



# FAR HORIZONS EAST

55+ COMMUNITY

MAY 2019  
Community news &  
information for our  
Valued Residents

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

### 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

**WELCOME!** We have many new additions to our community! A *HUGE FHE welcome to our new Assistant Manager, Laura Borbon!* Laura has already become a great addition to the Staff and Community. Be sure to stop by and meet her! A warm welcome to new Residents: *Jyl Baker (508), Mary Gordon Hanna (448), Mary Lou McCambridge (509), Doug & Beth DiCianco (589), Rich & Maria Delsing (31), Dan Moore (366), Randall Pow & Diane Janota (247), Dennis & Julie Moore (304), Dale Pierce (115), Gayle Thompson (571) and Jeff & Sue Iverson (458)!* We are so glad you have all chosen to make Far Horizons East your home.

**TOWN HALL MANAGER'S MEETING** Join Robin on Tuesday, May 21st at 5:30pm for Refreshments, Coffee and Wine, as well as the latest Community News!

#### **SAVE THE DATE!**

- **May 12th** - Remember Moms on Mother's Day!
- **May 27th** - Memorial Day - Office Closed.
- **July 4th** - Flag Raising & Breakfast - Office Closed.

**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** Hassle free payment options are available online at [www.Cal-Am.com/resident](http://www.Cal-Am.com/resident). You will need to know your Space Number and Account Number available from the Office.

**HAPPY, HAPPY BIRTHDAY!!!** Happy 100th Birthday to Thelma Spear (Space #7) on May 6th! Thelma is one of the original residents at Far Horizons East, living here since 1969!

**EYE ON SALES!** New home delivered to space #305! We have several other new homes as well. Our May special for NEW home buyers is a FREE 2-year Home Warranty. Residents referring someone who purchases a brand NEW home from the Park receive 2 months free rent! The 2019 average sale price for new homes is \$105,900, brokered homes \$32,945 and for sale by owner or 3rd party sales \$25,291. Contact Ken at the Sales' Office for more information!

**ROAD WORK** We are working with the asphalt company to come in and re-seal the roads. This will likely happen some time in May. We will give you as much notice as possible!



# MAY 2019

Wedn

Chair Exer  
Line Dance L  
Bible Study  
Book Club  
Woodcarvin  
Zumba:

Sunday

Monday

Tuesday

5

Last Day To Pay  
Without A Late Fee!

6

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Cribbage 1:00pm  
Poker Club SCH 1:00pm  
Tai Chi 5:00pm

7

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

Chair Exer  
Line Dance L  
Bible Study  
Woodcarvin  
Zumba:  
Potluck S

Mother's Day 12

13

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Cribbage 1:00pm  
Poker Club SCH 1:00pm  
Tai Chi 5:00pm

14

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

Chair Exer  
Line Dance L  
Bible Study  
Woodcarvin  
Zumba:

19

20

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Cribbage 1:00pm  
Poker Club SCH 1:00pm  
Tai Chi 5:00pm

21

Bulk Trash Pickup  
Swimnastics 9:00am  
Yoga 10:00am  
Bridge 11:30am  
Pinochle 2:00pm  
Town Hall & Manager  
Meeting 5:30pm

Chair Exer  
Line Dance L  
Bible Study  
Woodcarvin  
Zumba:

26

Memorial Day 27

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Cribbage 1:00pm  
Poker Club SCH 1:00pm  
Tai Chi 5:00pm

28

Bulk Trash Pickup  
ROMEO Breakfast  
(call AI 520-603-5726)  
Swimnastics 9:00am  
Yoga 10:00am  
Bridge 11:30am  
Pinochle 2:00pm

Chair Exer  
Line Dance L  
Bible Study  
Woodcarvir  
Zumb

# Wednesday

# Thursday

# Friday

# Saturday

**1**

es 8:30am  
el 2 10:00am  
R 10:30am  
R 1:00pm  
SCH 1:00pm  
30pm

**2**

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

**3**

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Line Dance Level 3 CR 10:00am  
Qigong 11:15am  
Craft/Gourds Class SCH 1:00pm  
Happy Hour 4pm  
Potluck 5pm

**4**

Zumba 1:30pm

**8**

es 8:30am  
el 2 10:00am  
R 10:30am  
SCH 1:00pm  
30pm  
5:30pm

**9**

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

**10**

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Line Dance Level 3 CR 10:00am  
Qigong 11:15am  
Craft/Gourds Class SCH 1:00pm  
Happy Hour 4pm  
Potluck 5pm

**11**

Zumba 1:30pm

**15**

es 8:30am  
el 2 10:00am  
R 10:30am  
SCH 1:00pm  
30pm

**16**

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

**17**

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Line Dance Level 3 CR 10:00am  
Qigong 11:15am  
Craft/Gourds Class SCH 1:00pm  
Happy Hour 4pm  
Potluck 5pm

**18**

Zumba 1:30pm

**22**

es 8:30am  
el 2 10:00am  
R 10:30am  
SCH 1:00pm  
30pm

**23**

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

**24**

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Line Dance Level 3 CR 10:00am  
Qigong 11:15am  
Craft/Gourds Class SCH 1:00pm  
Happy Hour 4pm  
Potluck 5pm

**25**

Zumba 1:30pm

**29**

es 8:30am  
el 2 10:00am  
R 10:30am  
SCH 1:00pm  
30pm

**30**

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

**31**

Chair Exercises 8:30am  
Swimnastics 9:00am  
Yoga 10:00am  
Line Dance Level 3 CR 10:00am  
Qigong 11:15am  
Craft/Gourds Class SCH 1:00pm  
Happy Hour 4pm  
Potluck 5pm



## Health tips for the 60+ crowd

**M**aintaining good health is a lifelong activity, but it can get more difficult as we age. The NBC News website offers this healthy advice for people over 60:

- **Buy good sneakers.** Look for top-quality sneakers specifically designed for walking. Start slowly, then increase your walks as time goes on. Good shoes will protect your feet, giving you more motivation to get moving.
- **Practice your balance.** Falls are a big

hazard for seniors. Try standing on one leg for 30 seconds a day to get a handle on your equilibrium.

- **Eat a healthy breakfast.** Skip the sweet rolls and sugary cereals. Start your day with fruit, yogurt, and whole grains.
- **Practice getting up.** On a regular basis, practice getting down on the floor and standing up again. More practice will improve your ability to get up if you fall.



**OJ LOWERS BLOOD PRESSURE, IMPROVES BLOOD VESSELS** In a study by the Human Nutrition Unit-INRA in France, it was discovered that two glasses of OJ per day could significantly lower diastolic blood pressure (the second number in a blood pressure reading) and improve blood-vessel function. The researchers say lowering diastolic pressure by just three or four points could translate into a 20 percent reduction of heart disease. Even if you drink one glass of OJ per day instead of two, you will have beneficial effects.



### How to age gracefully

Your fingers could fly over the adding machine keyboard. But now no one uses them. You had the most beautiful complexion, but now? Well, still pretty good but not like a 20-year-old.

One study concludes that with aging there is an inevitable loss of self-esteem, starting at age 60.

But is there a way to age gracefully and contentedly since, after all, aging begins at birth.

According to the New Atlantis, some character traits make aging more graceful.

**Courage:** The ability to keep fear in check, even as there are more things to be fearful about.

**Simplicity:** Traveling light through the journey.

**Wisdom:** Avoiding excessive nostalgia and remorse.

**Wit:** Since the restrictions of children, appearances, professions are removed, humor can and often does rise up as we age. Might as well laugh.



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