



# Monday Morning Memo

July 29, 2019

Esperanza Estates

Green Valley, AZ

### Wednesday Night Movie at 7:15 at the Ramada

This week's film is 1997's *As Good As It Gets*. Jack Nicholson stars as the rude, obsessive-compulsive author, Helen Hunt as the only waitress who will serve him at the local diner, and Jill as Verdell the dog. Thanks to **Jane and Eric Ellingson** for sponsoring this event.

### Palm Tree Fires



Several palm trees in Green Valley (not in EE) caught fire during the storm with lightning last Monday.

If you've wondered why our HOA board insists on having palms trimmed before monsoon season starts, that's the reason.

### Heavy Drinking Recommended by Health Professionals

Got your attention? Summer activities require lots of hydration. Don't wait until you feel thirsty. Every hour in that afternoon sun should be your cue to drink 16 to 32 ounces of water--but skip the caffeine, alcohol and sugar.

Check with your primary care practitioner or pharmacist to find out if your medications create a need for greater amounts.

### In Memoriam

Our condolences to the family and friends of long time resident Annette Ogren (Calle del Regalo) who passed away on July 18.

Our condolences also to the family and friends of Richard Thompson (Calle del Regalo) who passed away on July 22. A Celebration of Life ceremony for Rich will be held Saturday, August 3, at 11:00 AM at the Evangelical Free Church on W. Mission Twin Buttes Road, Green Valley.

### Monday Morning Memo Submission Deadline

Have an EE organization item that needs to appear in the next MMM? Please submit your information by **Friday evening**. You don't need to write the article, just give us the facts. If an urgent, last-minute situation arises after the deadline, please call to let us know you're sending information.

### What's Up in EE?

AM WATER AEROBICS	8:30 AM	M,W,F	POOL
MOVIE	7:15 PM	WED	RAMADA
PICKLEBALL GROUP PLAY	7:30 AM	EVERY DAY	COURTS

**Quick Links...**

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*The MMM is published weekly and sent to Esperanza Estates residents & others upon request.  
The MMM is not an official publication of the EE HOA; content is determined by the editors:  
Cynthia Surprise ( [cjsurprise@verizon.net](mailto:cjsurprise@verizon.net) ) & Kris Bean ( [kristintasa@hotmail.com](mailto:kristintasa@hotmail.com) )*

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