



## “Keep it Pumping and Face those Fats”

If you are interested in the HH Heart Healthy Dining Group, we will meet on Sunday November 23 at 5:30pm at the Heritage Highlands Fitness Center.

### EATING HEALTHY

Bill Counts, a Certified Personal Trainer, Weight Management and Lifestyle Consultant, Certified Silver Sneaker Instructor and HH resident will talk about the importance of healthy eating, a commitment to exercise so we can keep our hearts pumping and will demonstrate various exercise routines.

Following the talk, about 6:30pm we will proceed to the Larsens on:

13083 N. Sunrise Canyon Lane

Please bring a heart healthy appetizer and wine or drink of your choice.

Be sure to bring a copy of your appetizer recipe to share with others, so we all can face the fats during this holiday season.

R.S.V.P.

shirleylarsen@hotmail.com

## WE NEED YOUR HELP

As part of this year's fund raising for the Arizona Cancer Center we will be selling donated items at this year's Arts and Craft Fair, Saturday, November 8. We are in need of gift baskets, craft items, gift certificates and baked goods. If you or your club would like to make a donation, please contact Jan Hanson [arizonahanson@msn.com](mailto:arizonahanson@msn.com) or Joan Rietz, [reitzpowerslake@aol.com](mailto:reitzpowerslake@aol.com).

We will also be taking orders for the new cookbook, "A Taste of Heritage." If you haven't submitted your recipes yet, it is not too late.

## FREE PREVIEW

**Tucson Winter Chamber Music Festival**  
**Wednesday, November 5, 3:00pm**  
**Catalina Room**  
**Refreshments—Free CDs**

## Fourth Annual Heritage Highlands Photography Contest



Please join us this year for our fourth annual photography contest. This year we will have judging by the residents of Heritage Highlands only. Each resident will have one vote per category. There will be one ballot with a space for each category for your choices. Each ballot must be signed by the resident voting. Any duplicate ballots or unsigned ballots will not be accepted. The five categories for this year's contest will be: Action, People, Scenic, Animals and Still Life. We had a wonderful response last year with our third contest and we feel that this year will be bigger and better. Keep a watchful eye for upcoming reminders regarding the January 2009 submission date, and the February 2009 judging dates for this year's contest. We think that the later start and judging will allow more of our snowbird residents the chance to join in the fun. Now, go out and take some great photographs and get ready to contribute. A full list of regulations for the contest can be seen at the clubhouse main lobby.

## BIBLE STUDY

**7:00pm**

The Bible Study group welcomes back returning members and heartily encourages newcomers to come and give it a try. Meetings are on Wednesday evenings November 5 and 19 in the newly refurbished Craft Room. Now is an excellent time to join. Paul Johns, our own resident expert, leads the group. He helps us see what the passages say, find what they mean and then discover how to make them relevant to our lives today. Your input into the discussion is sought. Come prepared for a stimulating evening in the book of John, chapters 20 and 21. Call Helen or Owen Lamb (572-8414) with any questions. Don't forget to bring your own version of the Bible! Looking forward to seeing you there.