

#### MAY 2019 ESTRELLA ESTATES STAFF

#### **TRANSPORTATION**

Monday, 9:30 a.m.-Noon: Shopping

**Tuesday, 9:30 a.m.-Noon:**Doctor Appointments

Wednesday, 9:30 a.m.-Noon: Outings

**Thursday, 9:30 a.m.-Noon:**Doctor Appointments

Friday, 9:30 a.m.-Noon: Shopping



#### Estrella Estates First Annual Fun Walk

We are the Champions!

- Marge Robison
- Hallie Latasa
- Shirley Ferguson
- Dale Duffey
- Sandra Gann
- Edna Kucinski
- Myra Page
- Woody St. George
- Charles Ritter

- Patsy Sinclair
- June Burke
- Estelle Pillion
- Juanita Kizer
- Lakin Jones
- Eileen Kats
- Lileen Nati
- Sue Teppo
- Ann Heinz
- Everett
   Bissonette

- Carl Smith
- Linda
   Haddeman
- Elsie Busse
- Frank Cataldo
- Margaret Boudreau
- Barry Page
- Brad Hill
- June Oliver

These people proved on March 30, 2019 that they are the champions over: chronic pain, chronic fatigue, diabetes,



hypertension, COPD, neuropathy, daily dialysis, osteoporosis, inoperable back pain, cognitive challenges, blindness, deafness, dizziness,

(Continued on Pages 2 and 3)

#### Estrella Estates First Annual Fun Walk (Continued)

broken bones and cancer, just to name a few. Training for the 1st Annual Estrella Estates Fun Walk began last October. These champions worked through sore muscles, aches, pains, ice packs, blood pressure checks and sheer exhaustion.

The opening ceremony began with Josh leading us in the National Anthem while Bob held the flag secure, followed by a prayer led by Carl and Phil, our very own 16 Olympic Gold Medal winner, started the walk. Howard, Josh and Manny from Care Partners shuttled the residents to the park and got everyone in starting position. The balloon arch served as the starting line, the finishing line and the podium for pictures.

The first half of the walk, the residents had to fight through 25 mph headwinds. There were two water and food stations for a quick rest and some encouragement. Family members (even the furry kids) were in attendance. Our Fun Walk support crew consisted of 10 family members, volunteers, and Manny from The Care Partners.

I am inspired every day by the residents of Estrella Estates and their commitment to a happy, healthy lifestyle.





























# There Is a New Chef in Town

We would like to welcome our new Chef Chris Defillippis. Chris is originally from Brooklyn, New York. He found his love of cooking in his Italian grandmother's kitchen where he spent a lot of time as a child. Chris is married and has two daughters, 18 and 16. Chris has served five years in the Army Airborne Infantry with two tours of combat. We are happy to have Chris in our Estrella Estates family.



### **MAY 201**

#### **Birthdays**

Irene Powell, 7th Estelle Pilon, 10th Chuck Ritter, 12th Armando Hernandez, Sherry Harrison, 20th Phil Ramsey, 20th June Bjerke, 21st Bill Logsdon, 22nd Clara May Benner, 24th Tom Grider, 25th Dale Duffey, 27th Billie Holleran, 29th Brigitte Beringer, 29th

#### Locations

Activity Room, AR Atrium, AT Billiards Room, BR Chapel, CH Computer Center, CC Dining Room, DR Exercise Room, EX Front Lobby, Lobby Library, LB Movie Theater, MT Patio-Back Of Building, Swimming Pool, SP TV Room, TV

#### **Hello Darling Hair Salon**

(602) 434-8997 Open Tuesday-Friday, 9:30 a.m.-3 p.m. and appointment on other Nail appointments on Saturdays.

#### **Care Partners Blood Pressur** Checks

Given in the Bistro Monday, Wednesday & Friday at 3 p.m.

#### Estrella **Essentials Store**

**Docuseries, MT** 

4:00 Ceramics with

Roger, AR

Tuesday, Thursday & Saturday from 9:30-10:30 a.m.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9</b>				MAY DAY  2:00 Hand & Foot Cards, BR  3:00 Blood Pressure Checks, AR  3:30 Dancercise with Tracee, AR  4:30 Residents' Night Out, Lobby	9:30 Strength and Balance Chair Exercise, AR  10:00 Knit, Crochet Group, AR  10:30 Garden Club, PB  11:00 Arts & Crafts, AR  2:00 Rummikub Group, TV  2:00 Chef/Activity Chat, EX  4:00 Left Right Center Game, AR	9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR 3:00 Kentucky Derby, AR 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Social Hour with Entertainment, AR	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Hand & Foot Cards, BR 3:00 Movie Matinee, MT
n	9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 12:30 Cinco De Mayo, DR 2:00 Hand & Foot Cards, BR	9:30 Strength and Balance Chair Exercise, EX  10:00 Ping Pong: Care Partners, EX  2:00 Hand & Foot Cards, BR  2:00 Bingo Bash, AR 3:00 Blood Pressure Checks, AR  3:00 Word War II Docuseries, MT  4:00 Ceramics with Roger, AR  4:30 My Sparkle Girls Singers, DR	9:30 Strength and Balance Chair Exercise, EX  10:00 Wii Bowling, AR  11:00 Beanbag Baseball: Care Partners, AR  12:30 Monthly Birthday Recognition  2:00 Bingo: Care Partners, AR  2:00 Rummikub Group, TV  2:00 Hand & Foot Cards, BR  3:30 Bible Journey and Fellowship, CH	9:30 Mystery Tour and Lunch, AR 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR 3:30 Dancercise with Tracee, AR	9:30 Strength and 9 Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 4:00 Left Right Center Game, AR	Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 10:00 Mad Hatter Tea Party, DR 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Chillin' and Grillin', AR	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Hand & Foot Cards, BR 3:00 Movie Matinee, MT
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by days.	9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR	9:30 Strength and Balance 20 Chair Exercise, EX  10:00 Ping Pong: Care Partners, EX  2:00 Hand & Foot Cards, BR  2:00 Bingo Bash, AR  3:00 Blood Pressure Checks, AR  3:00 Word War II Docuseries, MT  4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 10:00 Wii Bowling, AR 11:00 Beanbag Baseball: Care Partners, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:30 Bible Journey and Fellowship, CH	9:30 Movie and Lunch, Lobby 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR 3:30 Dancercise with Tracee, AR	9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 4:00 Left Right Center Game, AR 4:30 Memorial Show with Short and Sweet, AR	Wear Red, Support Our Troops 24  9:30 Stretch and Balance Exercise, EX  10:15 Bell Choir: Estelle, AR  11:00 Beanbag Baseball, AR  2:00 Hand & Foot Cards, BR  3:00 Blood Pressure Checks, AR  4:00 Bible Study: Pastor Del Rosario, CH  4:00 Chillin' and Grillin', AR	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Hand & Foot Cards, BR 3:00 Movie Matinee, MT
ore	9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR	9:30 Strength and Balance Chair Exercise, EX 10:00 Ping Pong: Care Partners, EX 1:30 Memorial Day Celebration, AR 2:00 Hand & Foot Cards, BR 2:00 Bingo Bash, AR 3:00 Blood Pressure Checks, AR 3:00 Word War II	9:30 Strength and Balance Chair Exercise, EX  10:00 Wii Bowling, AR  11:00 Beanbag Baseball: Care Partners, AR  2:00 Bingo: Care Partners, AR  2:00 Rummikub Group, TV  2:00 Hand & Foot Cards, BR	29 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR 3:30 Dancercise with Tracee, AR	9:30 Strength and Balance Chair Exercise, AR  10:00 Knit, Crochet Group, AR  10:30 Garden Club, PB  11:00 Arts & Crafts, AR  2:00 Rummikub Group, TV  4:00 Left Right Center	Wear Red, Support 31 Our Troops 9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR 3:00 Blood Pressure Checks, AR	

Game, AR

4:00 Horse Racing, AR

4:00 Bible Study: Pastor

Del Rosario, CH

3:30 Bible Journey and

Fellowship, CH



#### Day Trip to Sedona, Arizona

Our wonderful day trip to Sedona began at 9:40 a.m. Our first stop was on Arizona State Route 220 for a quick restroom break and to stretch our legs. The next stop was the Chapel of the Holy Cross, a Roman Catholic church in Sedona, Arizona, is a truly unique sight to behold as it is built in between two towering red rock formations. The chapel rises 200 feet from the ground with a 90-foot cross as the centerpiece. This beautiful work of art was inspired by sculptor Marguerite Brunswig Staude, a student of Frank Lloyd Wright. Built in 1932, this architectural wonder is now on the National Register of Historic Places, and was voted one of the "Seven Man-Made Wonders in Arizona." Not surprisingly, due to the outstanding views, the chapel is one of the most popular tourist attractions in Sedona. Aside from magnificent panoramas of Sedona's breathtaking red rock formations (some of which are over 250 million years old), the chapel is one of several vortex sites. Numerous hikes and sites around Sedona are known to possess vortex energy, which is basically a concentrated area of energy rising up from the earth, with reported healing and balancing properties.

After our time at the Chapel of the Holy Cross it was time to eat dinner. Howard let everyone out at the main shopping and eatery spot where everyone enjoyed unique shopping, a delicious dinner and majestic views. A trip we won't soon forget.

















## Hanging Loose at the Annual Hawaiian Luau!

The food was fabulous and bountiful. The Na Wahine O Ka Hula (Women of Sundance) dancers were amazing with authentic Hawaiian dances narrated by the tribal king. Every movement has a meaning. We enjoyed the outdoors before the heat sets in. Fun was had by all.

























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