Fellowship Square
Phoenix

2002 W Sunnyside Ave | Phoenix, AZ 85029
www.FellowshipSquarePhoenix.org
602-443-5427

JUNE 2023

It's a Beautiful Day in the Neighborhood! During this month we encourage the community to get to know your neighbors. Remember to do something kind for someone else in the community, everyone needs a cup of sugar at some point! Join your friends and neighbors at your building's block party to see just how well you know each other.

We will also celebrate the Fathers in our community. Dads, don't forget to stop by the Library on June 16th for a donut and some coffee!

Welcome Home

Bonnie M.

Ewell & Betsy B.

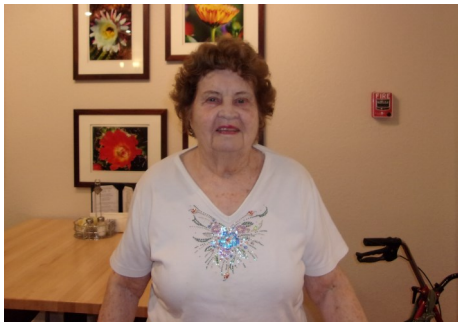
Larry F.

Ann P.

WITH heartfelt SYMPATHY

Ila P.

Marvin T.



Doreen D.

John B.

Dan F.

Joy C.

It Is With Great Sadness We Say Goodbye To Our Sweet Friends.

June Crafts

Monday, June 26th
2:30 PM
Activity Room

Hale Theater (Bye Bye Birdie)

Thursday, June 22nd
6:00 PM
(See Faith to Sign Up)

Donuts for Dad!

Friday, June 16th
9:00 AM
Library

Have a Coke and a Smile

Tuesday, June 6th
2:00 PM
Library

Blood Drive

Wednesday, June 15th
9 AM -1 PM
Activity Room

Rockin' with Elvis Party!

Friday, June 23rd
2:00 PM
Activity Room

Wine Down Wednesday

Wednesday, June 28th
2:00 PM
Activity Room

Birthday Breakfast

(Invite Only)

Friday, June 30th
10:30 AM
Activity Room

Walker Scooter Repair

June 21st
10:00 AM
Appointment Only

Dinner Outings

Top Shelf 6/8

Applebee's 6/29

Lunch Outings

Wildflower 6/14

ARROWHEAD
TOWNE CENTER

6/12

Upcoming Movies

Block Parties!

Southgate & Garden Homes 1-9
Southgate 2nd Floor lounge → 2:00 PM 6/8

Centerview & Garden Homes 10-19
Centerview 2nd Floor lounge → 2:00 PM 6/15

Northridge & Garden Homes 20-28
Northridge 2nd Floor lounge → 2:00 PM 6/29

"Do You Know Your Neighbors?"

FELLOWSHIP SQUARE
PHOENIX

Senior Care in Motion

PARTNERING TO CREATE A SEAMLESS CONTINUUM OF SENIOR HEALTHCARE SERVICES

SENIOR CARE IN MOTION EVENT

Thursday, June 22, 2023 | 1 PM - 3 PM

Fellowship Square Activity Room

Learn how we coordinate healthcare service providers serving senior living communities at Fellowship Square Phoenix.

AVIANT HOSPICE

Covenant Alliance Rehab
A Symbria Rehab partner

COVENANT Home Health

The Doctor Is In
MOBILE PRIMARY CARE & PALLIATIVE CARE

LIGHT REFRESHMENTS & SNACKS

RAFFLE PRIZES

FellowshipSquarePhoenix.org

2002 W Sunnyside Ave | Phoenix, AZ 85029

ENJOYING THE START OF SUMMER

June has always been an exciting month for me. When I was young, it was the last month of school, and a summer of activities and events was just about to start. Don't get me wrong, I enjoyed school but the idea of having a summer of activities, sports, VBS, trips, exciting food and long days sounded great. I am sure that almost every year the joy of anticipation was more exciting than the joy of participation.

As I got older, June was the month of camps: 4-H Camp, Band Camp, Forestry Camp, Boy Scout Camp and later in my teens Church camp. It was a time when I would get away from my farm chores for a week and get the chance to just have a special week to enjoy. Not that I had not developed a special attitude towards the 700 laying chickens that I took care of morning and night as well as the cows I milked—it is just that my attitude always improved with a week away from the animals.

June is also our Anniversary month, and so I fondly remember that hot sweltering day in a church with no air conditioning where we got married. I was so glad that my fiancé and I had committed ourselves to each other, because I always felt that helped get us through such a hot day. It still is a special month as I reflect on the blessing of being married 57 years and the life God has let Sharon and me enjoy.

June still reminds me of summer vacations, camp fun, and a lifetime with my life mate. I hope that June has some very special blessings for you and that you anticipate all that will happen as the summer begins. It is a time to change your routine; do something that you have wanted to do and have put it off; and enjoy those delightful summer foods: ice cream, watermelon, hot dogs, root beer floats, hamburger cook-outs, and even some fried chicken. Have a great June and be blessed.

Chaplain Tom Haney

On the third Sunday in June, Father's Day honors the role fathers play in the family structure and society. The day recognizes not just fathers, but the father figures in our lives. These are the men we look up to who set solid examples for us and guide us throughout our lives.

History

After the success of Mother's Day, this special day and its observances began to appear around the United States and the world. However, the road to this national observance was not an easy one.

The first recorded celebration of Father's Day happened after the Monograph Mining Disaster in West Virginia.

The disaster killed 361 men and left around 1,000 children fatherless in December of 1907. Grace Golden Clayton suggested a day honoring all those fathers to her pastor, Robert Thomas Webb. On July 5th, 1908, the community gathered in honor of the men lost in the mining accident. They assembled at Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church, in Fairmont, West Virginia.

Harry C. Meek, a member of Lions Clubs International, claimed that he first had the idea for Father's Day in 1915. Meek argued that the third Sunday of June was chosen because it was his birthday. The Lions Club has named him "Originator of Father's Day." Meek made many efforts to promote Father's Day and make it an official holiday.

It wasn't until 1966, that President Lyndon B. Johnson issued the first presidential proclamation honoring fathers on the third Sunday in June. The holiday wasn't made an annual event until President Richard Nixon signed it into law, making it a permanent national holiday in 1972 over 50 years after Mother's Day came into existence.

National Day Calendar

THINK ON YOUR FEET

WALKING MAY REDUCE THE RISK OF COGNITIVE DECLINE

Participants who walked more than 4,000 steps per day had healthier brain tissue in the area responsible for memory, learning, and cognitive function than those who did not, one study found. That brain region called the hippocampus, typically begins to shrink in late adulthood, leading not only to impaired memory but also an increased risk of dementia. The research revealed that aerobic exercise increases the size of the hippocampus.