



CANTAMIA
Lifestyle Corner

OCTOBER LIST OF EVENTS

Comedian-Cary Long

Thursday, October 5 | 7pm

Trivia

Thursday, October 19 4:30pm

Health Awareness Event

Saturday, October 14 | 9am

Halloween Party

Friday, October 20 | 6pm

Upcoming Events:

Jazz Night

Mary Petrich

Thursday, November 2 | 7pm

Veteran's Day Event

Thursday, November 9 | 10am

Thanksgiving Pot Luck

Friday, November 17 | 12pm

Tree Lighting

Thursday, November 30 | 6pm

December 63

Estrella Foothills

Friday, December 15 | 7:30pm

NYE Happy Hour Event

Sunday, December 31 | 4pm

Comedian-Cary Long

Thursday, October 5

7:00pm-8:00pm

\$15 per person



Cary Long is a fresh new face on the comedy scene. He got his start on the hit television show "Star Search" with Ed McMahon, and has since been seen on "Evening at the Improv" VH-1 Stand-up spotlight with Brian Regan, as well as two recent appearances on the "Tonight Show" with Jay Leno. His act is full of everyday situations that everyone can relate to. He combines accents, cultures, and nationalities, into a rib-tickling performance that will have audiences laughing at themselves.

Cary's comedy is observational and he gets a lot of his routine from people he sees that day. So if you are in the vicinity be fore-warned. His take on relationships between men and women will have couples pointing at each other saying "I told you so!" In short, he is clean, funny and a must to go see!

***Cash bar will be available!**

SIGN-UP ON ACTIVENET TODAY! CantaMiaEstrella.net

Health Awareness Event

Saturday, October 14

9:00-11:00am

Free Informational Event



dreamstime.com

**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
lifestyle.**

October is Breast Cancer awareness month so with that CantaMia wants to not only focus on cancer awareness, but also good health practices, and pain management. We will have the Mobile On-Site Mammography bus on site for mammograms and WellSpring will be on site for your comprehensive wellness assessments (appointments need to be made in advance).

We will have a full morning of guest speakers Dr. Blunt, Dr. Troy Peters, Lori Inman, and WellSpring. Lots of information on keeping healthy with good health practices. Walgreens will also be on site for flu shots, and immunizations. Watch your elbows for more details on free this event.

For Appointments:

WellSpring 480-644-3840

MOM's Bus 480-967-3767 or 1-800-285-0272



Presented by

Arizona Bar Games!

Last Trivia for 2017

Thursday, October 19

4:30pm Appetizer Pot Luck

5:00pm Trivia

Grab your friends and bring appetizers to share! Twenty teams of 4 for a total of eighty participants. So if you have a team of 4 or we can partner you with a team, either way a fun night is sure to be had. So leave your cell phones at home and join in on the fun!

Bring appetizers to share
with 8-10 people!

"Team Summer" is the time to beat!

Soda & Water included in ticket price
Prizes for 1st, 2nd and a random draw!

Tickets are \$3 per person

***Sign up on ActiveNet by
Monday, October 18 at 12pm***

CANTAMIA®

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Need Assistance? Contact the Lifestyle Desk or Front Desk at the CantaMia Village Center | 623-327-1888