

Estrella

ESTATES

Gracious Retirement Living

14930 West Wigwam Boulevard • Goodyear, AZ 85395 • Phone (623) 535-9195 • www.seniorlivinginstyle.com

MAY 2019

ESTRELLA ESTATES STAFF

Managers.....DALE & JULIE AUBUCHON
 Assistant Managers NATHAN & MARY ELLEN BOUREN
 Executive Chef CHRIS DEFILLIPPIS
 Marketing.....JOSHUA BRYANT
 Sous Chef NORMAN JACKSON
 Activity CoordinatorTRACEE DERRA
 TransportationHOWARD COKLEY
 Head Housekeeper ALICIA HERNANDEZ

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

HAWTHORN
 SENIOR LIVING

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
- 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.





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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Goodyear, AZ 85395



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.



623-535-9195