



AUGUST 2019
Community news &
Information for our
Valued Residents

Your Community Team

Robin Jones
Community Manager
Laura Borbon
Assistant Community Manager
Ken Collins
Sales' Associate
Anthony Moreno
Maintenance Supervisor
Will Luety
Maintenance Staff
Jim Bonner
Courtesy Patrol

Office Hours

Monday thru Friday

8:00 am-5:00 pm

Saturday

Closed

Sunday

Closed

How To Reach Us

Management Office

(520) 296-1112

Office Fax

(520) 296-0277

Courtesy Patrol

(520) 730-1504

After Hours Maintenance

(520) 730-1504

Ken's Cell Phone

(520) 262-4037

Robin's E-Mail

cap816a@cal-am.com

Laura's E-Mail

cap816b@cal-am.com

Ken's E-Mail

kennethc@cal-am.com

Cal-Am Website

www.Cal-Am.com

Far Horizons East • 7570 E. Speedway • Tucson, AZ 85710

NEW TO OUR COMMUNITY! Join us in welcoming our newest residents: Clara Button (464), Jerry Owen (462), Terri Rohrer (246) Shellie Kay & Anibel Vasquez (256). Welcome to the FHE Community!

SALES' NEWS! As summer winds down, the deals are heating up! The Sales Office is open every Saturday in August for an Open House. Bring your friends out on a Saturday between (10am-2pm) for great deals on a great home! Free Ipad or Chromebook to folks purchasing a new home. Residents who refer a friend who purchases a new home receive 2 months FREE Rent!

DO YOU LOVE WATERMELON? August 3rd is National Watermelon Day! Join us from 3-4pm for a Tour of One of our New Homes, and then come to the Main Clubhouse from 4-5pm for all you can eat watermelon, watermelon margaritas and more! This is a great time to invite friends and family to visit FHE!

SAVE THE DATE!

August 20th - Robin's Town Hall Meeting at 9:00am.

August 27th-ROMEO Breakfast at 7:15am Baja Cafe. (Broadway/Kolb)

September 2nd - Labor Day! **Note:** FHE Office will be Closed.

September 17th - Robin's Town Hall Meeting at 5:30pm.

September 24th - Bingo Resumes.

November 16th - 50th Anniversary Dinner!

RENT CAFE Have you signed up for online payments through Rent Cafe? Visit www.Cal-Am.com/resident. Talk to Laura to get your account number and for assistance!

TEXT ALERTS Sign up with Laura to receive urgent park news through our text alert system or email alert. If you do not have either capability, please find a neighbor or friend who can alert you.

DRIVE FRIENDLY ON PROPERTY! Our community is brimming with athletic residents who regularly jog, run, walk or bike through the community. It is important to drive slowly. **Always use caution to obey the speed limits posted throughout the property (15mph).** It is very important that you pay attention to all stop signs located in Far Horizons East. Be prepared to stop and look for pedestrians and bikers, who may not be watching for your vehicle.

CAL AM INC
PROPERTIES

AUGUST 2011

Sunday

Monday

Tuesday

Wednesday

4

5

6
LAST DAY TO PAY RENT
BEFORE LATE FEES!

6

Chair Exercises 8:30am
Swimnastics 8:30am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up
Swimnastics 8:30am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Line Dance (L
Bible
Fellowsh
Book Cl
Zumba:

11

12

13

Chair Exercises 8:30am
Swimnastics 8:30am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up
Swimnastics 8:30am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Zumba:
Potluck S

18

19

20

Chair Exercises 8:30am
Swimnastics 8:30am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up
Swimnastics 8:30am
Robin's Monthly
Town Hall Meeting 9:00am
Yoga 10:00am
Bridge 11:30am

Shufflebo
Chair Exer
Zumba:

25

26

27

Chair Exercises 8:30am
Swimnastics 8:30am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up
ROMEO Breakfast 7:15am
Baja Cafe (Broadway & Kolb)
Swimnastics 8:30am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Zumba:

Thursday

Friday

Saturday

1

Coffee MCH/SCH 8:30am
 Yoga 10:00am
 Line Dance (Level 1) 10:30am
 Bridge 11:30am
 Tai Chi 5:00pm

2

Chair Exercises 8:30am
 Swimnastics 8:30am
 Yoga 10:00am
 Line Dance (Level 3) 10:30am
 Qigong 11:15am
 Happy Hour 4:00pm
 Potluck 5:00pm

3

Chess SCH 10:30am
 Zumba 1:30pm
 FHE Sales' Open House 3-4pm
NATIONAL WATERMELON DAY!
 Watermelon Party! 4-5pm MCH

7

Coffee MCH/SCH 8:30am
 Yoga 10:00am
 Line Dance (Level 1) 10:30am
 Bridge 11:30am
 Tai Chi 5:00pm

8

Chair Exercises 8:30am
 Swimnastics 8:30am
 Yoga 10:00am
 Line Dance (Level 3) 10:30am
 Qigong 11:15am
 Happy Hour 4:00pm
 Potluck 5:00pm

9

10

Chess SCH 10:30am
 Zumba 1:30pm

14

Coffee MCH/SCH 8:30am
 Yoga 10:00am
 Bridge 11:30am
 Tai Chi 5:00pm

15

Chair Exercises 8:30am
 Swimnastics 8:30am
 Yoga 10:00am
 Qigong 11:15am
 Happy Hour 4:00pm
 Potluck 5:00pm

16

17

Chess SCH 10:30am
 Zumba 1:30pm

21

Coffee MCH/SCH 8:30am
 Yoga 10:00am
 Bridge 11:30am
 Tai Chi 5:00pm

22

Chair Exercises 8:30am
 Swimnastics 8:30am
 Yoga 10:00am
 Qigong 11:15am
 Happy Hour 4:00pm
 Potluck 5:00pm

23

24

Chess SCH 10:30am
 Zumba 1:30pm

28

Coffee MCH/SCH 8:30am
 Yoga 10:00am
 Bridge 11:30am
 Tai Chi 5:00pm

29

Chair Exercises 8:30am
 Swimnastics 8:30am
 Yoga 10:00am
 Qigong 11:15am
 Happy Hour 4:00pm
 Potluck 5:00pm

30

31

Chess SCH 10:30am
 Zumba 1:30pm



Alzheimer's disease: know what to look for

Alzheimer's disease isn't inevitable as you get older, but the risk grows as the years go by. The prospect of losing one's memories and other important mental functions is frightening, and many people worry that their forgetfulness is the first symptom of a long-term illness. People forget things at any age, of course. But if you or a loved one are seriously concerned, consult this checklist of the symptoms before contacting your physician:

- Memory issues. This can take the form of repeating questions over and over, frequently misplacing possessions, forgetting significant events and appointments, and ultimately being unable to identify family members, friends, and common objects.
- Disorientation. This can arise particularly in issues like knowing the date, season, or year, or an inability to recognize familiar places.

- Language difficulties. Pay attention if someone has trouble finding the correct words to express him- or herself or otherwise engage in everyday conversations. The ability to read and write may also be affected.

- Decision-making lapses. The disease can interfere with logical reasoning, dealing with numbers, and solving simple problems. Activities like cooking or driving will become increasingly more difficult.

- Personality change. Depression, mood swings, irritability, social withdrawal, or decreased inhibitions (leading to inappropriate behavior) are often a sign that the disease is progressing.

Don't panic, but do see a doctor promptly if you notice problems like these popping up on a frequent basis.



How to keep fresh produce fresh longer.

Apples: Store in a plastic bag in the fruit crisper drawer, away from vegetables, because the ethylene gas that apples emit will make vegetables go bad sooner. Also, eat the largest apples first—they ripen fastest.

Beets: Cut off greens, then store the beets in a perforated plastic bag in the vegetable crisper.

Cabbage: Wrap in plastic and refrigerate.

Garlic: Store in a dark kitchen cabinet.

Onions: Keep them in a dry, cool area...or in mesh bags in a dark cabinet.

Potatoes: Keep them in a dry, cool area, and store away from onions and apples, which both emit gases which will make the onions go bad faster. (Refrigerating potatoes encourages starches to convert into sugars, which can give them an unpleasant taste.)

Source: RodalesOrganicLife.com



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7570 E. Speedway
Tucson, AZ 85710