

The Glengarry Gazette

Volume 4, Issue 2
Fall, 2019

HALLOWEEN AT THE ISLES

Join your neighbors for the annual Halloween get-together at the clubhouse. We typically put the tables in a horseshoe and neighborhood children stop to collect candy from all the Isles residents in one stop. Be prepared for 200–300 trick-or-treaters! Bring snacks and your choice of libations if you wish. Come in costume if you like.

*Trick-or-Treat in Plum will be observed on:
Thursday, 10/31/19*

THE ISLES



AT
THE HIGHLANDS

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**** NOTICE ****

Our semi-annual COA meeting will be held on October 22, 2019 at 7:00 pm after the monthly Board meeting.



SPOTLIGHT ON THE RESIDENTS

Denny and Judy Sadowski moved to the Isles in 2009 after 33 years in our starter home in the Garlow plan in Plum. We both attended St. Raphael School in Morningside (2 years apart) but never met until his best friend was home from Vietnam, spending time with his girlfriend. Larry's mother and mine conspired to have me round out the two couples. We planned to get married in June, 1975 after I finished school, but I won a free honeymoon at KQV's Bridal Fair that would have expired by the end of 1974. So, we "had to get married"... "this year". No one heard that last part!

I graduated from Pitt with a Bachelor's degree in Geography/Geology, and years later earned a Master's degree in Management Information Systems. I took care of my Mom until her death in 1985 and then worked at Miller Information Systems for 32 years. Denny started out with an Associate's degree working as a draftsman, estimator, and project manager. He later earned a BS in Electrical Engineering and MS in Engineering Management. He worked at various companies over the years and traveled a LOT! He had an apartment in St. Louis near the Gateway Arch for 8 years and flew home every other weekend. We both retired in 2018 and love



Judy and Denny Sadowski

it! Now we question how we ever fit in a 40-hour work week.

We were avid SCUBA divers for twelve years and only gave it up when Denny developed a health issue. Our certification dives were in cold quarry water with low visibility enabling us to feel comfortable diving anywhere – night diving, wreck diving, shark diving, cave diving, ice diving... any excuse to get wet, really. We are adventure junkies

and have been zip lining, parasailing, cave tubing, jetboating in the Class V rapids of the Niagara River gorge, ATV riding, and we rode bikes 38 miles down from the Haleakala volcano in Maui. Hard pass on skydiving, though!

We are both avid readers and love to travel. Last year we took a fabulous 14-day trip to Italy, and will return May, 2020 for 10 days in northern Italy. Oct 2019 will be a Viking ocean cruise from Venice to Athens, and December, 2020 14 days in Jerusalem, Cairo, and a Nile River cruise. Still on our bucket list – Ireland, Scotland, Iceland, Australia, a safari, Grand Canyon, river cruising in Europe, and back to Hawaii.

Denny enjoys shooting and is a member at Logan's Ferry Sportsman Club. He goes to the gym three days a week and walked the entire neighborhood the other days until breaking his ankle in July. Once PT is finished he hopes to resume. Judy would like to walk more if we can resolve the plantar fasciitis issue after 2 unsuccessful surgeries. In the meantime, there is the weekly exercise class at the clubhouse, and Mahjong to keep busy.

We love it here at the Isles and appreciate all our wonderful neighbors!

FUN, FUN, FUN!!!

If you have any suggestions about activities, field trips, or party themes for the Isles residents to do as a group, please pass them along to anyone on the social committee:

Linda Kincel, Judy Sadowski, Paula Calhoun, or Sandy Denholm. Or feel free to email us at

theislesatthehighlands@gmail.com.

Be sure to check the community website where a schedule of events is kept, and separate pages are created detailing the various upcoming events. Remember to notify us of any change in contact information, especially keeping

email addresses current as that is the most efficient method of communicating with the group. Feel free to post any items of interest on our Facebook page!

Consider joining our on-going weekly exercise class—it's a really good workout and a lot of fun!

Also, our Mahjong group would be happy to teach anyone interesting in learning to play. There are elements of strategy but also of luck! Just bring your choice of beverage and a snack to share. After all, what would an Isles event be without food?

When someone forces you to go out and you actually have fun



THIS SUMMER AT THE ISLES!

We've had a busy summer at the Isles! Activities included:

- ◆ Three movie/lunch outings to see *Poms*, *The Lion King*, and the long awaited *Downton Abbey*
- ◆ The Summer Solstice party
- ◆ A trip to Rivers Casino
- ◆ A jewelry making party (pictured). Thanks to our instructor, Elena Michele
- ◆ Weekly Wednesday night seated chair exercises/Tai Chi
- ◆ Every other Monday Mahjong sessions



Tai Chi



Our weekly Wednesday evening exercise class also incorporates Tai Chi for seniors to improve safety and health.

Tai chi is a gentle exercise that helps improve balance and prevent falls. It consists of making slow, graceful movements while breathing deeply.

Studies have found that tai chi also improves leg strength, cardiovascular endurance, flexibility, immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests. Amazing benefits from such a simple exercise!

The most important thing is to stay safe while exercising. It's essential to listen to your body and not push too

TRIVIA (ANSWERS FROM LAST ISSUE)

- ◆ What does a numismatist study or collect? **Coins (and/or medals)**
- ◆ In which film did Roger Moore first play James Bond? **Live and Let Die**

TRIVIA QUESTIONS: (ANSWERS IN NEXT ISSUE)

- ◆ On TV, who did the character Lurch work for?
- ◆ Which guitarist is known as Slowhand?

THE ISLES AT THE HIGHLANDS

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THIS AND THAT

We're on the Web!
theislesatthehighlands.yolasite.com



Did you know?... Security Alarm Permits

Plum Borough requires that all residential security alarms be registered with the police department. Below is a link to the borough's website page that has the registration form you can download. Or, you may obtain a form from the Police Department's Records Administrator during regular business hours. For more specific information about alarm registration requirements, please contact the police records department at 412-795-6800, extension 4370. Cost to register is \$5.00

https://www.plumboro.com/sites/plumpa/files/uploads/residential_alarm_registration.pdf

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THE ISLES COA BOARD OF DIRECTORS

THE ISLES



AT
THE HIGHLANDS

Property Manager:

Ryan Lynch
412-733-7100 x728
ryanlynch@bhhspreferredpropertymgt.com

The current Isles COA Board of Directors:

Don Greb President
Carol Johnson, VP
Sue O'Toole, VP
Renaë Brinza, Secretary
John Zoller, Treasurer

The Board meets every fourth Tuesday of the month at the clubhouse.