUBHOUSE!**

## URGENT VOLUNTEERS NEEDED

We are seeking people to run for the Board of Directors. Four Directors will be stepping down in February, 2022. If we are unable to fill the four vacancies, we may have to turn our responsibilities over to a management company; this would increase our maintenance fees considerably. If interested, please have your resume to the office by December 3, 2021, for the February 4<sup>th</sup> election.

## GOLF CART CHRISTMAS PARADE

This is our 10<sup>th</sup> Annual Golf Cart Christmas Parade. We will meet at the Clubhouse before 4:00 p.m. and start the parade shortly thereafter. The parade will run a little faster this year, with no stopping. After the parade, all are invited to a sing-a-long led by Linc and Helen Keilman. Please bring a snack to share! Last year we had 23 golf carts...let's make this one our best ever! Questions should be directed to Bill Behrendsen at (916) 798-7733.

**NO SOCIAL COMMITTEE  
MEETING IN DECEMBER!**

## DECEMBER BIRTHDAYS

Reggie Wenaas – Dec 2  
Sara Danville-Gelhaus – Dec 3  
Willis Jackson – Dec 6  
Elaine Reed – Dec 8  
Dave Calkins – Dec 9  
Karen Reinking – Dec 16  
Carol Coville – Dec 22  
Dee Morelli – Dec 22  
Dave Knudson – Dec 25  
Florence Dutton – Dec 26  
Helen Knudson – Dec 29

## COZI YOGI CHAIR

As a wisdom seeker, "this newbie to The Highlands" is open and willing to be guided by other elders in the community. Let's endeavor to get to know each other, and the best way to do this is through direct contact. If there are concerns, questions and/or objections, I hope to hear from you.

Chair Yoga in the Clubhouse on Mondays and Thursdays from 8:00 a.m. to 9:00 a.m. Bring Water; Donations Appreciated!

Thank you for your support!  
Dianne Jacobs (520) 403-1815.

## CORRECTION!

Last month I inadvertently spelled Dianne Jacobs' name with only one "n".

## CHRISTMAS BLOCK

Carol Coville will be hosting a craft class on December 8<sup>th</sup> at 1 p.m. at the Clubhouse to make Christmas lighted glass blocks for decorating your home. The cost is \$20 with all supplies provided. You will go home with a finished block to enjoy (see photo below). There will be a variety of ribbon and embellishments for you to choose from, so you can personalize your block to suit your own taste. Please sign up in the Clubhouse. Questions may be directed to Carol at (541) 990-2743.



## MEN'S BREAKFAST

The Men's Breakfast will be held on December 8<sup>th</sup> at Jerry Bob's on Oracle and Magee at 8:00 a.m. Please be sure to sign up so we can make a reservation.

## FROM THE NEIGHBORHOOD WATCH

Happy Holidays everyone, and welcome back to our seasonal residents! Your

Neighborhood Watch has been diligently patrolling the community during the hot summer months and would like to give you an update.

First, someone commented on our use of flashlights. When patrol members walk the community at night, we use flashlights to see the rattlesnakes on the roads and to check dark areas between houses for two or four legged beings. Javelinas and coyotes often run out from between houses or out of the wash, sometimes straight at patrol members. We may also shine flashlights into empty houses to make sure there aren't uninvited visitors.

One final note is that we have seen some strangers in the community and in the washes and desert behind the community. Please keep your doors locked at all times, don't leave valuables in your cars or carports. There have been some "snatch and grab" robberies in the surrounding areas. Stay alert and safe.

If you would like to volunteer for the Neighborhood Watch, please contact Elizabeth Hinds, Neighborhood Watch Patrol Coordinator at (520) 440-7056.

## LADIES' LUNCH

The Ladies' Lunch will be held at El Charro on December 15. Meet at the Clubhouse at 11:30 a.m. We will leave at 11:35. Bring a small gift for a grab bag. Questions should be directed to Lucy Phelan at (970) 290-4007.

## TAI CHI AT THE HIGHLANDS New Class Starting Soon!

Tai Chi is proven to have a positive effect on one's overall health. Studies show that the practice of Tai Chi improves and prevents many chronic conditions including arthritis, heart disease and diabetes. It also improves balance and reduces stress!

The Tai Chi for Health program was created by Dr. Paul Lam of the Tai Chi for Health Institute ([taichiforhealthinstitute.org](http://taichiforhealthinstitute.org)), and is endorsed by the Arthritis Foundation and the Center for Disease Control and Prevention. The movements are gentle and beneficial. They can even be performed seated!

Starting January 4, 2022, certified instructors Andy Gerrie and Meredith Hentschel will offer a beginning class in Tai Chi for Health at the Highlands' Clubhouse. Classes will be on Thursday mornings at 10:00 on a donation basis. All proceeds benefit the program. For more information, e-mail [highlandstaichi@hotmail.com](mailto:highlandstaichi@hotmail.com).



Larry Staley  
Brenda Henderson



## NEW YEAR'S EVE PARTY

The New Year's Eve Party will be held at the Clubhouse with a disk jockey from 8:00 p.m. until midnight. Bernie Lee will be selling the tickets which will stay at \$20 per couple.



### CARDS SENT

Marilyn Staley reported the following cards were sent:

Mont Hartman, Get Well

Bill Franklin, Get Well

Stan Petterson, Thinking of You

Rick & Jennifer Henderson, Sympathy, loss of his Mother, Brenda

LLoya & John Osier, Sympathy Loss of her Aunt, Brenda Henderson

If you know of someone who should receive a card from The Highlands, please contact Marilyn at (520) 484-8532.

**Note From Marilyn:** On October 29, I lost my husband of 57 years, Larry. I want to thank those who sent sympathy cards, made phone calls and attended his memorial at the Clubhouse. My family and I are grateful for your support; it meant so much to all of us.

## NO JAM SESSION IN DECEMBER

### HOME DELIVERY OF THE FLING

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### MONDAY CRAFTS

Beginning December 6<sup>th</sup>, bring your projects to the Resource Room at 1:30 p.m. We meet each Monday to share ideas and information.

### STRAIGHT 8-BALL TOURNAMENT

**Open to all Highlands' Residents and Guests!**

When – 5:00 p.m. Sunday January 9<sup>th</sup>

(and the same time every Sunday)

Where – The Highlands' Clubhouse

Entry Fee - \$10.00

Format – Double Elimination

Winner Take All

Maximum 12 Players (due to Only one table)

Contact: Dennis Carder

Phone (203) 906-6775

## SOUP AND SALAD POTLUCK

On January 11, 2022, Tere Nunez will host this popular Potluck starting at 5:30 p.m. She needs three volunteers to help set up. Please call Tere at (520) 647-1166 to volunteer.

The deadline for Fling articles is the 20<sup>th</sup> of each month. Please send information to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com). Please indicate "Fling Article" or something similar in the subject line.

# DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Aquafit 10:00 am Chair Yoga 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	2 Chair Yoga 8:00 am Riverfront Yoga 9:00 am Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	3 Aquafit 10:00 am 5 Crowns 1:00 pm Social Hour 4:00 pm Cards/Games 6:00 pm	4 Aquafit 10:00 am
5 Bingo 2:00 pm  Christmas Parade and Social 4:00 pm	6 Chair Yoga 8:00 am Aquafit 10:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	7 Pearl Harbor Coffee 8:00 am Riverfront Yoga 9:00 am Tai Chi 9:30 am Aquafit 10:00 am Chess 1:00 pm	8 Aquafit 10:00 am Men's Breakfast 8:00 am Chair Yoga 10:00 am Christmas Block 1:00 pm Hand & Foot 1:00 pm Cards/Games 6:00 pm	9 Chair Yoga 8:00 am Riverfront Yoga 9:00 am Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	10 Aquafit 10:00 am 5 Crowns 1:00 pm Social Hour 4:00 pm Cards/Games 6:00 pm	11 Kaffee Klatsch 9:00 am Aquafit 10:00 am
12 Bingo 2:00 pm	13 Chair Yoga 8:00 am Aquafit 10:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	14 Coffee 8:00 am Riverfront Yoga 9:00 am Tai Chi 9:30 am Aquafit 10:00 am Chess 1:00 pm	15 Aquafit 10:00 am Open Board Mtg 10 am Chair Yoga 10:00 am Ladies' Lunch 11:35 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	16 Chair Yoga 8:00 am Riverfront Yoga 9:00 am Aquafit 10:00 am Gourd Class 1:00 pm Cards/Games 6:00 pm	17 NO Social Comm. Aquafit 10:00 am 5 Crowns 1:00 pm Social Hour 4:00 pm Cards/Games 6:00 pm	18 Aquafit 10:00 am
19 Bingo 2:00 pm	20 Chair Yoga 8:00 am Aquafit 10:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	21 Dec. Solstice (GMT) Coffee 8:00 am Riverfront Yoga 9:00 am Tai Chi 9:30 am Aquafit 10:00 am Chess 1:00 pm	22 Aquafit 10:00 am Chair Yoga 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	23 Chair Yoga 8:00 am Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	24 Christmas Eve Aquafit 10:00 am 5 Crowns 1:00 pm Social Hour 4:00 pm Cards/Games 6:00 pm	25 Christmas Day Aquafit 10:00 am  Christmas Potluck 2:30 PM
26 Kwanzaa begins  Bingo 2:00 pm	27 Chair Yoga 8:00 am Aquafit 10:00 am Hand & Foot 1:00 pm Ping Pong 7:00 pm	28 Coffee 8:00 am Riverfront Yoga 9:00 am Tai Chi 9:30 am Aquafit 10:00 am Chess 1:00 pm	29 Aquafit 10:00 am Chair Yoga 10:00 am Hand & Foot 1:00 pm Cards/Games 6:00 pm	30 Chair Yoga 8:00 am Riverfront Yoga 9:00 am Aquafit 10:00 am Cards/Games 6:00 pm	31 New Year's Eve Aquafit 10:00 am 5 Crowns 1:00 pm Social Hour 4:00 pm New Year Party 8:00 pm	
		November 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b> <b>Green = Resource Room/Office</b> <b>Red = Off Site Activity</b>