

# active

To discover the generous incentives available at our communities, call 866-MERITAGE or visit [MeritageActiveAdult.com](http://MeritageActiveAdult.com)



SUNDANCE

MISSION ROYALE

CANOA RANCH

SONATA

LAS CAMPANAS

## SAN MIGUEL OPENS AT LAS CAMPANAS

Meritage Active is proud to announce the opening of San Miguel, an intimate neighborhood that is part of Las Campanas, a Meritage Active Adult community in Green Valley.

San Miguel opened in February with five new expansive floor-plans ranging in size from 1,584 to 2,287 square feet. Homes are priced from the high \$200s.

The sales center is open from 9 a.m. to 5 p.m. Friday to Wednesday and noon to 5 p.m. on Thursday.

San Miguel is located in Green Valley, which was recently named "One of the Country's Best Places to Retire" by *Where to Retire Magazine*. This retirement mecca offers more activities and recreation facilities than any other active adult community in the Southwest.

San Miguel at Las Campanas is located at 842 W. Mountain Stone Drive in Green Valley.

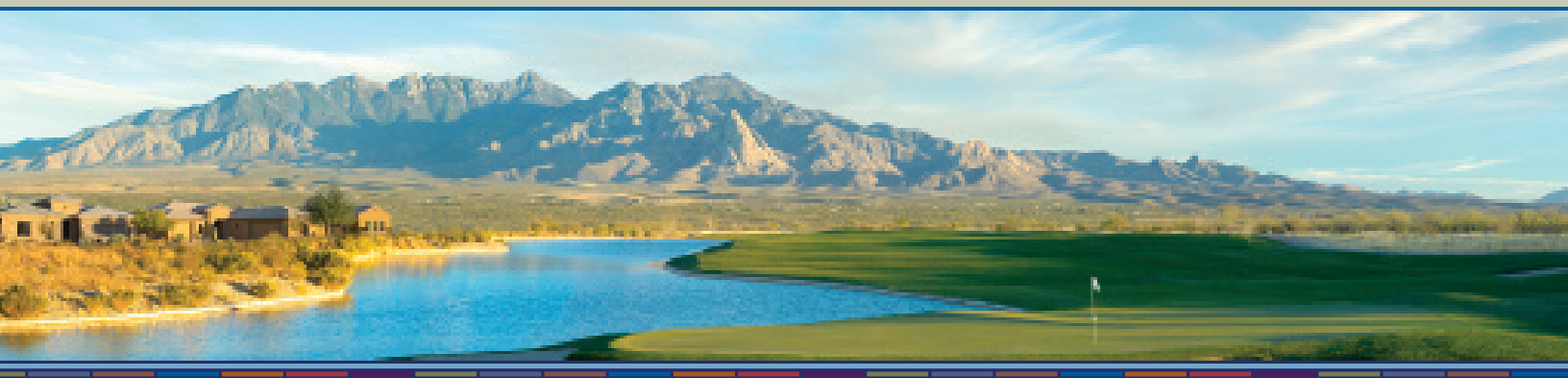


### AMENITIES INCLUDE

- 12 recreation facilities providing more than 125,000 square feet of activity space featuring fitness equipment, daily hobby and craft classes, social activities and cultural events
- 8 area golf courses
- 17 tennis courts
- Convenient shopping and dining
- Dozens of clubs and volunteer organizations
- Outdoor swimming pools and spas
- Walking trails

Visitors can access the community from Tucson via I-10 east to I-19 south to Exit 65/Esperanza Boulevard. From there, visitors should turn right on Desert Bell Road and follow the signs to

the community. Please call 866-MERITAGE or 520-399-3114 for additional information and directions, or check out our website at [meritageactiveadult.com](http://meritageactiveadult.com).



# NEWS FROM MERITAGE HOMES

## MERITAGE ACTIVE ADULT COMMUNITIES WINS TOP AWARDS AT 2006 BEST OF SENIORS HOUSING COMPETITION

Meritage Active Adult Communities received Gold and Silver medals at the prestigious Best of Seniors Housing Awards competition held at the International Builders' Show in Orlando, Florida, in January 2006. This marks the third consecutive year Meritage has been honored.

Meritage Active won a Gold medal for its Sundance Community Sales Center located in Buckeye, Arizona, and a Silver medal for its "Supply and Demand" color print ad campaign that features Meritage Active's Canoa Ranch,

Sonata and Las Campanas communities located in Green Valley, Arizona. The company beat out national homebuilder finalists that included Lennar Corp., Levitt & Sons, K. Hovnanian Homes and Gumenick Properties.

The 2006 Best of Seniors Housing Awards was sponsored by the National Association of Home Builders (NAHB) and is considered the premier design and marketing competition for the 50+ housing market. NAHB 50+ Seniors Housing Council members judge



projects submitted from around the world and present Gold, Silver and Innovation awards during the annual International Builders' Show, the largest construction show in the world.

## ARIZONA SPOTLIGHT: GOLF

Arizona is known for its natural beauty, climate and diverse cultural history. Many active adults are choosing to make Arizona their home because of its casual lifestyle, year-round activities, attractions and available shopping. Meritage Active's Arizona communities are designed to incorporate both the state's scenic beauty and its metropolitan areas.

Nothing exemplifies the lifestyle and allure of Arizona quite like golf. Arizona's golf courses are as diverse and spectacular as the landscape. The state is home to more than 300 courses, ranging from desert target-style to links courses and alpine fairways. With that many courses, you can always find one with good tee times and greens fees that fit your budget.

Below are a few courses near Meritage Active communities that you won't want to miss.

### **MISSION ROYALE Casa Grande, AZ**

If you're searching for wide-open spaces, look no further than Mission Royale in Casa Grande. The charming city of Casa Grande is situated between Phoenix and Tucson. What's nearby?

#### **Mission Royale Golf Club**

On this championship course, golfers can expect a scenic and playable layout that blends seamlessly with the area's natural surroundings. The Mission Royale Golf Club is an integral part of Meritage's 835-acre active adult development and is Casa Grande's newest golf facility. This 6,900-yard, par 72, course will impress and challenge players of all skill levels. Signature hole: No. 8. This short 310-yard, par 4, with fronting water hazard can be reached with a driver. But shoot at your own risk! For location and course information, call 520-876-5335.

### **SUNDANCE Buckeye, AZ**

A short drive west of Phoenix, the town of Buckeye is one of the fastest-growing areas in the nation and home to Sundance, one of Meritage Active's communities. What's nearby?

#### **Sundance Golf Club**

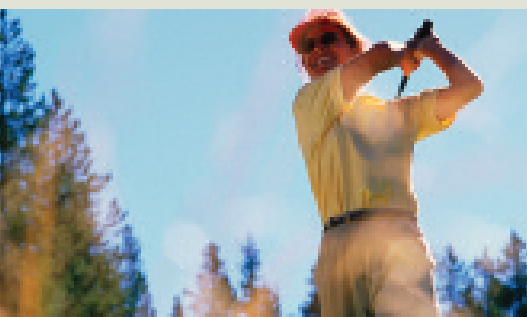
Sundance Golf Club is part of the master-planned community of Sundance and is one of the newest 18-hole championship golf facilities in the West Valley. Panoramic views of the White Tank Mountains to the north and the Estrella Mountains to the south provide guests with a visually captivating golfing experience. With four sets of tee boxes varying in distance from 5,300 to 7,000 yards, Sundance Golf Club offers an excellent test for players of all abilities. Sundance uniquely blends Sonoran Desert washes and arroyos with lush green conditions. Generous landing areas and sloping greens differentiate Sundance from other golf courses. Signature hole: No. 6. This 175-yard, par 3, is one of two holes requiring a precision shot over Sundance Lake. The lake offers enough mental challenge for most golfers, and the greenside bunkers and lakeward sloping green increase the hole's difficulty. For location and course information, call 623-328-0400.

### **CANOA RANCH, SONATA, AND LAS CAMPANAS Green Valley, AZ**

Meritage Active offers three communities in Green Valley: Canoa Ranch, Sonata and Las Campanas. All of them are set against the backdrop of the majestic Santa Rita Mountains. Green Valley is a short drive south of Tucson and offers a world of amenities for residents to choose from. What's nearby?

#### **Canoa Ranch Golf Club**

Canoa Ranch is a great example of how the Southwestern desert can be transformed into a golfer's paradise without destroying the beauty of the surrounding native land. Canoa Ranch is an 18-hole course that boasts dramatic elevation changes, strategic bunkering and panoramic views of Green Valley and the spectacular "Elephant Head", a major feature of the Santa Rita Mountains. With five sets of tee boxes varying in distance from 4,500 to 7,013 yards, this course designed by Lee Schmidt and Brian Curley is Green Valley golfing at its best. Canoa Ranch was named one of *Golf Digest's* "New Favorites" in Arizona in March 2006. For location and course information, call 520-393-1966.



# STAYING FIT FOR A LIFETIME

It's never too late to start exercising. No matter what your age, exercise can improve your quality of life and you don't have to spend a lot of time doing it to see and feel improvements.

The National Institute on Aging has stated that "when older people lose their ability to do things on their own, it doesn't happen just because they have aged. More likely it is because they have become inactive."

Experts believe that regular exercise may forestall declines in strength, endurance, flexibility and balance. Below are several interesting forms of exercise that anyone can do to maintain his/her overall health.

## **Yoga** (pronounced YO-ga)

Yoga was developed more than 5,000 years ago in India to increase strength, flexibility and balance. Almost all forms of yoga in the West are variations of *Hatha* yoga, which is geared toward improving the body. The idea is to listen and adjust to what your body is telling you and to focus on your own breathing. Yoga is an excellent way of calming the mind and reducing stress.

There are many styles of Hatha yoga but the three most widely known are *Kripalu* (a gentle, slow-moving style), *Iyengar*, (known for its use of props and its extreme attention to form and precise postures) and *Astanga* (also known as "Ashtanga" or "power yoga"). *Astanga* is possibly the most demanding form of yoga, because students synchronize their breath with a progressive series of poses.

## **Pilates** (pronounced puh-LA-teez)

Developed by Joseph Pilates to help rehabilitate bedridden victims of the 1918 flu epidemic, Pilates focuses on improving flexibility and strength for the overall body without producing bulky muscles. Because of this, many dancers use Pilates. It consists of various exercises performed on mats and specially designed equipment. Breathing and posture are extremely

important to each individual exercise. Many swear by Pilates as a low-impact way to work the body while relaxing the mind.

## **T'ai Chi** (pronounced tie-CHEE)

Another method of exercise from the Far East that works both mind and body is T'ai Chi. Some people call it a form of moving meditation, but it is actually considered a soft-style martial art. It is usually performed with quiet, soothing music and because of its low stress on muscles and joints, can be performed by people of all ages. Participants focus on the center of their body and concentrate on executing all movements outward from there. If T'ai Chi is done correctly, it leads to complete mental and spiritual relaxation and inner peace.

## **Water Aerobics**

Water aerobics, or aqua aerobics, is similar to typical land-based classroom aerobics; however, it's done in the swimming pool. Water aerobics has several advantages over land-based aerobics. The water reduces stress and strain on the body's joints while providing increased resistance and exercise for the muscles. Water aerobics also enables you to burn calories more efficiently. Walking on land burns 135 calories per half-hour workout, while deep-water walking burns 264 calories in

the same amount of time. Many people also like water exercise because the water has a cooling effect and reduces perspiration and overheating.

For those active adults who are looking for a more intense workout, Tae-Bo or a Spinning Class may be for you!

## **Tae Bo** (pronounced tie-BO)

Billy Blanks, the international martial arts champion-turned-film star, has been teaching his brand of cardio-kickboxing for over 11 years. Classes combine Taekwondo and boxing and have become a favorite to such celebrities as Shaquille O'Neal, Carmen Electra and Sinbad. Tae Bo involves kicking and punching the air while listening to dance music.

## **Spinning**

Burning approximately 900 calories in a one-hour class, this is one of the most intense workouts available. Spinning is basically just a glorified stationary bike ride. A class consists of loud, bass-thumping music and energetic instructors leading a group of cyclists on one extreme, sweat-filled ride to fitness. The instructor removes any possible boredom by periodically telling the class to envision themselves climbing up a steep hill or speeding along a racetrack.



## CACTUS LEAGUE BRINGS MLB SPRING TRAINING TO ARIZONA

During the months of February and March, Arizona serves as the Cactus League Spring Training home for a number of Major League Baseball teams. In fact, Arizona and Florida are the only two states to host Major League Baseball Spring Training games. Ball clubs from across the country come to Arizona to take advantage of the state's warm weather and multi-million-dollar training complexes located in and around Phoenix and Tucson.

The Arizona Cactus League is comprised of 12 teams including the Los Angeles Angels of Anaheim, Arizona Diamondbacks, Chicago Cubs, Chicago White Sox,

Colorado Rockies, Kansas City Royals, Milwaukee Brewers, Oakland Athletics, San Diego Padres, San Francisco Giants, Seattle Mariners and Texas Rangers. Teams play more than 100 Cactus League games throughout the state to prepare for the next major league season.

Are you interested in spring training excitement next year? On the right is a list of the Major League Baseball teams and the Arizona ballparks that host the fierce spring training competition that fans love. For more information about Arizona Cactus League Spring Training Baseball, visit [cactus-league.com](http://cactus-league.com).

### PHOENIX AREA BALLPARKS & MLB TEAMS

**SURPRISE STADIUM**  
Kansas City Royals & Texas Rangers

**MARYVALE BASEBALL PARK**  
Milwaukee Brewers

**PHOENIX MUNICIPAL STADIUM**  
Oakland Athletics

**SCOTTSDALE STADIUM**  
San Francisco Giants

**PEORIA SPORTS COMPLEX**  
Florida Mariners & San Diego Padres

**HOHOKAM STADIUM**  
Chicago Cubs

**TEMPE STADIUM**  
Los Angeles Angels of Anaheim

### TUCSON AREA BALLPARKS & MLB TEAMS

**HI CORBETT FIELD**  
Colorado Rockies

**TUCSON ELECTRIC PARK**  
Arizona Diamondbacks & Chicago White Sox