

## LIFESTYLES DEPARTMENT

### LIFESTYLE OFFICE

**Office Hours:** Monday thru Friday 8:30am to 4:00pm. Office closed for lunch from 12:00pm to 1:00pm

**Office Number:** 721-3003

**Lifestyle Department Director:** Allie Daniels

### TRANSPORTATION

**Transportation Number:** 721-3003

### CHAPLAIN

**Chaplain Al Story:** 721-3009

### SENIOR FITNESS

**Office Hours:** Monday thru Friday 7:00am to 3:00pm

**Senior FITness Office:** 461-1460

**Senior FITness Coordinator:** Bob Hernandez  
Please see the current Newsletter for the Senior FITness class schedule and class descriptions.

Additional copies of this resource booklet may be obtained in the Lifestyle Office.

## LIFESTYLE DEPARTMENT PRESENTS

### ACTIVE LIFESTYLE GUIDE 2018-2019

Live the Good life...

Getting older doesn't mean you have to make compromises. Enjoy life to the fullest in our Lifestyles Guide.



## VOLUNTEERING

Fellowship Square has many opportunities for you to serve your neighbors. We currently use volunteers in many areas. This is a sampling of areas our volunteers assist in.

<b>Group Coordinator</b>	<b>Library</b>
<b>Event Assistant</b>	<b>Delivery/Cubby Stuffer</b>
<b>Newsletter Proofer</b>	<b>Newsletter Collator</b>

For more information on volunteering, please call the Lifestyle Department at 721-3003.

## RESOURCES

### **Library**

**Monday-Saturday 7:00am -7:00pm**

**Sunday 7:00am -2:00pm**

**Located in the Dining Room Foyer.**

Books & puzzles available for checkout.

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### **Computer Room**

**Monday-Saturday 7:00am -7:00pm**

**Sunday 7:00am -2:00pm**

Located in the Dining Room Foyer.

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### **Pima County Library Bookmobile**

**3rd Thursday Monthly 11:15-12:45PM**

Located in the parking lot east of the Dining Room.

## DINING ROOM INFO

### DINING ROOM

**Sunday:** 11:00 am–1:45 pm

**Monday-Saturday**

**Lunch:** 11:30 am–1:15 pm

**Dinner:** 4:00 pm– 6:15 pm

**“To Go” Orders: See the Hostess**

### BISTRO

**Monday-Saturday**

7:00 am-6:00 pm (Closed 10:30 am —11:00 am)

**Sunday Breakfast only**

7:00 am—10:00 am

### MEAL DELIVERY

To place an order for delivery, call the

Bistro at **731-6680** before 2:00 pm.

\$3.00 per meal delivery charge.

### DINING VOUCHERS

Available from the Bistro-”resident vouchers” in books of

10 for \$90.00, and “guest vouchers” may be purchased for

\$11.00 each.

### GIFT CERTIFICATES

Great for family, friends!

**For info call the Dining Room Manager: 721-3046**

## FRIENDLY REMINDERS

Located at 10 N. Maguire, Suite 106

# Salon at the Square

*Manicurist available*

Open Tuesdays-Saturday, Walk-ins  
Welcome! Call for an Appointment

**298-7776**



The FST library will only be accepting donations of current books from within the last two years.

Please take library donations to:

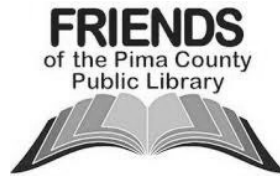
Friends of the Pima County  
Public Library.

2230 N. Country Club

Located about 1 block south  
of Grant Road.

Your cooperation is greatly  
appreciated!

**THANK YOU!**



Open for donations  
9:AM-12:PM  
Monday - Saturday

## SEND A FRIEND- REFERRAL RENT CREDIT

How would you like to live next to your best friend? Did you know Fellowship Square has a referral program?

With our "Send a Friend" Program you could receive a \$150.00 Rent Credit\* when you refer a friend and they move in.

For more information and details please contact the Leasing Office.

\*Referrals already in system do not count.

## COMMUNITY GROUPS

**3rd Monday @ 2:15pm, V4 Clubhouse** Low Vision Support Group – This monthly group is for low vision residents and others interested in assisting those with low vision. Please contact Annie 818-1873 or Ruth 749-1604

**1st & 3rd Wednesdays @ 3:00pm, V3 Clubhouse** Memoir Writing - Resident led group meets to write & share memories. No criticisms or critiques will be made. Contact Ellie 404-395-3379.

**Thursdays @ 2:00pm, V1 Clubhouse** The Knit Wits - A lovely group of women that knit and crochet items for local charities. Bring your needles or hook. Contact Shirley 298-0694

**2nd & 4th Thursdays @ 1:00pm, V3 Clubhouse** Tucson's Desert Crones– Women's group for 60+. We will be discussing various topics. Contact Louise Pasterczyk: 885-0072

**2nd Friday @ 2:30pm, V1 Clubhouse** Book Club – We will agree to a book and discuss the chosen book. Contact Carol 275-7058 for more info.

**Meetings TBA** Garden Group - If you would like a space in the community garden to plant some produce, contact the Lifestyle Office: 721-3003

## GAME GROUPS\*

**Thursdays @ 2:00pm V2 Clubhouse** BINGO - This is a resident led game group. Please bring \$1's, \$5's & \$10's. Jay 548-8384 for info.

**Fridays @ 2:00pm, V2 Clubhouse** BUNKO – An exciting, resident led, social game of dice. \$2 buy in. Prizes awarded. Contact Arlene 886-6906 for info.

The Monthly Casino trip hosted by Jay Perez will be cancelled due to a lack of participation.

\*These are not sponsored by Fellowship Square.

## BOARD GAMES

**Mondays, Thursdays, Saturdays @ 7:00pm, V1 Clubhouse** Game Night – Play a variety of board games: Rummikub, Dominoes, Checkers, etc. Contact Dale 546-1231 for more info.

**Saturdays @ 1:00pm, V2 Cubbie Room** Scrabble - Contact Treva 302-2510 for more info.

## CARD GAMES

**Sundays @ 1:00pm, V3 Clubhouse** Low Vision SkipBo Cards – Contact Joan 225-0034 for more info.

## FRIENDLY REMINDERS

**Please** be courteous to your neighbors and return the shopping carts to the stairwells after you are done.

**Thank you.**



## PET OWNERS

When you immunize your pets please make sure to give a copy of the records to the Leasing Office so they can update your file.

**Thank You!**



## CREDIT COUNSELING

AHP and Rental Assistance Program Residents: if you need credit counseling, contact Money Management at 866-889-9347 or visit the web at: <https://www.moneymanagement.org/>.

If you need additional counseling or information, please contact Ronny at 721-3010.



All groups are subject to change. Please contact the group coordinator for details on their group. To start a new group or make changes to a current one contact Lifestyle Office 721-3003.

## OTHER INFO

- St. Vincent De Paul: 622-2822
- TMM Family Services: 322-9557

### ◆ ACH DEBIT AVAILABLE:

**Save time with automatic withdrawal of your rent from your checking account on the 5th day of each month.** To sign up, and for more information, contact the Accounting office. Located in Villa 1, Suite 102. Phone #: 721-3019

- ◆ Save your monthly billing calendars until you receive your billing notice to track meals, services, ticket purchases and delivery charges. Billing calendars are available from the receptionist in Villa 2.
- ◆ **MAINTENANCE SERVICE REQUEST LINE: 731-6699.**  
For after-hours or weekend emergencies, call the main office at **886-5537**.
- ◆ **BURNS PEST CONTROL:**  
Wednesday & Friday appointments available. Please call **886-5537** to schedule an appointment and be sure to give permission to enter.
- ◆ **OTHER TRANSPORTATION:**  
**Dial-A-Ride: 792-9222**  
**SunShuttle: 791-4100**  
**Eastside Neighborhood Volunteer Program: 245-4729** (Please call to register prior to need).

## CARD GAMES

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|--|---|
| <b>Sundays @<br/>1:00pm, V3</b>                                | Low Vision SkipBo Cards –<br><b>Contact Joan 225-0034 for<br/>more info.</b>                            |
| <b>Mondays @<br/>2:00pm, V1<br/>Clubhouse</b>                  | Cribbage - Contact Jackie<br>777-4720 for more info.  |
| <b>Mondays @<br/>6:00pm &amp;<br/>Fridays @<br/>1:00pm, V3</b> | Poker – Friendly game of<br>dealer choice poker. Players<br>wanted. Contact Jan<br>721-6206             |
| <b>Tuesdays @<br/>12:45pm, V1</b>                              | Pinochle - Contact Helen<br>790-3526 for more info.   |
| <b>Tuesdays, @<br/>1:00pm, V3<br/>Clubhouse</b>                | Rummy - Contact Joan<br>225-0034 for more info.<br>Canasta - Contact Charlene<br>248-0709 for more info |
| <b>Tuesdays @<br/>6:00pm, V1<br/>Clubhouse</b>                 | Poker - No wild cards, .25<br>cent buy in. Contact Jay<br>548-8384 for more info.                       |
| <b>Saturdays @<br/>12:30pm, V1<br/>Clubhouse</b>               | Bridge– Contact Pat Zwerk<br>574-0708 for more info.  |
| <b>Saturdays @<br/>1:00pm, V3<br/>Clubhouse</b>                | King in the Corner -<br>Contact Joan 225-0034 for<br>more info.   |

## MUSIC & ARTS

### **Ukulele Group - Mondays, 10:00am V3**

Come learn how to play the Ukulele, music sheets provided. Instructor Michael Crownhart.

### **Watercolor Studio - Tuesdays, 2:00pm V2**

Try your hand at watercolor painting. Learn techniques from other residents. Supplies are provided. Other mediums also welcomed to use the studio.

### **Villa Voices - Tuesdays, 6:00pm V2**

Come find your artistic voice and sing with the Villa Voices. This is practice times. Performances given throughout the year. Directed by Ken Novak.

## MORE INTERESTS

### **Abundant Lifestyles w/ Marla Knapp- 1st Wednesday Monthly, 1:00pm V2**

Join an active discussion on a different monthly topic.

**Birthday Celebration- Last Wednesday of the Month, 2:00pm V2** Come celebrate your birthday. Enjoy cake, balloons, music and a raffle. All are welcome. The more the merrier!

### **Opera Night hosted by Agatha Mannato- Last Friday of the Month, 6:30pm V2**

A different Opera featured monthly. Summary given by Agatha. Annual Gala Event coincides with the opening season of the Metropolitan Opera.

### **Movies - 2 Mondays Monthly, 2:00pm V2**

Genres range from classics and musicals to modern. There's something for everyone. **\*Movies are subject to cancelation & will be rescheduled.**

## OTHER INFO

### ◆ **SHOPPING TRANSPORT**

Please call by 4:00 pm the **PRIOR** business day. Please do not bring walkers and limit **TWO** reusable bags per person.  
**For Shopping call: 721-3003.**

**MONDAYS & FRIDAYS:** Fry's on Speedway at Pantano, and Safeway & Walgreen's on Golf Links at Harrison.

**WEDNESDAYS:** Fry's on 22nd at Harrison, along with other shopping centers that change week-to-week. See the Lifestyle Calendar for dates, locations and times.

### ◆ **CHAPLAIN'S VISITS:**

Our community chaplain is available to visit residents in the hospital or when they return home. If you or someone you know would like a visit, please call Chaplain Al Story:  
**721-3009.**

### ◆ **DONATIONS:**

If you or your family have gently used items that you would like to donate, such as clothing, household goods, bedding, small appliances or furniture, residents can directly contact one of the following charitable organizations to arrange pick up:

- Bethany House, Women & Children's Center / Gospel Rescue Mission:  
740-1501
- InJoy Thrift Store: 396-3361

## HEALTH & WELLNESS

### RESIDENT SERVICES

- ◆ We provide non-medical services. Open 7 days a week 7:00 am-4:30 pm, our caregivers are ready and willing to serve you. As non-medical caregivers, we are not allowed to perform wound care or set up medication boxes. Please keep a supply of first aid creams, bandages, ointments, etc. as we do not provide them in the event of an emergency. **520-721-3006 for list of services.**
- ◆ There is a \$25 fee for emergency calls requesting assistance from Resident Services. Please have your family or friends' emergency telephone numbers available for Security if you wish them to be called to avoid a fee in the event of emergency.

## OTHER INFO

### ACTIVITIES

- ◆ We apply automated billing and cannot accept cash or checks. Please keep your receipt until you receive your billing statement. If you have any questions, our staff will gladly assist you. **721-3003.**
- ◆ **FOREVER STAMPS:** Books of 20 are available in Activities office for \$10.00. No Cash or Checks accepted. The amount will be charged to your monthly bill.

## RELIGIOUS OUTREACH

**Sundays @ 3:00pm V2 Clubhouse**      **Worship Service - Wk 1 - Christ Community Church; Wk 2 & 3 - Rincon Baptist Church; Wk 4 - El Camino Church**

**Thursdays @ 11:30pm, V2 Clubhouse**      **Catholic Services – Led by St. Francis de Sales Church.**

## BIBLE STUDIES, ETC.

**Mondays @ 1:00pm, V1**      **Non-Denominational Bible Study– Led by Chaplain AI**

**Wednesdays @ 10:30am, V2**      **Non-Denominational Bible Study– Led by Chaplain AI**

**Thursdays @ 10:30am, V4**      **Non-Denominational Bible Study– Led by Chaplain AI**

**Fridays @ 10:00am, V4 (as needed)**      **Grief Share– Share stories of grief and get moral support from others who have experienced loss. Call Chaplain AI at 721-3009 for info.**

**Saturdays @ 10:30am, V3**      **Prayer Group– This is a resident led group. Contact Paul at 344-8447 for info**

## THE ENCOURAGING WORD LIBRARY

Open every Tuesday & Thursday  
9am-12pm, V1 Clubhouse

**Questions? Call: Chaplain AI at 721-3009**

## HEALTH & WELLNESS



Physical Therapy &  
Outpatient Services  
through Christian Care  
Outpatient Rehab Clinic,

**Michelle Pedersen; PT, MSPT, CLT**

Christian Care Outpatient Rehab Clinic offers state-of-the-art ACP Modalities—enjoy your physical therapy as you work with our highly qualified professional physical therapy staff.

**Physical Therapy is located in Villa 2, Ste. #170**

**Call for a Free Consultation: (520) 721-3033**

## FREE REPAIRS



By Glenn Tamayo  
from National Rehab  
Equipment & Supply

**1<sup>st</sup> MONDAY  
EVERY MONTH  
3:00pm V4  
Clubhouse**

If you need adjustments to your wheelchair, walker, scooter & cane come by and see Glenn.

## HEALTH & WELLNESS

- ◆ **IN CASE OF EMERGENCY,**  
*please* **DIAL 911 IMMEDIATELY**  
After calling 911, use your Lifeline to alert Security. By calling 911 first, you save precious time during an emergency.
- ◆ **LIFELINE**  
Please use your lifeline should you feel threatened, approached by strangers, or if you have an emergency and our Security team will be happy to respond.
- ◆ **PRESCRIPTION DELIVERY**  
Is available from Walgreens.  
~ Monday-Friday delivery from  
Broadway at Jessica, between 11:30  
and 1:30: **232-2037.**
- ◆ **MEDICAL TRANSPORTATION**  
is Tuesday & Thursday, 10:00am -  
2:00pm. Please schedule medical or  
dental appointments during this time.  
**For Medical Transport please call  
721-3003 no later than 12:00pm the  
day PRIOR to your appointment.**