

Estrella

ESTATES

Gracious Retirement Living

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

JANUARY 2021

ESTRELLA ESTATES STAFF

Managers..... DOUG & KENDRA ROSE
Assistant Managers STEVE & JULIE SCHAEFER
Executive ChefEDGAR TOLENTINO
Marketing.....DALANA MARTIN
Sous Chef TIFFANY METZOIAN
Activity CoordinatorTRACEE DERRA
Maintenance RANDY COLLINS
MaintenanceJUAN CANSINO
TransportationHOWARD COKLEY
Head HousekeeperALICIA HERNANDEZ

TRANSPORTATION

Tuesday, 8 a.m.-3 p.m.: Doctor Appointments

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

Thursday, 8 a.m.-3 p.m.: Doctor Appointments

HAWTHORN
SENIOR LIVING

The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

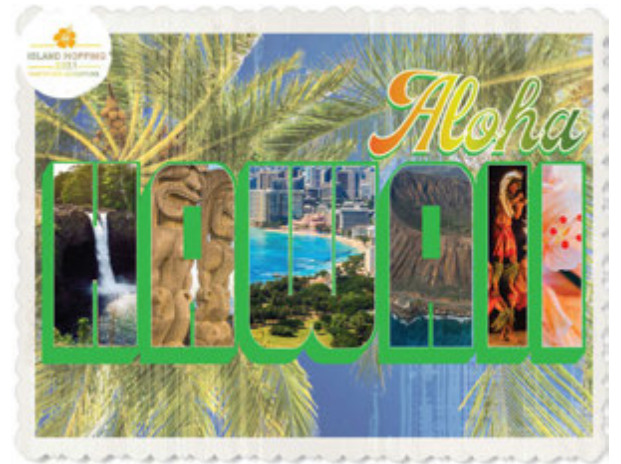


Estrella Estates Adventure

Swaying palms, powder-fine beaches, and clear blue waters – get ready, Estrella Estates Gracious Retirement Living, for a tropical getaway you won't soon forget! Beginning the week of January 17th through February 6th will be embarking on an island-hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, adventure, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 15th to get all of your travel information. If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Travel Guide, Tracee Derra, for all the details!



App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



Our Christmas Tradition Is Estrella Strong

Estrella Estates residents have a longstanding tradition of gingerbread house making. In past years our gingerbread making has taken on a life of its own. The residents have created churches, desert themes, the Frank Lloyd Wright Taliesin House, just to name a few. This year we created individual gingerbread houses in response to our social distancing measures.

Some of Estrella Estates creative residents spent hours creating, encouraging and sharing ideas to create their very own traditional gingerbread house. All of the traditional candy was used — peppermint sticks, gumdrops, sprinkles, chocolate kisses, etc.

Please enjoy the gingerbread village display in the Dining Room. Our Christmas traditions are Estrella Strong.



Food for Thought

As the saying goes, you can't choose your family or your neighbors. You may have a neighbor who is a stressor for you. Identify that person so you can plan ahead and put your stress toolbox to use. Identify the factors that have led to stress in the past, such as politics. Avoid speaking about those issues. Of course, your neighbor may decide otherwise. If so, tell him or her that you came to the Community holiday event to enjoy yourself and have a pleasant time. Tell him or her that speaking about this topic makes you uncomfortable. Ask him or her that you would appreciate talking about something else. It may be a little awkward, but it may work. You can signal your support buddy to change the topic of conversation. If these don't work, politely excuse yourself and join a different person, group or activity.

JAN 2021

Birthdays

Barry Page, 11th
 Leroy McNutt, 16th
 Gwen Clark, 18th
 Rick Bronder, 19th
 John Rupp, 22nd
 Mattie Dorris, 22nd
 Myrna Page, 23rd
 Diane Hilton, 23rd

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

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








Nail appointments
 on Saturdays.

Care Partners Blood Pressure Checks

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

Estrella Essentials Store

Tuesday, Thursday
 and Saturday from
 9:30 to 10:30 a.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Kickoff Party, AT 7:00 Movie Presentation, MT	2 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT
3 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT	4 9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT	5 9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:00 Resident Meeting, AR 2:30 Bingo, AR 7:00 Movie Presentation, MT	6 9:30 Garden Club, PB 4:00 Meet Me in the Chapel, CH 6:00 Residents Night in 7:00 Movie Presentation, MT	7 9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:30 Bingo, AR 7:00 Movie Presentation, MT	8 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Kickoff Party, AT 7:00 Movie Presentation, MT	9 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT
10 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT	11 9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT 	12 9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:30 Bingo, AR 7:00 Movie Presentation, MT	13 9:30 Garden Club, PB 10:00 Outing with Tracee 4:00 Meet Me in the Chapel, CH 7:00 Movie Presentation, MT	14 9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 11:30 Chef Chat, AR 2:30 Bingo, AR 7:00 Movie Presentation, MT	15 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Kickoff Party, AT 7:00 Movie Presentation, MT	16 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT 
17 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT	MARTIN LUTHER KING JR. DAY 18 9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT 	19 9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:00 Ambassador Meeting, CH 2:30 Bingo, AR 3:30 Flying to the Big Island Hawaii, MT 7:00 Movie Presentation, MT 	20 9:30 Garden Club, PB 10:00 Outing with Tracee 3:00 Hopping Over to Maui, MT 4:00 Meet Me in the Chapel, CH 7:00 Movie Presentation, MT	21 9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:30 Bingo, AR 3:30 Hiking the Oahu, MT 7:00 Movie Presentation, MT	22 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Kickoff Party, AT 3:30 Kauai Luau, AR  7:00 Movie Presentation, MT	23 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT 
24 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT	25 9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 3:30 Land in Fiji, MT 7:00 Movie Presentation, MT	26 9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:30 Bingo, AR 3:30 Backpacking Yasawa Island, AT 7:00 Movie Presentation, MT	27 9:30 Garden Club, PB 10:00 Outing with Tracee 3:30 Surfing/Matanivusi Island, MT 4:00 Meet Me in the Chapel, CH 7:00 Movie Presentation, MT	28 9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:30 Bingo, AR 3:30 White Water Rafting Navua Islands, MT 7:00 Movie Presentation, MT	29 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Kickoff Party, AT 3:30 Drinks with the Locals in Fiji, MT 7:00 Movie Presentation, MT	30 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT
31 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT						

Santa Was the Hit of the Holiday Party!

Estrella Estates Christmas Party was a little different this year. Due to our Covid-19 restrictions we were unable to have family members or live entertainment. However, there was plenty of holiday cheer.

Santa Claus surprised us all and flew in early from the North Pole. "His eyes, how they twinkled, his dimples how merry. His cheeks were like roses, his nose like a cherry ... that shook when he laughed like a bowlful of jelly." Santa Claus brought candy canes for all the good Estrella Estate's boys and girls. They have been good all year.

Santa looked at his list and realized, all the residents of Estrella Estate were good girls and boys.

They were the perfect little elves in 2020.

They practice reckless optimism.

They throw kindness around like confetti.

They are brave enough to choose joy.

They focus on the good.

They keep their minds and bodies active.

They are helpers and do-gooders (always looking after their neighbors).

They have stayed curious.

They have used all of their secret super powers to stay healthy and happy during the Covid-19 crisis.

Santa Claus had his picture taken with all the Estrella Estate good boys and girls. We "heard him exclaim, ere he drove out of sight, 'Happy Christmas to all, and to all a good night.'"





A Friendly Reminder

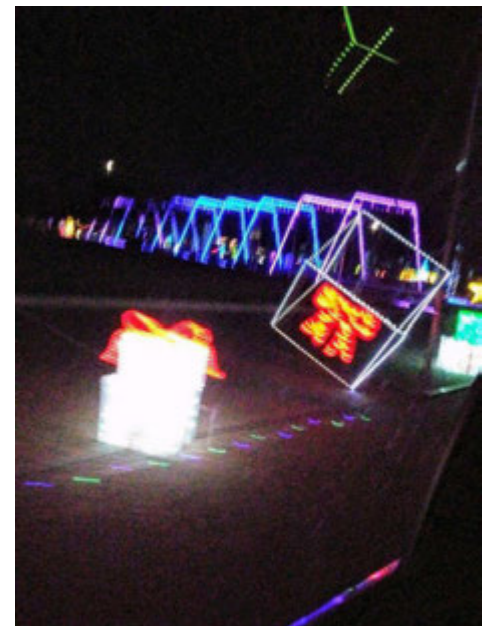
Managers are coordinating transportation and assisting with ordering groceries/prescriptions.

Christmas Lights 2020

The holidays looked and felt a bit different this year because of the ongoing COVID-19 pandemic, but that did not mean those holiday traditions had to stop. Holiday Lights at Salt River Fields was the newest drive-thru light display in the Valley and made its debut in 2020. The drive-thru light show was 1.2 miles long and boasted nearly five million lights, including six 200-foot themed tunnels, synchronized to holiday music.

It was located at Salt River Fields at Talking Stick, which hosts the Arizona Diamondbacks and Colorado Rockies during spring training.

The Estrella Estates residents made trips to see the Christmas lights every Wednesday evening at 5 p.m. The residents stopped at Kentucky Fried Chicken on the way to see the lights.





14930 West Wigwam Boulevard
Goodyear, AZ 85395



It's always Warm at

Estrella
ESTATES
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

623-535-9195