

Estrella

ESTATES

Gracious Retirement Living

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

FEBRUARY 2020

ESTRELLA ESTATES STAFF

Managers.....ROBBIE & VIKKI MORRIS
Assistant Managers ...BOB & LORI ANN REBER
Executive ChefALAN THOMPSON
Marketing.....JOSHUA BRYANT
Activity CoordinatorTRACEE DERRA
TransportationHOWARD COKLEY
Head HousekeeperALICIA HERNANDEZ

TRANSPORTATION

Tuesday, 8 a.m.-1 p.m.: Doctor Appointments

Wednesday, 8 a.m.-1 p.m.: Outings

Thursday, 8 a.m.-1 p.m.: Doctor Appointments

Friday, 8 a.m.-1 p.m.: Shopping

HAWTHORN
SENIOR LIVING

New Year's Eve, the Residents at Estrella Estates Embrace the Future

The New Year's Eve Party's theme to bring in the new decade was

"Embracing the Future While Remembering the Past"

There were a lot of discussions of past New Year's Eve parties.

The residents told stories of how they would party and stay up all night, however, this year none planned to stay up till midnight.

They shared stories that took place in different regions with different cultures.

(Continued inside)



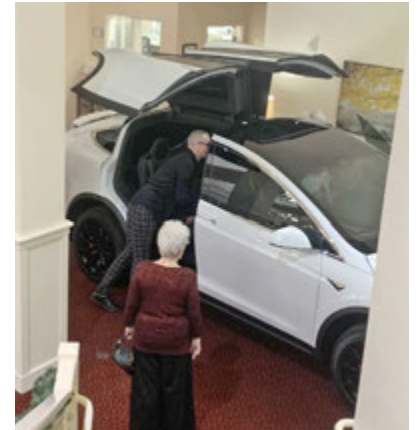


New Year's Eve, the Residents at Estrella Estates Embrace the Future (Continued)

The future was represented by Robbie and Vikki's Tesla. This futuristic vehicle performed a light show with music. A fireplace in the Tesla was enjoyed on this cool evening. The karaoke machine allowed for amazing carpool karaoke performed by the residents. The doors open like wings. We all envision flying cars in our future.

After the residents enjoyed the futuristic vehicle, they enjoyed food and dancing in the Activity Room. The food was amazing fried shrimp, chicken skewers and desserts to die for.

We all look forward to the new decade and what new technology it will bring.



Winter Solstice Celebration

The Winter Solstice celebration was on a cool night. The residents of Estrella Estates celebrated with a warm fire and luminaries. The lighting of the luminaries represented the hope for more light during the upcoming days.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for a home." — Edith Sitwell





Ramblings ...

Learning With “Age” Comes “Wisdom”

Wisdoms Gained in Life!

- Heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.
- Learning to forgive takes practice.
- There are people who love you dearly, but just don't know how to show it.
- Money is a lousy way of keeping score.
- My best friend and I can do anything or nothing and have the best time at either.
- Sometimes the people you expect to kick you when you're down will be the first to help you get back up.
- Sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.
- True friendship continues to grow, even over the longest distance. Same goes for true love.
- Just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.
- Maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.
- You should never tell a child that their dreams are unlikely or foolish. Few things are more humiliating, and what a tragedy it would be if they believed you!
- Your family may not always be there for you. It may seem odd, but people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't biological.

February, Known Also as the Month of Love

The day that we all celebrate love and more than a few men are to be found desperately searching for a last-minute gift because they forgot again is nearly upon us. Yes, it's Valentine's Day again! St. Valentine's Day has become the second-biggest day of greeting card sales after Christmas, and red roses become almost as expensive as gold. It's also the day that you can declare your love anomalously to someone you admire from afar. So, to celebrate what has become the international day of love, come to the Activity Room, Friday, February 14th, 3 p.m. Love will be in the air.



Do You Know Your Neighbor?

This lady has lived in Illinois, Indiana and now Arizona.

She has been a resident at Estrella Estates for two years.

She worked for A&P Grocery Store as a cashier and a bookkeeper for 35 years.

She has two daughters.

She owned a roller skating rink, “The Oakridge Roller Dome.”



FEBRUARY 2020

Birthdays

Sada Nana Thompson, 2nd J P, 5th
Shirley Ferguson, 9th
Deuce Jenson, 13th
Donna Gillin, 14th
Norma McCullough, 16th
Jane Hendricks, 27th

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
						
<div>2</div> <div>9:00 Catholic Mass/Communion, MT</div> <div>11:00 Therapeutic Coloring, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:00 Bingo, AR</div> <div></div>	<div>3</div> <div>9:30 Stretch and Strength Training, EX</div> <div>10:30 Smoothies with Tracee, AR</div> <div>10:30 Jump in Jeep to Tanzania, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:00 Movie Presentation, MT</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Ceramics with Roger, AR</div>	<div>4</div> <div>9:30 Strength and Balance Chair Exercise, EX</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Bingo: Care Partners, AR</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:00 Tanzania Trivia and Travel</div>	<div>5</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Walk and Talk, AR</div> <div></div>	<div>6</div> <div>9:30 Strength and Balance Chair Exercise, AR</div> <div>10:00 Knit, Crochet Group, AR</div> <div>10:00 Bible Journey and Fellowship, CH</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Resident Meeting, AR</div> <div>4:00 Social Hour with Entertainment, AR</div>	<div>7</div> <div>Wear Red, Support Our Troops</div> <div>9:30 Stretch and Balance Exercise, EX</div> <div>10:15 Bell Choir: Estelle, AR</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Bible Study: Pastor Del Rosario, CH</div> <div>4:00 Left Center Right, AR</div>	<div>8</div> <div>10:00 Donuts & Coffee Social, AR</div> <div>11:00 Bean Bag Baseball, AR</div> <div>1:45 Scrabble: Everett, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Hand & Foot Cards, BR</div>
<div>9</div> <div>9:00 Catholic Mass/Communion, MT</div> <div>11:00 Therapeutic Coloring, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:00 Bingo, AR</div> <div></div>	<div>10</div> <div>9:30 Stretch and Strength Training, EX</div> <div>10:30 Smoothies with Tracee, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:00 Movie Presentation, MT</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Ceramics with Roger, AR</div>	<div>11</div> <div>9:30 Strength and Balance Chair Exercise, EX</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Bingo: Care Partners, AR</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:15 Ultimate Integrated Patient Care/ Dr. Grogan</div>	<div>12</div> <div>9:30 Mystery Tour with Tracee</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Walk and Talk, AR</div>	<div>13</div> <div>9:30 Strength and Balance Chair Exercise, AR</div> <div>10:00 Knit, Crochet Group, AR</div> <div>10:00 Bible Journey and Fellowship, CH</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Ambassador Meeting, DR</div> <div>4:00 Short and Sweet Valentine Show</div> <div></div>	<div>14</div> <div>VALENTINE'S DAY</div> <div>Wear Red, Support Our Troops</div> <div>9:30 Stretch and Balance Exercise, EX</div> <div>10:15 Bell Choir: Estelle, AR</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Bible Study: Pastor Del Rosario, CH</div> <div>4:00 Left Center Right, AR</div> <div></div>	<div>15</div> <div>10:00 Donuts & Coffee Social, AR</div> <div>11:00 Bean Bag Baseball, AR</div> <div>1:45 Scrabble: Everett, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Hand & Foot Cards, BR</div>
<div>16</div> <div>9:00 Catholic Mass/Communion, MT</div> <div>11:00 Therapeutic Coloring, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:00 Bingo, AR</div> <div></div>	<div>17</div> <div>PRESIDENTS DAY</div> <div>9:30 Stretch and Strength Training, EX</div> <div>10:30 Smoothies with Tracee, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:00 Movie Presentation, MT</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Ceramics with Roger, AR</div>	<div>18</div> <div>9:30 Strength and Balance Chair Exercise, EX</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Bingo: Care Partners, AR</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Hand & Foot Cards, BR</div>	<div>19</div> <div>9:30 Casino TBA</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Walk and Talk, AR</div>	<div>20</div> <div>9:30 Strength and Balance Chair Exercise, AR</div> <div>10:00 Knit, Crochet Group, AR</div> <div>10:00 Bible Journey and Fellowship, CH</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Chef/Resident Meeting, AR</div> <div>4:00 Chill and Grill</div>	<div>21</div> <div>Wear Red, Support Our Troops</div> <div>9:30 Stretch and Balance Exercise, EX</div> <div>10:15 Bell Choir: Estelle, AR</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Bible Study: Pastor Del Rosario, CH</div> <div>4:00 Horse Racing, AT</div> <div>4:00 Left Center Right, AR</div>	<div>22</div> <div>10:00 Donuts & Coffee Social, AR</div> <div>11:00 Bean Bag Baseball, AR</div> <div>1:45 Scrabble: Everett, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Hand & Foot Cards, BR</div>
<div>23</div> <div>9:00 Catholic Mass/Communion, MT</div> <div>11:00 Therapeutic Coloring, AR</div> <div>12:30 Sunday Brunch</div> <div>2:00 Hand & Foot Cards, BR</div> <div>3:00 Bingo, AR</div>	<div>24</div> <div>9:30 Stretch and Strength Training, EX</div> <div>10:30 Smoothies with Tracee, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:00 Movie Presentation, MT</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Ceramics with Roger, AR</div>	<div>25</div> <div>9:30 Strength and Balance Chair Exercise, EX</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Bingo: Care Partners, AR</div> <div>2:00 Rummikub Group, TV</div> <div>2:00 Hand & Foot Cards, BR</div>	<div>26</div> <div>ASH WEDNESDAY</div> <div>9:30 Movie and Lunch</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>4:00 Walk and Talk, AR</div>	<div>27</div> <div>9:30 Strength and Balance Chair Exercise, AR</div> <div>10:00 Knit, Crochet Group, AR</div> <div>10:00 Bible Journey and Fellowship, CH</div> <div>2:00 Rummikub Group, TV</div> <div>4:00 Chill and Grill, AR</div> <div>4:00 Chill and Grill</div> <div></div>	<div>28</div> <div>Wear Red, Support Our Troops</div> <div>9:30 Stretch and Balance Exercise, EX</div> <div>10:15 Bell Choir: Estelle, AR</div> <div>11:00 Beanbag Baseball, AR</div> <div>2:00 Hand & Foot Cards, BR</div> <div>2:30 Blood Pressure Checks, AR</div> <div>3:00 Horse Racing, AT</div> <div>4:00 Bible Study: Pastor Del Rosario, CH</div> <div>4:00 Horse Racing, AT</div> <div>4:00 Left Center Right, AR</div>	<div>29</div> <div>10:00 Donuts & Coffee Social, AR</div> <div>11:00 Bean Bag Baseball, AR</div> <div>1:45 Scrabble: Everett, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Hand & Foot Cards, BR</div>



Study on 90-Year-Olds Reveals the Benefits of Strength Training

According to “Science Daily,” after doing specific training for 12 weeks, people over the age of 90 improved their strength, power and muscle mass. This was reflected in an increase in their walking speed, a greater capacity to get out of their chairs, an improvement in their balance, a significant reduction in the incidence of falls and a significant improvement in muscle power and mass in the lower limbs. These are some of the outcomes of the study recently published in the journal “AGE” of the American Aging Association and which was led by Mikel Izquierdo-Redín, Professor of Physiotherapy at the NUP/UPNA-Public University of Navarre.

Twenty-four people between 91 and 96 participated in the research, 11 of them in the experimental group and 13 in the control group. Two days a week over a 12-week period, they did multi-component training: a program of various exercises designed specifically for them and which combined strength training and balance-improving exercises. As Mikel Izquierdo explained, “The training raised their functional capacity, lowered the risk of falls, and improved muscle power. In addition to the significant increases in the physical capacity of frail elderly people, the study has shown that power training can be perfectly applied to the elderly with frailty.”

With aging, the functional capacity of the neuromuscular, cardiovascular and respiratory system progressively starts to diminish, and this leads to an increased risk of frailty. Physical inactivity is one of the fundamental factors that contributes to the loss of muscular mass and functional capacity, a key aspect in frailty.

“From a practical point of view,” says Prof. Izquierdo, “the results of the study point to the importance of implementing exercise programmes in patients of this type, exercises to develop muscle power, balance and walking.” In his view, “it would be beneficial to apply exercises of this type among vulnerable elderly people to prevent the impact of aging, improve their well-being and help them to adapt to the society in which they live.”

The piece of research which has been echoed by the American Aging Association is entitled: “Multi-component exercises including muscle power training enhance muscle mass, power output and functional outcomes.”

Estrella Estates offers multi-component exercises for strength and balance every day in the exercise room on the third floor at 9:30 a.m. All fitness levels are welcome.

Happy Leap Year

You may notice an extra day on your February calendar this year. That’s no mistake! This is a Leap Year!

What Is a Leap Day?

In four-year cycles, an extra day is added to our calendar, making that year a Leap Year. Adjustments are needed to ensure our calendar is always in sync with the time it takes for Earth to orbit the sun. To be precise, the Earth’s orbit of the sun takes place over 365 days, five hours, 48 minutes and 46 seconds. Those five-plus extra hours compound over time, so after four years, another day is added — Leap Day — to realign our calendar with the sun.

When Is Leap Day?

Leap Day is February 29th. Why February? Because one of the goals of having a calendar based on the solar year is to keep the Easter holiday in spring. To accomplish this, the calendar is adjusted so the vernal equinox is always on or near March 21st.



Residents' Night Out

There is a new restaurant in Goodyear, Arizona: Cheddar's Scratch Kitchen.

Cheddar's Scratch Kitchen has been serving made-from-scratch dishes since 1979. The residents enjoyed the house-smoked baby back ribs, ribeye steaks, hand-battered country fried chicken, tilapia, shrimp and homemade onion rings.

A new restaurant in Goodyear, Arizona is usually extremely busy and Cheddar's Scratch Kitchen is no exception. The wait to be seated was long, but the attentive service and food quality made it worth the wait.



Why Isn't There a Leap Day Every Four Years?

Well, Leap Year does happen every four years ... nearly. Even adding a day every four years doesn't keep Earth on track efficiently. In order to be in sync with the sun, the calendar must skip Leap Years a few times in each 400-year cycle. How is this determined?" Well, one simply omits February 29th in century years not precisely divisible by 400. For example, 2000 and 2400 are Leap Years. 2100, 2200 and 2300 are not. Make sense? It can be a fun math game for those interested. Not into numbers? No worries," simply" enjoy the extra day when it comes around." The" calendar will always let you know when there is a Leap Day.

Come enjoy Estrella Estates Leap Day with food, fun facts, activities and friends. February 29th, 10 a.m. in the Activity Room.



14930 West Wigwam Boulevard
Goodyear, AZ 85395



Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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