

Estrella

ESTATES

Gracious Retirement Living

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

JUNE 2020

ESTRELLA ESTATES STAFF

Managers.....ROBBIE & VIKKI MORRIS
Executive Chef.....ALAN THOMPSON
Marketing.....DICK BAUER
Activity Coordinator.....TRACEE DERRA
Maintenance.....RANDY COLLINS
Transportation.....HOWARD COKLEY
Head Housekeeper.....ALICIA HERNANDEZ

TRANSPORTATION

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

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

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

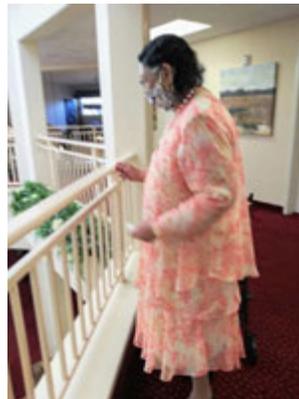
HAWTHORN
SENIOR LIVING

I Scream, You Scream, Estrella Estates Screams for Ice Cream

The Estrella Estates' ice cream machine has been the hub of our community. Having the ability to enjoy ice cream

anytime of the day is important to our family. Unfortunately, we couldn't safely use the ice cream machine until we had procedures in place, so we hosted Ice Cream Socials every Wednesday and Friday, at 2 p.m. That ensured everyone had the opportunity to enjoy ice cream safely.

Here's the scoop: Throwing an ice cream social is an age-old tradition – like 200 years old. Fast forward to today and ice cream is easy to serve for a casual yet creative party with your friends!





Happy Birthday Party for April and May

The Estrella Estates' family celebrates birthdays/anniversaries the first Tuesday of every month. We celebrate with all the residents whose birthdays fall inside the current month. We come together and celebrate by dancing, singing and enjoying the fellowship. The May Party included April's birthdays due to the quarantine. Happy Birthday!

Juan and Delores celebrated their 66th anniversary as well. Happy Anniversary!



June Birthdays

Dolores Sanchez, 8th
Carolyn Bach, 9th
Edwin Quinones, 11th

Patricia Kelley, 17th
Michael "Mike" Halpin, 19th
Marjorie Robison, 19th

Dick Odle, 22nd
Ioan Shinn, 22nd
Carl Smith, 23rd

June Anniversaries

Dave & Gwen Clark, 6/8/1980



Chef Alan Holds a Zucchini Grown by Our Garden Club

It has been great fun for us all to watch our garden grow and what do you know — it is producing. We are all looking forward to enjoying the fruits of our labor.



Horse Racing Played Safe

Estrella Estates is a community of gathering. The most popular events are the ones that allow all the residents to gather together (Chill and Grill and horse racing).

It has been a challenge for our extremely communal community to adjust to social distancing but where there is a will, there is a way.

An example of that is our Horse Racing event.

Six reasons you will like the Horse Racing event at Estrella Estates:

1. It's a PARTY. It's FUN and EXHILARATING. Everyone loves fun and who doesn't enjoy a good party?
2. It's AFFORDABLE. Coming of age in a dicey economy means that you know how to get the most fun out of the least amount of money.
3. Racing offers the IDEAL SPORTS/ENTERTAINMENT EXPERIENCE to be shared. Love bonding with your family and friends?
4. It's close to home. No travel needed.
5. It's SOCIAL and COMMUNAL.
6. There's GAMBLING. You can win money.



We Would Like to Welcome Dick Bauer to the Estrella Estates' Family

Dick comes to us with a wealth of experience. He has been a part of the Hawthorn family for 12 years. Dick's reputation precedes him. He started off as a pre-rental marketer and has worked in 12 different states with great success. Prior to his time with Hawthorn Retirement, he worked in his family insurance business for 35 years in Salem, Oregon. He also helped form the city of Kaiser, Oregon.

Dick officially retired August 2019, but was such an important part of the Hawthorn family, he returned to encourage and support the Estrella Estates' family.

Dick has three kids, four grandkids and a 9-month-old great-grandbaby. He has a house in Surprise, Arizona.

Dick enjoys Arizona's heat, golfing and fishing. We are all very thankful to have his experience and huge Hawthorn Heart.

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan's last name isn't Hall.
2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
3. The man who caught the 8-pound fish didn't catch the walleye.
4. Mr. White didn't catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

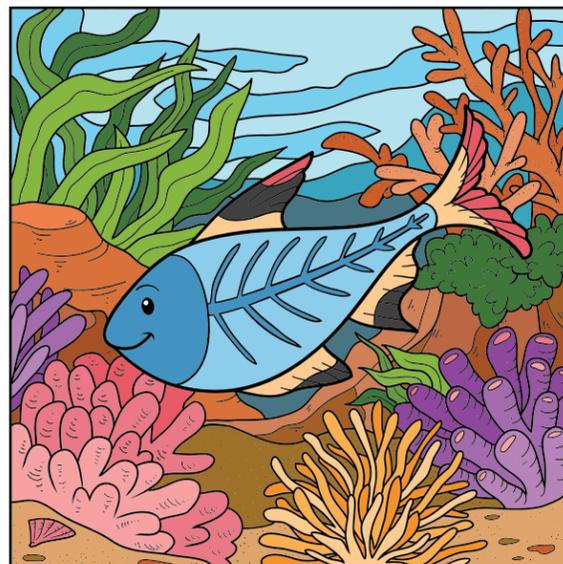
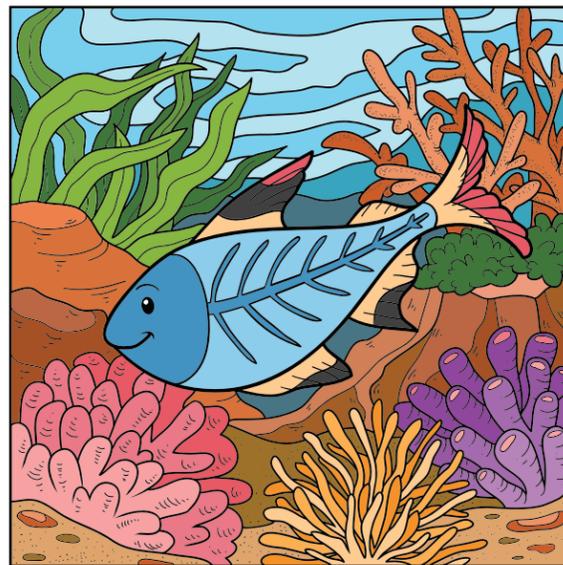
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2					1
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "The Courtship of Eddie's Father"

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

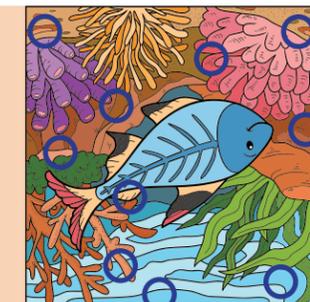
TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

6	3	4	7	1	5	8	2	9
6	8	1	2	6	3	4	7	5
2	5	7	8	9	4	6	3	1
1	2	3	4	5	6	7	8	9
4	7	4	5	6	2	9	3	1
8	6	9	1	3	7	2	5	4
7	4	2	4	9	5	6	3	8
3	1	6	4	8	7	2	9	5
5	6	8	3	7	4	1	2	9





Why You Should Try a Fitness Class

1. Group Exercise Classes Are Motivational

Working out on your own can be a drag. Sometimes you need an external motivator. Group classes offer it in spades. Firstly, you've got the instructor to encourage you to push to the limit. Then there are the people around you. Just seeing them pushing themselves is a great motivator in itself. And if one of them happens to whisper, "Keep going, you can do it," then that's priceless. The variety that you find in a group class is an extra motivator that will keep your body guessing and your mind fresh.

2. Group Exercise Classes Are Challenging

The number one reason that people who regularly train at a gym don't get the results they want is that they don't challenge themselves enough. In other words, their workouts are too easy. You won't get that in a group exercise class. So long as you choose the right class for your level, you will be challenged to work harder. And you will definitely want to make sure that you keep up with the rest of the class.

3. Group Fitness Classes Provide Variety

Group fitness classes today offer a huge variety of training options to add fun and specialized focus to your workouts. Group classes are available both indoors and outdoors, and you can focus on everything from boxing to Pilates, Bootcamp to Bosu. Of course, each class comes with its own certified expert to guide you along.

4. Group Exercise Classes Provide Structure

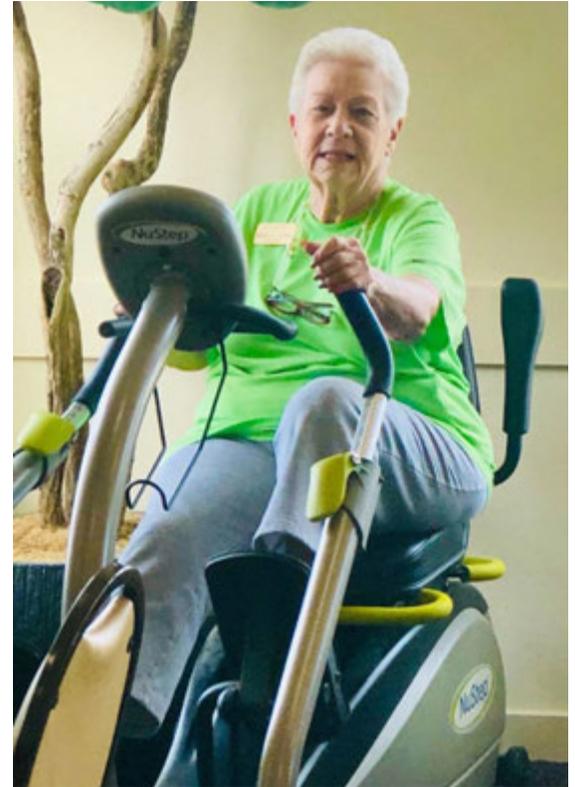
Knowing how to properly structure your workout takes knowledge and skill. Many people who are let loose on the gym floor simply don't know what they're doing. As a result, they end up performing workouts that are less than ideal. At best they are wasting valuable workout time; at worst they are risking serious injury. But, when you join a group class, all the planning has been done for you. A certified expert trainer has meticulously structured the workout to provide your body with the warm-up, progressive intensity and warm-down that it needs to work safely at its best.

5. Group Exercise Classes Check on Your Form

A lot of gym goers develop sloppy exercise form. Yet, when you're in a group fitness class there's nowhere to hide. The instructor is usually on a raised platform in front of you. Her eyes are going to be upon you because her job is to ensure that you perform the movement the correct way. If you don't, she'll guide you so that you get it right.

6. Group Exercise Classes Will Make You More Regular

The key to fitness is regularity. Show up, day in and day out, and you will get results. When you become a member of Estrella





Estates' group fitness community, you are noticed. And so is your absence. Often this will provide enough of a push to get you out the front door on days when you just feel like staying in bed. This built-in accountability is a major reason that group fitness class members stick with their fitness regime longer than people who train alone.

7. Group Exercise Classes Are Fun

If you are going to stick to an activity, you want it to be enjoyable. Group classes provide all of the elements that combine to make your workout enjoyable — mixing with like minded peers, engaging activities, an inspiring leader and sweat!

8. Group Exercise Classes Help You Manage Your Time

Juggling your time to get in your workout is one of the biggest challenges faced by our residents. Even when they do manage to get to the exercise room, they are often watching the clock as they go through their routine, not really focused on the workout at hand. With group exercise classes, that's all a thing of the past. Our classes are offered Monday thru Friday at all sorts of hours designed to suit busy lifestyles. While you may have never considered turning up at the exercise class for a 9:30 a.m. workout, a scheduled class at that time can be enough motivation to overcome mind-over-mattress syndrome and allow you to get more out of your day.

It's amazing, too, how quickly the time goes by when you are in a class. The classes are carefully paced to make the time fun. You'll be too engaged to watch the clock.

9. Group Exercise Classes Teach You

The benefits of working with a certified personal fitness trainer cannot be overstated. Personal training is a great option, but many people simply can't afford it. Group fitness classes offer a cost effective way to benefit from the expertise of a certified trainer. You will learn new exercises, techniques and form through the process of going through the workout the instructor has put together. In the process, you will learn how to work your body properly. This will benefit you when you go back to the exercise room and put together your own training sessions.

10. Group Exercise Classes Are Social

When you are sweating alongside a person in a group fitness class, you have an instant connection with them. The shared experience of getting through the challenge of the workout creates a bond with a like-minded person who, like you, cares about their body and is motivated enough to do something about it. This may lead to the development of a friendship outside of the gym setting, but even it doesn't, the bond you form can be a motivator for you to do your best and to show up regularly.





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When the world
is staying apart,
we are coming
together.



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