



JUNE 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 Luetz**
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 NEW RESIDENTS! We are happy to welcome **Jerry & Ken Sharp (552), Susan Whittemore (314), Walt St. Pierre (262) and Virginia Felix (237)** to our Community. Thanks for making Far Horizons East your home!

SAVE THE DATE!

- **June 16th** - Father's Day!
- **June 21st** - 6:30pm Poolside Happy Hour with RV Resort Residents.
- **June 25th** - 9:00am Town Hall Manager's Meeting with Robin.
- **July 4th** - Flag Raising & Breakfast! Office Closed.
- **November 16th** - 50TH ANNIVERSARY CELEBRATION!

ACTIVITIES

- Join FHE Residents for the Book Club (1st Wednesday of Month).
- ROMEO Breakfast (6/25 at 7:15am) at Bread & Butter Cafe (6/22 - Harrison).
- Aphasia Reading Group each Friday at SCH 10:30am.
- Chess each Saturday at SCH 10:30am.

ALERT SYSTEM Contact **Laura** at the Office to get signed up for our text and email alerts to receive urgent park news.

ON-LINE PAYMENTS Never worry about late fees! Sign up at www.Cal-Am.com/resident. You will need to know your space number and account number (that begins with a t) available from Office. **CONGRATULATIONS** to **Lisa Lakeman & Stephen Bouley (225)** for Winning the Drawing for \$200 after they signed up for Auto-Pay before our Event last month!

HAPPY, HAPPY BIRTHDAY!!! Happy 103rd Birthday to **Edna Rosenberger (Space #321)** on **June 14th!** Edna is one of the original residents at Far Horizons East, living here since January, 1970!

SUMMER SALES! Buyers purchasing a brand new home in June will receive an additional 2 Years of Warranty. Refer a friend who purchases a new home and receive 2 Months FREE Rent! The 2019 average sale price for new is \$107,900, brokered \$31,646 and 3rd party \$25,470.



JUNE 2019

Sunday

Monday

Tuesday

Wednesday

2

3

4

Chair Exercises 8:30am
Swimnastics 9:00am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up.

Swimnastics 9:00am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Bible
Fellowsh
Book Club
Zumba

9

10

11

Chair Exercises 8:30am
Swimnastics 9:00am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up.

Swimnastics 9:00am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Zumba
Potluck S

Father's Day

16

17

18

Chair Exercises 8:30am
Swimnastics 9:00am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up.

Swimnastics 9:00am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Zumba

23

24

25

Chair Exercises 8:30am
Swimnastics 9:00am
Yoga 10:00am
Cribbage 1:00pm
Tai Chi 5:00pm
Shuffleboard 7:00pm

Bulk Trash Pick Up.
ROMEO Breakfast 7:30am
Townhall Manager
Meeting 9:00am
Swimnastics 9:00am
Yoga 10:00am
Bridge 11:30am
Pinochle 2:00pm

Shufflebo
Chair Exer
Zumba

30

Saturday

1

Chess SCH 10:30am
Zumba 1:30pm

Wednesday

Thursday

Friday

5

7:00am
8:30am
Study
10:30am
11:00pm
30pm

Last Day For Rent
Before Late Fees.
Utility Meters Read.

6

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

Utility Meters Read.

7

Chair Exercise 8:30am
Swimnastics 9:00am
Yoga 10:00am
Qigong 11:15 am
Happy Hour 4pm
Potluck 5pm

8

Chess SCH 10:30am
Zumba 1:30pm

12

7:00am
8:30am
30pm
5:30pm

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

13

Flag Day

14

Chair Exercise 8:30am
Swimnastics 9:00am
Yoga 10:00am
Qigong 11:15 am
Happy Hour 4pm
Potluck 5pm

15

Chess SCH 10:30am
Zumba 1:30pm

19

7:00am
8:30am
30pm

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

20

21

Chair Exercise 8:30am
Swimnastics 9:00am
Yoga 10:00am
Qigong 11:15 am
Happy Hour 4pm
Potluck 5pm
Poolside Happy Hour 6:30pm

22

Chess SCH 10:30am
Zumba 1:30pm

26

7:00am
8:30am
30pm

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

27

28

Chair Exercise 8:30am
Swimnastics 9:00am
Yoga 10:00am
Qigong 11:15 am
Happy Hour 4pm
Potluck 5pm

29

Chess SCH 10:30am
Zumba 1:30pm



Summer arrives this month, with its long, warm days, perfect for getting out side. But unless you protect your skin, you could be setting yourself up for cancer.

There are three main types of skin cancer: basal cell carcinoma (BBC), squamous cell carcinoma (SCC), and malignant melanoma.

BBC is affects the basal cells at the bottom of the epidermis and is the most common nonmalignant form. SCC, the second most common, involves the cells in the outer layer of the skin.

Malignant Melanoma often looks like a black or brown mole, but it can be colored differently. Melanoma is curable if caught quickly, but deadly if left untreated.



Sugar slows alcohol absorption Next time you have a mixed drink, don't order it with artificially-sweetened mixer. Researchers report that ingredients in artificial sweeteners cause blood-alcohol concentrations to rise significantly faster than in people who use sugary mixes. Sugar slows the rate at which alcohol enters the blood. The liver then has a better chance to get rid of the alcohol.

Conventional wisdom

Here is the best advice on protecting yourself from painful sunburn in the short run and from cancer caused by sun damage in the long run:

- Use a sunscreen with at least an SPF 15 rating. It blocks 93 percent of UV radiation. SPF 30 blocks about 97 percent.
- Apply half an hour before you get into the sun. Reapply every two to three hours.
- Use enough. It takes about 1 1/4 fluid ounces to cover a body.
- Pay attention to special risk areas, such as the cheekbones, bridge of the nose, lower lip, tops of the ears, outside of the arms and top of the head if there is not much hair there. If you will be sitting down, be sure you have plenty of sunscreen on your thighs.

Treating Sunburn

Home treatment measures may provide some relief from a mild sunburn.

- Take frequent cool showers or baths.
- Use cool cloths on sunburned areas.
- Apply soothing lotions that contain aloe vera to sunburned areas. Topical steroids (such as 1% hydrocortisone cream) may also help with sunburn pain and swelling.
- A sunburn can cause a mild fever and a headache. Lie down in a cool, quiet room to relieve the headache.



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