



FAR HORIZONS EAST

55+ COMMUNITY

SEPTEMBER 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

WELCOME TO FAR HORIZONS EAST! We are glad to welcome Gary & Kathleer Jackson (640) as well as Larry & Candace Anderson (510) to our Community. We are so glad you chose Far Horizons East as your home!

RENT CAFE ONLINE PAYMENT OPTION! Avoid late fees! Sign up for online payments on our Rent Cafe site at www.Cal-Am.com/resident. For assistance and your account number contact Laura.

SPECIAL EVENT DATES!

September 2nd - Labor Day! FHE Office will be **CLOSED**.

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

September 24th - Bingo Resumes.

November 16th - 50th Anniversary Dinner!

TEXT ALERTS Sign up with Laura to receive our urgent park news through text & email alerts. If you already signed up but are not receiving alerts, please contact Laura. If you do not have text or email capability, please find a neighbor who can alert you.

NEW CAL-AM COMMUNITY IN TUCSON We are excited to have a sister park in Tucson as Villa Capri has joined the Cal-Am family. You may see some of their residents around our park as Villa Capri undergoes some upgrades to their Pool, spa and facilities. Please give them a warm FHE welcome!

REST STOP! Thanks to the generous offer from Dan Moore in unit #366 to use some of his lot, we have added a bench/table for you to use if you need a rest stop on your walk. You can also catch some great sunsets in the evening!

50TH ANNIVERSARY Plans are well underway for the 50th Anniversary celebration on November 16th! Please bring in photos of yourselves and especially the Park from 1969! We will scan them and return your originals. Save the date and be sure to join us!

SALES! No summer slow-down! New home specials w/low interest rates & low down-payments! The average 2019 sale price for new is \$107,700, brokered \$33,952 and by owner or 3rd party \$26,245.

CAL AM INC
PROPERTIES

Sunday

Monday

Tuesday

Wednes

1

Labor Day

2

3

Office Closed In
Observance Of Labor Day.

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

Bulk Trash Pick Up

Swimnastics 8:30 am
Yoga 10:00 am
Bridge 11:30 am
Pinochle 2:00 pm

Shufflebo
Chair Exere
Line Dancing
Bible Stuc
Book Cl
Zumba

8

9

10

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

Bulk Trash Pick Up

Swimnastics 8:30 am
Yoga 10:00 am
Bridge 11:30 am
Pinochle 2:00 pm

Shufflebo
Chair Exere
Line Dancing
Bible Stuc
Book Cl
Zumba

15

16

17

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

Bulk Trash Pick Up

Swimnastics 8:30 am
Yoga 10:00 am
Bridge 11:30 am
Pinochle 2:00 pm
Robin's Monthly
Town Hall Meeting 5:30 pm

Shufflebo
Chair Exere
Line Dancing
Bible Stuc
Book Cl
Zumba

22

23

24

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

ROMEO Breakfast Viv's Cafe
7am (8987 E. Tanque Verde)
Swimnastics 8:30 am
Yoga 10:00 am
Bridge 11:30 am
Pinochle 2pm
Bingo Resumes! 6:30pm

Shufflebo
Chair Exere
Line Dancing
Bible Stuc
Book Cl
Zumba

29

30

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

SEPT

Wednesday

Thursday

Friday

Saturday

4

7:00 am
8:30 am
Level 2) 10 am
10:30 am
1:00 pm
3:30 pm

5

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

6

Chair Exercises 8:30 am
Swimnastics 8:30 am
Yoga 10:00 am
Line Dance (Level 3) 10:30 am
Qigong 11:15 am
Poker 1:00 pm
Happy Hour 4pm
Potluck 5pm

7

Chess SCH 10:30 am
Zumba 1:30 pm

11

7:00 am
8:30 am
Level 2) 10 am
10:30 am
1:00 pm
3:30 pm

12

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

13

Chair Exercises 8:30 am
Swimnastics 8:30 am
Yoga 10:00 am
Line Dance (Level 3) 10:30 am
Qigong 11:15 am
Poker 1:00 pm
Happy Hour 4 pm
Potluck 5pm

14

Chess SCH 10:30 am
Zumba 1:30 pm

18

7:00 am
8:30 am
Level 2) 10 am
10:30 am
1:00 pm
3:30 pm

19

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

20

Chair Exercises 8:30 am
Swimnastics 8:30 am
Yoga 10:00 am
Line Dance (Level 3) 10:30 am
Qigong 11:15 am
Poker 1:00 pm
Happy Hour 4 pm
Potluck 5pm

21

Chess SCH 10:30 am
Zumba 1:30 pm

25

7:00 am
8:30 am
Level 2) 10 am
10:30 am
1:00 pm
3:30 pm

26

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

27

Chair Exercises 8:30 am
Swimnastics 8:30 am
Yoga 10:00 am
Line Dance (Level 3) 10:30am
Qigong 11:15 am
Poker 1:00 pm
Happy Hour 4pm
Potluck 5pm

28

Chess SCH 10:30 am
Zumba 1:30 pm

SEPTEMBER 2019



Brain Fitness Tips

Here's an idea to think about: To stay mentally sharp, sustained effort is key. It takes work to keep a complicated organ such as your brain in optimum condition. Fortunately, it doesn't have to be complicated. You can follow these five simple steps to keep your mind bright:

Change. By the time you reach retirement age, your brain has mastered many tasks. You have to think of creative ways to surprise it. So change is vital to brain health. Change your routines, change your environment, make new friends, have different conversations, listen to different music, try new foods. List the most familiar things in your life and then change them.

Think. Don't let your brain get bored. Stimulate it with lots of new, refreshing information. Read

articles, visit museums, study a new topic or take up a new hobby. That awkward feeling you may remember from your first day on the job is what you want to replicate. Try learning a foreign language or a musical instrument.

Move. Experts agree that aerobic exercise has the greatest benefit in terms of helping your brain stay young. Encourage important blood flow to the brain by doing at least 2 1/2 hours of moderate aerobic activity (brisk walking) each week. Start where you can and gradually build up from there. Setting small, monthly goals keeps your efforts focused and on track.

Eat smart. Keep those arteries—in your heart and your brain—from getting clogged with fat by eating plenty of fruits, veggies and whole grains. Stick with healthy fats such as those in nuts, avocados and olive oil. Include plenty of lean protein and fiber to round things out. Try to fill half your plate at each meal with fruits and vegetables.

Be happy. Human beings are social creatures. The brain is designed to interact with others and derives great benefit from close relationships. When you're happy, your brain is happy. When you're stressed or depressed, your brain releases a chemical called cortisol. Cortisol in small doses is useful for alertness and concentration. When it lingers, however, it attacks the cells in the hippocampus, where memories are formed. Getting plenty of sleep is also important for relaxing and renewing the mind.

▶▶ **Wiggle that toothbrush.** Holding your toothbrush at a 45 degree angle when you brush your teeth is generally recommended. But to assure that you are reaching your teeth at the gum line and below, wiggle your tooth brush instead of scrubbing part of the time. The wiggling brush is also important when brushing the backs of teeth.



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