

# SAN ESTRELLA

All Age Community



August 2019

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## Lifestyle

San Estrella • 500 N. 67th Ave • Phoenix, AZ 85043

## We have great NEWS!

We value our residents and we are pleased to announce that the laundry and fitness facility has been upgraded with brand new air conditioning. We know how hectic schedules can be and hope this added convenience simplifies your day! New Fitness Center Equipment is on its way as well!

## National NIGHT OUT Event

Invite your neighbors to come join us and learn about how we can work together as a community to fight crime, prepare for natural disasters and how to respond when either strike. This will be an Annual Event so we hope that our residents will take pride in their community and join us and our special guest speakers. Food will be provided. Mark August 22nd on your calendars and reserve your seat today!

## Sales Announcements!

Homes are selling fast around our community! We thank you for your continued referrals to Cassandra. Call and schedule your tour of our spacious new homes today! Current Sales Promotion For This Month Is: **Free iPad or Chromebook when you buy a NEW home!** Note: Offer valid for a limited time.

## Resident Volunteers Needed

San Estrella Estates is a community that is always evolving. People come and go for a variety of reasons. We would like to think that everything happens for reason and maybe that reason is so that new residents can join the current residents to bring new ideas which will produce new events. Join each other to make San Estrella an even better place to call home. If you are interested in hosting Donuts and Coffee once a month or even once a week, please let us know. We have a Sign Up Sheet at the Front Desk for volunteers and we have a Suggestion Box if you have new ideas or suggestions you would like to make. Remember that change starts with one person.

## Manager's Corner

- As many of you know, bracelets are required at the Pool. Courtesy Patrol will be checking for these, so please be sure you have them. When school starts the Pool Hours will go back to 10 pm closure time.
- As the Manager of this great community I'd like to tell you how proud I am of the many residents who continue to support us in our efforts to clean up our community! I applaud all your efforts! WOW! When guests come in to our community and tell me how nice our community is....I can only be proud of all of you! So THANK YOU!
- By now, some of you have already noticed that Mayte is no longer here. She decided to accept a position elsewhere. Although we hate to say bye to her we support her decision in making the change.

### YOUR MANAGEMENT TEAM

**Angela Galarza**  
Community Manager

**Margarita Jurado**  
Administration Assistant

**Cassandra Lopez**  
Sales Associate

**Lori Castle**  
Maintenance Technician

### OFFICE HOURS

#### Monday thru Friday

8:00 am–5:00 pm

#### Saturday

Closed

#### Sunday

Closed

### HOW TO REACH US

#### Management Office

(623) 936-1488

#### EMERGENCY After Hours Call

(623) 229-6781

#### Manager's Cell - Text Or Call

(480) 828-6786

CAL AM  
PROPERTIES



# How to be happy at work



## Make Your Own Popsicles

Popsicle molds are available in most kitchen supply stores and supermarkets. *Can't find them?* No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

- **Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.

- **Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.

- **Piña Colada:** Puree pineapple chunks with coconut milk, sugar to taste.

- **Orange Julius:** Combine orange juice, just enough half-and-half to make it creamy, vanilla, and sugar to taste.

- **Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.

**M**ost jobs aren't perfect, but that doesn't mean you have to be miserable all day. Monster.com offers these tips for making it through the day with a positive outlook:

- **Keep personal problems at home.** Don't spend your day brooding about crises outside the office that you can't do anything about. Concentrating on what you can control at work will help you remember that you're capable and competent, which will improve your mood throughout the day.

- **Build a workplace nest.** Decorate your office or cubicle with some simple things that make you happy—photos of your family, brochures for a vacation you'd like to take, motivational books, and the like. You'll feel more comfortable and relaxed surrounded by things you like.

- **Create a workplace support system.** Make friends with your co-workers so they can help you stay positive. Don't complain about what's going wrong—talk about what you enjoy and look forward to so you'll stay focused on the positive.

- **Get organized.** A messy workspace and poor time management can be dispiriting and prevent you from doing your best work. Eliminate clutter, and plan your day so you can succeed and feel good about it.

- **Move around.** Don't sit in your chair all day. Get up often for a walk around the office to get your blood flowing. Take a walk at lunch for some fresh air. Exercise improves your mood as well as your health.

- **Eat right and drink lots of water.** Junk food may taste good, but it can lead to afternoon blahs that don't help you feel positive about your work. Try a diet high in fruits, vegetables, and protein, not salt, fat, and carbs. Drink plenty of water to stay hydrated throughout the day.

- **Don't try to change your co-workers.** Some of your colleagues may be irritating, but trying to change them is a futile effort. Minimize your contact with people you don't get along with, and learn to accept people for who they are instead of wasting time wishing they were different.

## FITNESS FOR EVERY MOOD

Tired? Bored? Stressed? There's a workout fix out there for you! Find out which one suits your current state of mind.

If you're **irritable**, boost your mood by busting a move. Dance-based fitness, such as Zumba or Dance Cardio, combine high-energy grooves with dance moves that feel more like a night out with friends than a day in at the gym.

If you're **stressed or depressed**, mellow out with a calming regime. Yoga or Pilates are core focused so they ground you into a centered state of mind. You'll "Namaste" your way to a better day.

If you're feeling like you **overdid it** with the bread basket last weekend, sweat out your

cheat day and get back on track in a high intensity interval training (HIIT) class or at the spin studio.

If you're **tired**, throw on your running shoes and hit the open road or the treadmill. Sounds counterintuitive but sometimes a quick run is more invigorating than a power nap, especially if you complement it with your favorite workout playlist.

As you can see, regardless of how you're feeling, working out is the ultimate mood booster. So match up your mood and start making some fitness moves!





**HOBBS & SHAW** When cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever, two sworn enemies, Luke Hobbs and Deckard Shaw (Dwayne Johnson and Jason Statham), will have to partner up to bring down the only guy who might be badder than themselves.



**THE ART OF RACING IN THE RAIN** A heartfelt tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia), an aspiring Formula One race car driver, Enzo has gained tremendous insight into the human condition and understands that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

**ANGEL HAS FALLEN** Secret Service Agent Mike Banning (Gerard Butler) is framed for the attempted assassination of the President (Morgan Freeman) and must evade his own agency and the FBI as he tries to uncover the real threat.

**READY OR NOT** follows a young bride (Samara Weaving) as she joins her new husband's (Mark O'Brien) rich, eccentric family (Adam Brody, Henry Czerny, Andie MacDowell) in a time-honored tradition that turns into a lethal game with everyone fighting for their survival.

**47 METERS DOWN** Four teen girls diving in a ruined underwater city quickly learn they've entered the territory of the deadliest shark species in the claustrophobic labyrinth of submerged caves.

**THE KITCHEN** Melissa McCarthy, Tiffany Haddish and Elisabeth Moss star as three 1978 Hell's Kitchen housewives whose mobster husbands are sent to prison by the FBI. Left with little but a sharp ax to grind, the ladies take the Irish mafia's matters into their own hands—proving unexpectedly adept at everything from running the rackets to taking out the competition...literally.

**WHERE'D YOU GO BERNADETTE** A loving mom (Cate Blanchett) becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

**MY SPY** follows JJ a hardened CIA operative (Dave Bautista) who has been demoted and finds himself at the mercy of a precocious 9-year-old girl, named Sophie (Chloe Coleman) where he has been sent undercover begrudgingly to surveil her family. When Sophie discovers hidden cameras in her apartment she uses her tech savviness to locate where the surveillance operation is set.

In exchange for not blowing JJ's cover Sophie convinces him to spend time with her and teach her to be a spy. Despite his reluctance JJ finds he is no match for Sophie's disarming charm and wit.

**BRIAN BANKS** The inspirational true story of Brian Banks, an all-American high school football star who finds his life upended when he's wrongly convicted of a crime he didn't commit. Despite the lack of evidence, Banks gets railroaded through a broken justice system and sentenced to a decade of prison and probation. Years later, with the support of Justin Brooks and the California Innocence Project, Banks fights to reclaim his life and fulfill his dreams of playing in the NFL.

**HOME ENTERTAINMENT RELEASES**

Aug. 6	Pokémon Detective Pikachu
Aug. 6	Poms
Aug. 13	Avengers: Endgame
Aug. 13	Unplanned
Aug. 20	The Hustle
Aug. 20	A Dog's Journey
Aug. 27	The Secret Life of Pets 2
Aug. 27	Godzilla: King of the Monsters

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				thursday	friday	saturday
				1 Trash Pick Up	2 Popcorn Time	3 Watermelon Day
sunday	monday	tuesday	wednesday			
4 Friendship Day	5 Trash Pick Up	6 Don't Miss It! Last Day To Pay Before Late Fees!	7 Purple Heart Day	8 Water Meter Read Day! Trash Pick Up	9 Popcorn Time	10 Middle Child's Day
11	12 Trash Pick Up	13 International Lefthanders Day	14	15 Trash Pick Up Rent Cafe	16 Popcorn Time	17 Thrift Shop Day
18 Bad Poetry Day	19 Trash Pick Up	20	21 Senior Citizen's Day	22 Trash Pick Up National Night Out!	23 Popcorn Time	24 Community Yard Sale
25 Community Yard Sale	26 Trash Pick Up	27 Banana Lovers Day	28 Manager's Meet & Greet	29 Trash Pick Up	30 Popcorn Time	31 Trail Mix Day