



FELLOWSHIP SQUARE
PHOENIX

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

Happy Holidays! We have entered into the most beautiful time of the year in Arizona. These mild winters are one of the best things about our state, and allow us to do so many wonderful holiday activities outdoors without bundling up!

This month we will be celebrating Christmas with musical entertainment, crafts, outings to see Christmas lights, and so much more! At the end of it all, we will ring in the New Year with a sparkling celebration. Don't forget to come by the Gingerbread Boutique on December 2nd! All proceeds go to the Employee Appreciation Fund, we hope to see you there!

December
2023



Happy Holidays

Santa & Mrs. Claus!



Thursday, December 14th
1:00 PM
Prayer Garden

**The Stefanski
Brothers Christmas
Show**



Monday, December 11th
11:00 AM
Activity Room

**Santa's Elves Gift
Wrapping Party (Sign
Up)**



Thursday, December 21st
1:00 PM
Activity Room

Happy Hours!



Fridays, December 8 & 29
3:00 PM
Library



**"Let there Be Latkes"
Hanukkah Party (sign Up)**



Friday, December 15th
2:00 PM
Activity Room

**Choir Christmas
Concert**



Wednesday, December 13th
1:00 PM
Activity Room

Wine Down Wednesday



Wednesday, December 27th
2:00 PM
Activity Room

**Birthday Breakfast
(Invite Only)**



Friday, December 29th
10:30 AM
Activity Room

Walker Scooter
Repair



In room visits
10:00 AM
Appointment Only

Dinner Outing



LongHorn Steakhouse

Lunch Outings



Plaza Bonita



Cheddars

Upcoming Movies

A Christmas Story | It's a Wonderful Life

The Christmas Candle



Christmas Service
&
Choir Performance

10:00 AM

December 20th

In the Activity Room



THINK ON YOUR FEET



WALKING MAY BOOST YOUR CREATIVITY!

Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to enhanced creativity. the brain uses “about three times as much oxygen for healthy neuron function as muscles do” and is extremely sensitive to decreases in oxygen levels, according to Advanced Neurotherapy, a neurofeedback wellness clinic in Needham, Massachusetts. Creativity is a cognitive skill that is part of problem-solving. Studies show that the simple act of getting up and taking a short falk can help trigger ideas. A Stanford University study found “creative output increased 60% when participants were walking,” even on a treadmill facing a blank wall.

CHRISTMAS DECORATIONS



Invariably each year as we put out our Christmas decorations - both inside and outside - it leads to a discussion of where and when we purchased them. The Christmas tree is easy - it is filled with old fashioned glass ornaments we got in 1966 the first year we were married, then the special Disney decorations we purchased when the girls were young, and then my favorite - all the ornaments we have gotten from the trips we have taken. The last one is very fun as we reminisce about the trips, the time, and all the memories we have of that trip. Since our children took several trips with us, we always have a time on Christmas Eve day when we all share each person's perspective of the trips and the different things we did on each trip.

But the outside is the decoration at our house that gets the most attention from the neighborhood. Several years ago, there was an article in the Arizona Republic about a lady in Goodyear who had been diagnosed with incurable cancer, but the Lord healed her miraculously from the cancer. In appreciation and to commemorate her healing, she began to make box yard signs with cut out letters that created a saying and was selling these at Christmas time. My wife really wanted to have one of those signs and we went out on a Sunday evening after a Christmas Church Service to her home. Sharon had arranged an appointment time to look at the signs. They were all outstanding, but the one that caught my wife's eye and the one that she wanted - rocked. We brought it home and we have put it in the center of our front yard for 31 years. It is a white box sign with red neon lettering that says, "Jesus is the Reason for the Season." We display it by a large rock that has an angel blowing a trumpet over the sign. It is quite the discussion piece. I hope that Jesus is a part of your Christmas and maybe even your decorations. Merry Christmas.

-Chaplain Tom Haney

Staff Directory

Activities Director	Faith Case	602-443-5421
Activities Assistant	Tony Demeza	602-424-9426
Administrative Assistant	Rebecca Uhl	480-385-0267
Beauty Barber Shop	Sue Widdison	602-443-5422
Business Director/Billing	Jennifer Sheppard	602-424-9427
Chaplain	Dr. Tom Haney	602-443-5486
Dining Room Meals	Take Out Orders	602-443-5424
Dining Room Manager	Marla Fernandez	602-443-5468
Director of Sales & Resident Services	Amy Borders	602-443-5419
Housekeeping Services	Quitasha Warren	602-443-5420
Executive Chef	John Halepis	602-443-5425
Executive Director	Kristie Larsen	602-443-5439
Director of Operations	Susan O'Connell	480-385-0065
Front Desk	Tierra/Dawn/Lynnsey/Rozelle	602-443-5427
Home Health	Office Manager	602-443-5447
Supportive Services	Peggy McIntyre	480-254-7941
Social Services Coordinator	Jamie Childress	602-443-5417
Security	Customer Service	602-443-5400
Wellness/Fitness Center	Ilana Obrand	602-443-5484
Transportation	Tony Lopez	602-424-9443
Work Orders	Maintenance Work Orders	602-424-9432
Work Order Email	phxworkorder@christiancare.org	
Concierge Desk	Volunteers	480-385-0266



FELLOWSHIP SQUARE
PHOENIX

Our Mission:

Through Christian love and excellence, we are dedicated to providing a fulfilling lifestyle and promoting independence to those we serve.

Our Vision:

A world where people thrive and live with purpose.

Our Values:

We believe in the immeasurable value of every person. Empowered by Christ's love, we joyfully serve with humility, integrity, compassion, and respect.