



9333 E University Dr • Mesa, AZ 85207 • (480) 986-0904  
cap123a@cal-am.com

## May 2020



### Flocking to This Hobby

Bird-watching has become one of the fastest-growing outdoor activities in the country. An estimated 50 million people say they spend time watching birds in their backyards and away from home.

### A Lot of Guac

Avocados are a must-have at many Cinco de Mayo celebrations, often in the form of guacamole. More than 80 million pounds of the green fruit is consumed on the holiday.

### Ready for Summer Fun

Prepare for summer fun before the season begins. Check that you have a supply of sunscreen and insect repellent as well as a good pair of sunglasses and a comfortable hat. To avoid a last-minute scramble, stock up or replace items now and put them in a bag that's ready to go on an adventure when you are.

### Silver Spur Resident Board Members

**PRESIDENTS:**  
Debbie Jaqua,  
Marty Murphy,  
Mike Finn  
John Munnich  
**SECRETARY:**  
Barbara Obsitos  
**TREASURER:**  
Linda Wruck  
**ASSISTANT:**  
Peggy Johnson

### Celebrating Nurses

To honor the 200th anniversary of Florence Nightingale's birth on May 12, the World Health Organization has declared 2020 as the Year of the Nurse and Midwife. The nursing pioneer's birthday is celebrated every year as International Nurses Day, and this year's theme is "Nursing the World to Health."

**Silver Spur Village Staff**  
**Community Manager**  
Mary Sorace  
**Sales Rep/Admin Assist**  
Maria DelleGrazie  
**Maintenance**  
Jacques Joubert

### Calming Water

Sitting on a beach and gazing at gently rolling waves puts some folks in a state of bliss, but you don't have to visit an ocean to reap the calming effects of water. Studies show that being near a pool, lake or river, or simply visualizing a peaceful water scene, can help you relax.



### Office Hours

Mon-Fri ..... 9:00 AM- 12:00 PM  
Mon-Fri ..... 1:00 PM - 4:00 PM  
Sat & Sun ..... Closed

### Gate Hours

Mon-Fri ..... 7:30-5:00



## Trivia

### Happy Waitstaff Day!

May 21 is National Waitstaff Day. To all our servers, thank you for all you do!

### Brain Bender: Fun on the Farm

The same five letters can be rearranged into four different words that will complete the story below. Can you figure out the missing words?

A farmer has hundreds of \_\_\_\_\_ and deeply \_\_\_\_\_ about the amount of rainfall. He \_\_\_\_\_ around with a watering hose when the ground is dry enough to \_\_\_\_\_ him about the possibility of crop failure.

(Answer: acres, cares, races, scare)

Q: What runs all around the pasture but never moves?

A: A fence.

### Covid-19 And Staying Healthy

There is little doubt that the Coronavirus (COVID-19) is affecting aspect of our lives. No one knows how long these safety measures will need to stay in place, but it presents a perfect time to protect and improve your health while practicing social distancing. Healthy eating is especially important for keeping your immune system in top condition. Minimize your trips to the grocery store and EAT HEALTHY! Stock up on nutrition-packed foods that will stay fresh for a week or longer. Go easy on frozen dinners, and shop on-line when you can. Keep you mind and body active while at home. Do crossword puzzles, read, play trivia games with your friends on line, walk around your home counting the steps and try to beat the number of steps you take every day. These are all things that promote a healthy lifestyle for your body and mind! Maintain social distancing, and if you do have to go

out, wear a mask and gloves, wash your hands more often, and maintain a 10 foot distance from any other persons.

Let us all encourage each other to stay healthy, both our minds and bodies, and hopefully this too shall pass and we can get back to partying at Silver Spur Village!!

STAY HEALTHY!



### Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the

American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, [WomensMemorial.org](http://WomensMemorial.org).



### Make the Most of Small Spaces

Small spaces don't have to restrict your home's functionality. Make the most of every precious square foot with a few design ideas. You'll be surprised how much useful space you can squeeze out of a small room with a few changes.

*Think height.* When considering your storage options, go up. Look for shelving and wall-mounted storage units that are vertical in structure; they bring the eye up, enhance the feeling of spaciousness and provide more storage. Floating shelves offer storage space without taking up precious floor space.

*Use it creatively.* Find furniture that serves more than one purpose. Store blankets or video games in a lift-top ottoman, end table or coffee table. Use a small desk as a sofa-back table; the desk lamp can create additional light for the space.

*Avoid clutter.* It's easier to get away with clutter in a big space, but small rooms are overwhelmed by it. Organize your belongings, put things away and donate what you don't need or use.

*Keep it light.* Hang window treatments that are light in color; dark shades or curtains can make a room seem smaller and cave-like.

*Get rid of shadows.* Dark corners make rooms feel smaller. Use lamps to brighten a room and make the space feel bigger.

### SAVE THE DATE!

May 10, 2021 Mother's Day

May 25, 2020

Memorial Day

June 14, 2020 Flag

Day Barbecue

July 4, 2020

Independence Day

September 7, 2020

Labor Day

October 31, 2020

Halloween Party

November 11, 2020

Veterans Coffee &

Doughnuts

November 26, 2020

Thanksgiving Dinner

December 19, 2020

X-Mas Party Cal-Am

December 25, 2020

X-Mas Dinner New Year's Day Brunch

January 1, 2021

February 3, 2021 Golf Pancake Supper

February 7, 2021 Superbowl Party

February 14, 2021 Valentines Dinner

and Dance

February 27th 2021 Community

Patio sale

March 6, 2021 All Park Picnic

March 17, 2021 St. Paddy's Day Dinner

& Dance

April 16, 2021 Easter Dinner



### Wit & Wisdom

"Mother's love is peace. It need not be acquired, it need not be deserved."  
—Erich Fromm

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."  
—Oliver Wendell Holmes Sr.

"There's no way to be a perfect mother and a million ways to be a good one."  
—Jill Churchill

"When you look at your mother, you are looking at the purest love you will ever know."  
—Mitch Albom

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."  
—Erma Bombeck



## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
May						1 1:PM Domino's 1:PM Billard's 7:PM Card Game	2 SATURDAY NIGHT OUT 5:00 PM 9:00 AM Horseshoe 10:00 AM Pickleball
3  10:AM Pickleball at Holiday Palms	4 9 AM Water Aerobics 1 PM Bridge 1 PM Billiards	5 9:00 Coff & Donuts 10:00 W. Aerobics 1:00 Billiards 1:00 Dominoes	6 1 PM Pickleball 1 PM Billiards 7 PM Cribbage	7 8:30AM Midwest Food Bank  9:00 W Aerobics 1:00 Canasta	8 1:PM Domino's 1:PM Billards 7:PM Card Game	9 9:00 AM Horseshoe 10:00 AM Pickleball	
10  <i>Mother's                      Day</i>	11 9 AM Water Aerobics 1 PM Bridge 1 PM Billiards	12 9:00 Coff & Donuts 10:00 W. Aerobics 1:00 Billiards 1:00 Dominoes	13 1 PM Pickleball 1 PM Billiards 7 PM Cribbage	14 9:00 W. Aerobics 1:00 Canasta	15 1:PM Domino's 1:PM Billards 7:PM Card Game	16 SATURDAY NIGHT OUT 5:00 PM 9:00 AM Horseshoe 10:00 AM Pickleball	
17  10:AM Pickleball at Holiday Palms	18 9 AM Water Aerobics 1 PM Bridge 1 PM Billiards	19 9:00 Coff & Donuts 10:00 W. Aerobics 1:00 Billiards 1:00 Dominoes	20 1 PM Pickleball 1 PM Billiards 7 PM Cribbage	21 9:00 W Aerobics 1:00 Canasta	22 1:PM Domino's 1:PM Billard's 7:PM Card Game	23 9:00 AM Horseshoe 10:00 AM Pickleball	
24/31  10:AM Pickleball at Holiday Palms	Memorial Day 25 9 AM Water Aerobics 1 PM Memorial Day Bar-B-Que	26 9:00 Coff & Donuts 10:00 W. Aerobics 1:00 Billiards 1:00 Dominoes	27 1 PM Pickleball 1 PM Billiards 7 PM Cribbage	28 9:00 W Aerobics 1:00 Canasta	29 1:PM Domino's 1:PM Billard's 7:PM Card Game	30 SATURDAY NIGHT OUT 5:00 PM 9:00 AM Horseshoe 10:00 AM Pickleball	



COVID-19, along with Federal and State guidelines on social distancing, has forced a temporary suspension of all our planned activities for the time being. Along with you, we are closely monitoring all government announcements, and we will resume our activities as soon as we are advised it is safe to do so. We appreciate your patience and cooperation as we implement these changes in order to minimize exposure for our residents and employees.