



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





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

<u>"Let there Be Latkes"</u> <u>Hanukkah Party (sign Up)</u>



Friday, December 15th 2:00 PM Activity Room

Choir Christmas



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

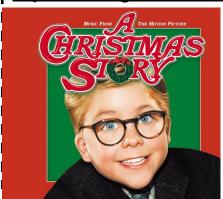


Plaza Bonita



Cheddars

LUpcoming Movies



A Christmas Story | It's a Wonderful Life

The Christmas Candle





Christmas Service Choir Perormance

I0:00 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 Sue Widdison **Beauty Barber Shop** 602-443-5422 **Business Director/Billing** Jennifer Sheppard 602-424-9427 Chaplain 602-443-5486 Dr. Tom Haney Take Out Orders 602-443-5424 Dining Room Meals **Dining Room Manager** Marla Fernandez 602-443-5468 Director of Sales & Resident Services Amy Borders 602-443-5419 602-443-5420 Housekeeping Services Quitasha Warren **Executive Chef** 602-443-5425 John Halepis **Executive Director** 602-443-5439 Kristie Larsen **Director of Operations** Susan O'Connell 480-385-0065 Front Desk Tierra/Dawn/Lynnsey/Rozelle 602-443-5427 Home Health 602-443-5447 Office Manager 480-254-7941 Supportive Services Peggy McIntyre Social Services Coordinator Jamie Childress 602-443-5417 **Customer Service** Security 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 480-385-0266 Concierge Desk Volunteers



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.