

Estrella

ESTATES

Gracious Retirement Living

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

JULY 2019

ESTRELLA ESTATES STAFF

Managers..... SCOTT & DEBBIE DRISCOL
Assistant ManagersNATHAN
& 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

The Travel Program is Another Program That Put Estrella Estates Above the Rest

We know that as happy and as comfortable as you are at Estrella Estates, you may want to get out and explore new places. With over 50 Communities across the U.S. and Canada, you can have all the comforts of home while enjoying the pleasures of a vacation. As a current resident of a Hawthorn Community, you are eligible to take part in our unique travel program which allows you to stay up to seven nights per visit* in a comfortable guest suite. This also includes your meals and participation in programs and activities, all at no additional expense.

(Continued inside)



Our residents, Barry and Myrna, with Amber, the AC, when they stayed at our Kansas community while visiting family.



Travel Program (Continued)

The Resident Travel Program was designed to be a special benefit to our residents. The program allows a resident to visit other Hawthorn communities that have a guest room, free of charge, for up to (generally) one week, based on availability. If you would like to visit other Hawthorn Communities, the Manager will call the desired host Community with the name and phone number of the resident-guest, and dates they would like to travel. Depending on the availability of a guest room in the desired Community, the room will be reserved.

The following Hawthorn communities also participate in the Travel Program:

Arizona:

Goodyear: Estrella Estates

Green Valley:

The Peaks at Santa Rita

Sierra Vista:

Mountain View Gardens

California:

El Dorado Hills:

El Dorado Estates

Glendale:

Scholl Canyon Estates

La Quinta:

The Palms at La Quinta

Colorado:

Colorado Springs:

Summit Glen

Florida:

Bradenton: Cypress Springs

Clermont: Orchard Heights

Oxford: Steeplechase

Oxford: The Carriage House

Spring Hill: Salishan

Tallahassee: Mulligan Park

Georgia:

Alpharetta:

Cottonwood Estates

Johns Creek:

Ashwood Meadows

Lawrenceville: Linwood Estates

Roswell: Sanford Estates

Idaho:

Boise: Salmon Creek

Indiana:

Fishers: NorthRidge

Kansas:

Lawrence: Meadowlark Estates

Maine:

Portland: Ashton Gardens

Maryland:

Silver Spring: Wilshire Estates

Massachusetts:

Beverly: Colonial Gardens

Franklin: Magnolia Heights

Hopkinton: Fairview Estates

Tewksbury: Heatherwood

Westborough: The Highlands

New Mexico:

Albuquerque: Paloma Landing

Rio Rancho: The Rio Grande

North Carolina:

Asheville: Bella Vista

Cary: StoneRidge

Charlotte:

Providence Meadows

Davidson: Williams Place

Greensboro: Carolina Estates

Raleigh: Whispering Pines

Salisbury: Oak Park Retirement

Southern Pines:

Southern Pines

Ohio:

Mentor: Parker Place

Oregon:

Gladstone: Somerset Lodge

Happy Valley: Glenmoore

Pennsylvania:

Bethlehem: Sterling Heights

Glen Mills: Ivy Creek

Texas:

Allen: Alexis Estates

Cedar Park: Maple Ridge

Georgetown: The Oaks

McKinney: Pioneer Ridge

Rockwall: Liberty Heights

Virginia:

Chesapeake: Willow Creek

Midlothian:

Chesterfield Heights

Washington:

Puyallup: Julian Estates

Vancouver:

Springwood Landing

Canada:

Cambridge: Heritage Meadows

Cobourg: Rosewood Estates

Guelph: Guelph Lake Commons

Kanata: The Bradley

Woodstock: Cedarview

Garden Corner

Garden Corner by Scott Driscol

It's July! Most of the country is out working their gardens and looking forward to the harvest to come. But we live in the "Valley of the Sun." We grow year 'round and we harvest year 'round. Yes, some of the year, it's a little tougher than others, and this is one of them. I think it's harder on us than the plants, but remember, "It's a dry heat" at 110 degrees. Dry is the key word, and deep water is the way to go.

At this time of year, we do not want to water often, once a day at the most, but it needs to be a heavy soaking. You need to get the water to go deep and the roots will follow. I like testing the limits of the plants by skipping a day, even two, maybe three, depending on the temperature. Watch your plants and they will tell you when they need the water. This will get the root to follow the water. But remember, if there are bloom sets, don't skip a day. Drive the roots deep before the blooms come on and after the fruit sets. I have found that holding back water on melons after the fruit is set can sweeten the melons a bit, and holding back the water for three or four days before harvesting will increase the sugar content. Keep growing, through Gardening!

OK, a little about the author. Scott Driscol is a member of the management team here at Estrella Estates. He has a Master Gardening Certificate from the University of Arizona. He has designed and built community gardens in the "Valley of the Sun" for the past ten years and has been gardening in the Valley for the past 26 years (with a four-year Vacation in Texas). Got questions? Come talk to Scott anytime.



Flowers from our community garden



Flowers from our community garden

Our Honor Wall

We would like to welcome our newest veterans to the Honor Wall.

- Bob DeWolfe
- Marty St. George
- Leroy McNutt
- Tom Grider

Estrella Estates wants to thank you for your service!



Bob Dewolfe



Tom Grider



Marty St. George



Leroy McNutt

JULY 2019

Birthdays

John Jay Boyer, 2nd
 Don Coday, 7th
 Don Holleran, 17th
 Robert (Bob) DeWolfe, 17th
 Margeret Boudreau, 21st
 Joe McCracken, 25th
 Wendy Kelly, 31st

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, PB
 Swimming Pool, SP
 TV Room, TV

Hello Darling Hair Salon

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

Care Partners Blood Pressure Checks

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

Estrella Essentials Store

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Water Exercise, SP 1 10:00 Ping Pong: Care Partners, EX 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:00 Word War II Docuseries, MT 4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 12:30 Monthly Birthday Recognition 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Cookin' Cookies, AR 4:00 Wii Bowling with Tracee, AR 	10:00 Bible Journey and Fellowship 3 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:30 Dancercise with Tracee, AR 4:30 Residents' Night Out, Lobby	INDEPENDENCE DAY 4 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:00 Jewelry Making and Repair, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 2:00 Resident Meeting, AR 4:00 Social Hour with Entertainment, AR	Wear Red, Support Our Troops 5 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 <i>Blood Pressure Checks, AR</i> 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AT	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 12:00 Happy 4th of July and Western BBQ, AR 1:45 Scrabble: Everett, BR 1:45 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
9:00 Catholic Mass/Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR 3:00 Bingo with Debbie, AR 	9:30 Water Exercise, SP 8 10:00 Ping Pong: Care Partners, EX 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:00 Word War II Docuseries, MT 4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Cookin' Cookies, AR 4:00 Wii Bowling with Tracee, AR	10:00 Bible Journey and Fellowship 10 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:30 Dancercise with Tracee, AR	9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:00 Jewelry Making and Repair, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 4:00 Chill and Grill, AR	Wear Red, Support Our Troops 12 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 <i>Blood Pressure Checks, AR</i> 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AT	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 1:45 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
9:00 Catholic Mass/Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR 3:00 Bingo with Debbie, AR	9:30 Water Exercise, SP 15 10:00 Ping Pong: Care Partners, EX 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:00 Word War II Docuseries, MT 4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Cookin' Cookies, AR 4:00 Wii Bowling with Tracee, AR	9:30 Casino: TBA, Lobby 17 10:00 Bible Journey and Fellowship 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:30 Dancercise with Tracee, AR 	9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:00 Jewelry Making and Repair, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 2:00 Chef/Resident Meeting, AR 4:00 Social Hour with Entertainment, AR	Wear Red, Support Our Troops 19 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 <i>Blood Pressure Checks, AR</i> 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AT	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 1:45 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
9:00 Catholic Mass/Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR 3:00 Bingo with Debbie, AR 	9:30 Water Exercise, SP 22 10:00 Ping Pong: Care Partners, EX 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:00 Word War II Docuseries, MT 4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Cookin' Cookies, AR 4:00 Wii Bowling with Tracee, AR	9:30 Movie and Lunch, Lobby 24 10:00 Bible Journey and Fellowship 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:30 Dancercise with Tracee, AR	9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR 10:00 Jewelry Making and Repair, AR 10:30 Garden Club, PB 11:00 Arts & Crafts, AR 2:00 Rummikub Group, TV 4:00 Horse Racing, AT 	Wear Red, Support Our Troops 26 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 <i>Blood Pressure Checks, AR</i> 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AT	10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 1:45 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
9:00 Catholic Mass/Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR 2:00 Senior Educational Series, MT 3:00 Bingo with Debbie, AR	9:30 Water Exercise, SP 29 10:00 Ping Pong: Care Partners, EX 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:00 Word War II Docuseries, MT 4:00 Ceramics with Roger, AR	9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Cookin' Cookies, AR 4:00 Wii Bowling with Tracee, AR	10:00 Bible Journey and Fellowship 31 2:00 Hand & Foot Cards, BR 3:00 <i>Blood Pressure Checks, AR</i> 3:30 Dancercise with Tracee, AR 			

We Would Like to Welcome Our New Management Team and Family Members

Scott and Debbie have been married for 37 years come August 2019. They have two children, Stan and Mary. Stan is a 30-year-old diesel mechanic here in the Valley. He is married to Ashley, and they have a 4-year-old son named Sawyer. Their daughter, Mary, is 26, and she is a golf pro at Top Golf in Glendale, Arizona. Both of their children were raised here in the Valley of the Sun.



Scott and Debbie have been managing retirement communities for over four years now. Prior to this, Scott was a consultant with Tomkins & Associates, where he spent several years helping companies with their supply chain needs, until he retired. Debbie worked for 30 years for local city governments. She worked for the cities of Chandler, Mesa and Buckeye, where she worked in community services and oversaw the senior centers as part of her duties.

The Driscols have a small dog that is seven years old, named Huckleberry, who is a Chihuahua mix. Their hobbies include fishing and photography.

The Driscols said, "We are so glad to be here at Estrella Estates. After only a short time here, we can feel the love in this Community. There are great residents and staff. What a blessing for us to join the Estrella Estates family."



A-maizing Sweet Corn

Sweet corn on the cob, with a dab of butter and a sprinkle of salt, is one of the classic tastes of summertime.

Corn was first cultivated by native peoples in what is now Mexico around 7,000 years ago. The grain was a staple in the diets of Native Americans, who bred different varieties and later taught European settlers to grow the crop.

Harvested while the ears are still immature, sweet corn accounts for only 1% of U.S. corn production. The rest is field corn, picked when the kernels are mature and dry, which is used primarily in livestock feed, ethanol and processed foods such as cereal and corn syrup.

Though it is technically a whole grain, sweet corn is eaten around the world as a vegetable. Its tender yellow or white kernels are high in fiber. Sold fresh, canned and frozen, the versatile veggie is enjoyed on the cob and off. Sweet corn kernels are often used as an ingredient in salads, soups, casseroles and many Tex-Mex dishes.

Sweet corn consistently ranks as one of the top vegetable picks among U.S. consumers.



New Activities

Senior Education Series:

This will be held the last Sunday of every month in the Theater. Topics will include health, insurance and investments.

Bingo with Debbie:

This will be held every Sunday at 3 p.m. It is 10 cents a game, two cards only. Games 2, 4, 6, 8 and 10 winners receive an extra dollar. The winner chooses the next game. The ninth game is always regular Bingo, with the tenth game being the black-out game.

Cookin' Cookies:

This will be held every Tuesday at 3 p.m. Bring your favorite recipe to share. There will be low-carb baking for those with restricted diets.

Wii Bowling:

This will be held every Tuesday at 4 p.m. If you are a professional Wii bowler or you just want to learn something new, come try it.

If you can beat Tracee, you will receive a prize!

Dancercise:

This will be held every Wednesday at 3:30 p.m. in the Fitness Room.

Dancercise is different, in that we focus on the fluidity of movement free-style.

Chill and Grill:

This will be held every second and fourth Thursday at 4 p.m. This is a Community event with the focus on fellowship.

Left, Center, Right:

This will be held the first three Fridays of every month. It is an easy dice game to learn quickly. It costs 50 cents a game and we play two games.



Making their plate at the Chill 'n' Grill.



Brad eats her Hot dog without a bun.



Our resident grill master making sure all hotdogs are cooked to perfection.



14930 West Wigwam Boulevard
Goodyear, AZ 85395



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.



623-535-9195

