

THE HIGHLANDS

FLING

September, 2018

www.thehighlandsinc.com

520-297-2722



SEPTEMBER EVENTS

Sat, Sept 8

Kaffeeklatsch - 9:00 am

Tue, Sept 11

Potluck - 5:30 pm

Wed, Sept 12

Men's Breakfast - 8:00 am

Tue, Sept 18

International Lunch Group
12:00 noon

Sat, Sept 22

Kaffeeklatsch - 9:00 am

Wed, Sept 26

Ladies Lunch - 12:00 noon

**DON'T FORGET TO
SIGN UP!**

WEBSITE CHANGE

If you access The Highlands' Website, please note that our primary address has been changed to thehighlandsinc.com. This was addressed by the Board at the April, 2018 meeting. The Highlands' website averages 20 visits each day, or about 600 per year.

QI GONG

Qi Gong is a gentle exercise similar to Tai Chi. Classes are held each Tuesday at 10:00 a.m. During the summer, we meet in the Resource Room; when it gets cooler, we move to the Clubhouse. For additional information, contact Rick Anderson at 970-245-8001.

WELCOME NEW RESIDENTS

Jonathan & Kim Halpun
230 W. Adirondack Street

MEN'S BREAKFAST

In September, the men are going back to their favorite place, Sunnyside Up in Catalina. Meet at the Clubhouse at 7:45 a.m. if you would like to carpool.

BOCCE BALL?

Bob Beck is interested in resurrecting the Bocce Ball activity previously guided by Ells Hanson and Stan Petterson. The emphasis will be "relaxed fun". If you have questions or are interested in participating, please contact Bob at 461-9540 or by e-mail at robertbeck@comcast.net.

INTERNATIONAL LUNCH GROUP

On the 18th, the International Lunch Group will dine on Mediterranean cuisine at Za'Atar, 2310 North Country Club Road, which is just south of Grant. Meet at the clubhouse at 11:30 a.m. if you want to carpool.

LADIES' LUNCH

This month, the ladies are dining at Sweet Tomatoes, 4420 North Stone Avenue. Meet at the Clubhouse by 11:30 if you wish to carpool, or meet at the restaurant at noon. Questions should be directed to Kathy Zeleznik on 440-821-5591.

SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	1 Aquafit 9:00 am	
2	3 Labor Day Aquafit 9:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	4 Coffee 8:00 am Qi Gong 10:00 am Aquafit 9:00 am Hand & Foot 1:00 pm	5 Aquafit 9:00 am Cards/Games 6:00 pm	6 Aquafit 9:00 am Cards/Games 6:00 pm *No Trash Today	7 Aquafit 9:00 am Tai Chi Adv 11:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	8 Aquafit 9:00 am Kaffeeklatsch 9:00 am	
9 Grandparents Day	10 Rosh Hashanah Aquafit 9:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	11 Patriot Day Coffee 8:00 am Aquafit 9:00 am Qi Gong 10:00 am Hand & Foot 1:00 pm Potluck 5:30 p.m.	12 Men's Breakfast 8:00 am Aquafit 9:00 am Cards/Games 6:00 pm	13 Aquafit 9:00 am Cards/Games 6:00 pm	14 Aquafit 9:00 am Tai Chi Adv 11:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	15 Aquafit 9:00 am	
16	17 Constitution Day Aquafit 9:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	18 Coffee 8:00 am Aquafit 9:00 am Qi Gong 10:00 am Internat'l Lunch 12 N Hand & Foot 1:00 pm	19 Yom Kippur Aquafit 9:00 am Cards/Games 6:00 pm	20 Aquafit 9:00 am Cards/Games 6:00 pm	21 Aquafit 9:00 am Tai Chi Adv 11:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	22 Aquafit 9:00 am Kaffeeklatsch 9:00 am	
23 Autumnal equinox	24 Aquafit 9:00 am Hand & Foot 1:00 pm Crafts 1:30 pm Ping Pong 7:00 pm	25 Coffee 8:00 am Aquafit 9:00 am Qi Gong 10:00 am Hand & Foot 1:00 pm	26 Aquafit 9:00 am Ladies Lunch 12 noon Cards/Games 6:00 pm	27 Aquafit 9:00 am Cards/Games 6:00 pm	28 Aquafit 9:00 am Tai Chi Adv 11:00 am Social Hour 4:00 pm Cards/Games 6:00 pm	29 Aquafit 9:00 am	
30	1	August 2018 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			October 2018 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		All Activities Held in Clubhouse/Pool Area EXCEPT: Green = Resource Room/Office Red = Off Site Activity *Trash Pick Up on Friday due to Labor Day Holiday