

The JOYFUL INDEPENDENT

THE GOOD NEWS

JUNE 2025



Honoring our Parents - Chaplain Kurt Stromberg

The time of the year, or season, that we now find ourselves in is one of my personal favorites. It is spring and there is an abundance of life in the air, as the days become longer and the nights shorter. Summer is not far behind.

Solomon with his great wisdom made this observation about different times in our lives: "There is a time for everything, and a season for every activity under heaven" (Ecclesiastes 3:1).

Solomon is not necessarily referring to the seasons as it pertains to spring, winter, or time of year but to the different seasons of life we find ourselves in. Are we experiencing a time of growth, or do we find ourselves during a season of sorrow and grief due to losses?

We are born infants into this world, needing everything to be provided to us by our parents/caretakers and we journey through many seasons and God willing, we make it to the "Golden Years", eventually needing assistance to get through the days. Which brings us to God's commandments. Yes, those pesky laws the Lord would have us abide by. If you didn't know, we serve a relational God who is also our Father/Creator. Relationships are very important to Him, and He makes this clear with one of His commandments. "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you." (Exodus 20:5)

Relationships are so important to God that this relationship/commandment is the only one with a promise attached to it, and it is centered around parents. Did you catch that? Obeying our parents is what we do as infants and youngsters. Honoring them should take place not only after they leave us, but most importantly while we have them with us. There are many ways to honor our parents including passing on their Godly family values. We can also honor them with the way we live our lives and being there for them when they can no longer take care of themselves.

*Fellowship Square is a non-profit Christian Care Community offering
Independent & Assisted Living, Memory Care & Supportive Services
35 W Brown Rd - Mesa, AZ 85201
480-834-0600 , www.fellowshipsquarehistoricismesa.org*



THE GOOD NEWS

- Chaplain Kurt Stromberg (continued)

Timothy puts it this way and it's serious, "Anyone who does not provide for their relatives, and especially their own household, has denied the faith and is worse than an unbeliever" (1 Timothy 5:8).

The Commandments remind us of the importance of this relationship where we honor the Father/Creator as well as our biological parents with five out of the ten commandments speaking into this relationship with our Fathers/Mothers. We should be doing this honoring in love of course, because that is the greatest commandment.

I know I can speak on behalf of myself as well as my colleagues when I say: It is an HONOR to serve the residents of Fellowship Square Historic Mesa. Know that our Father in Heaven loves you and so do we!



Think Smart in Honor of Brain Health Awareness Month

June is recognized as Alzheimer's and Brain Awareness Month. According to the [Alzheimer's Association website](#), this is a time for people to take charge of their brain health and join in the fight to end Alzheimer's and all other dementia. Currently, 55 million people around the world are living with Alzheimer's or another dementia. The Alzheimer's Association encourages people to take action and commit to taking charge of their brain health.



Brain Health -continued

Pg 3

Here are some tips offered by the Alzheimer's Association and Fellowship Square Historic Mesa:

Challenge your mind—"Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain," according to the Alzheimer's Association. Whether working on a puzzle or brain teaser book, taking a class or starting a new hobby, there are endless ways that seniors can enjoy challenging their minds at Fellowship Square Historic Mesa.

Keep Learning—Education reduces the risk of cognitive decline and dementia, and you are never too old to keep learning! Visit the local library, enroll in a community class or an online workshop, read about a topic that interests you and engage in conversation with others. Learning about the world through other people's eyes can also be a very eye-opening source of education.

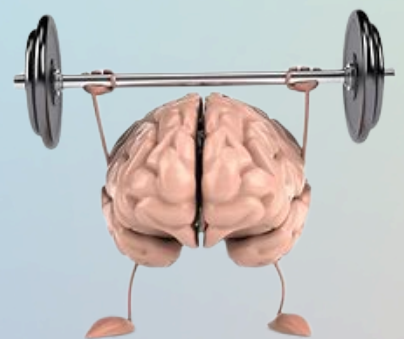
Maintain your blood pressure—Talk with your doctor about medications to help lower high blood pressure, eat a nutritious diet and maintain your physical activity.

Move and groove—Activities that raise your heart rate and increase blood flow to the brain and body are essential at every age. Building more movement into every day can help you maintain a healthy brain. Movement doesn't have to involve strenuous exercise. It can be fun! Think about a dance class, gardening, swimming, yoga, tennis, pickleball or simply taking a brisk walk around the community with a friend or neighbor. Make sweating social and it won't seem like a "work" out!

Protect your brain (and your head)—When biking, always wear a helmet, buckle up in the car and be cautious to avoid falls. Protect your brain and your whole body!

Quit smoking—If you smoke, remember that it's never too late to quit and there are resources to help.

Manage diabetes—Prevent and control Type 2 diabetes by eating a healthy diet, increasing physical activity and managing medication as directed by your doctor.



FELLOWSHIP SQUARE
HISTORIC MESA

Our Values:

*Guided by Christ's love, we believe in the immeasurable value of every person.
We are committed to joyfully serve with humility, integrity and respect.*

Brain Health -continued

Eat right—Eating to fuel your body and protect your health is essential, and eating healthier foods can help reduce your risk of cognitive decline. Consider adding more vegetables, leaner meat and proteins, and foods that are less processed and lower in fat to your diet. Find healthy meals and snacks that are good for you and that you enjoy, too.

Maintain a healthy weight—Eating right and exercising regularly should help you maintain a healthy weight. If you are looking to lose weight for brain health, ask your doctor about a specific plan tailored to you.

Get some rest—Quality sleep is vital for overall wellness, including brain health. If you struggle to get some shut-eye, shut down the screens a few hours before bedtime and limit your exposure to blue light (from computer screens and televisions). Instead, read a book, take a soothing bath or sip some warm tea.

Some changes in your ability to think happen as people age and can be a normal part of getting older, but some cognitive decline goes beyond that and may be a sign of Alzheimer's disease or other dementia. Taking these steps can help slow normal cognitive decline. If you think you or a loved one may be experiencing decline beyond what is deemed "normal," visit your doctor and share your concerns.

Wings on the Wind:

Celebrating Butterfly Education and Awareness Day

Butterflies are beautiful and amazing creatures! For many, they hold special significance; for others, they are some of God's most stunning works of art. In honor of Butterfly Education and Awareness Day (BEAD), observed on the first Saturday of June, Fellowship Square Historic Mesa is aflutter over butterflies! Here is some information about butterflies, along with tips on where to view them and how to attract them:



Butterfly Education and Awareness Day -continued

June 7th of this year is the 32nd Annual Butterfly Education and Awareness Day, according to the Association for Butterflies, which is the organization behind this special day. The Association for Butterflies (AFB) “is a non-profit organization dedicated to the welfare of butterflies through conservation, research, education, and support to professional butterfly farmers.” The AFB developed BEAD to raise public awareness about the benefits and necessity of butterfly conservation.

Butterflies are symbolic in many ways, and their presence means different things to different people. According to the U.K.’s Centre of Excellence, butterflies also hold various significances among different cultures.

According to an article on the organization’s website: “Many spiritual traditions believe that butterflies are closely connected to the soul, and in some cultures, butterflies are thought to represent the souls of the departed, visiting loved ones to offer comfort or guidance. The lightness and fragility of a butterfly’s wings are seen as a reflection of the ethereal nature of the soul. If a butterfly appears during a time of grief or emotional turmoil, it may be interpreted as a sign that a loved one who has passed away is nearby, offering reassurance and love. In this way, butterflies serve as a reminder of the ongoing connection between the physical and spiritual realms.”

Furthermore, the appearance of different colored butterflies may have distinct meanings in the spiritual world. The article states: “Butterflies come in a variety of colors, each with its own spiritual significance. The color of a butterfly can add an extra layer of meaning to its appearance, offering specific messages or insights.” Here are some examples:

- White butterflies—Purity, peace and spiritual awakening; new beginnings and fresh starts.
- Blue butterflies—Hope, healing and communication; seeing one could be a reminder to “express yourself clearly and truthfully.”





Butterfly Education and Awareness Day -continued

- Black butterflies—Embracing the unknown and the unseen; the potential for transformation. “Seeing a black butterfly may be a sign that you are being called to face your fears or to explore the deeper, hidden aspects of yourself. It might also suggest that a period of change is approaching, one that will require you to trust in the unknown and embrace new possibilities.”
- Yellow butterflies—Joy, positivity and creativity; embrace your creative side and approach life with optimism and enthusiasm.
- Orange butterflies are linked to passion, energy and vitality. According to the article, the sighting of an orange butterfly could point to a deep desire to reconnect with your passions and allow yourself to experience the full spectrum of your emotions.

Furthermore, simply seeing a butterfly, regardless of its color, can be an essential reminder to stay present and appreciate God’s beauty, which surrounds us all every day. If you see a butterfly, embrace the moment and take in the simple joy of its beauty.



If you want to see more butterflies in your everyday life, the Central Arizona Butterfly Association, which is the Phoenix Chapter of the North American Butterfly Association, has shared some tips in an article on its website titled “Attracting Butterflies to Your Garden”:

Butterflies need food, shelter, water, and a place to raise their young.

Adult butterflies feed primarily on nectar from flowers. Planting flowers rich in nectar can attract butterflies. From flying above, they are attracted to large groupings or patches of colorful flowers. So consider placement when planting flowers. Color is important, too. Butterflies tend to gravitate to yellow, orange and purple flowers. Trees for shelter can attract butterflies, too.

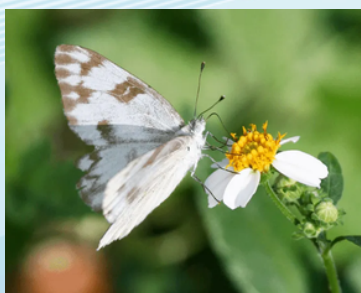
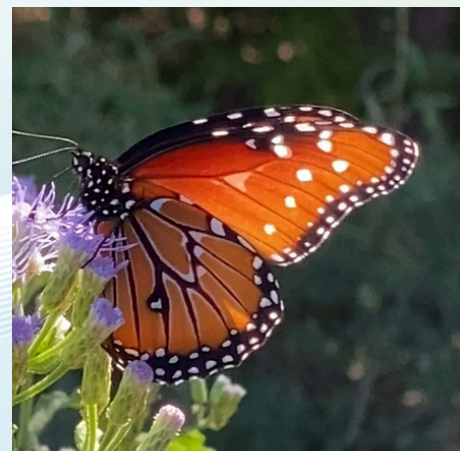
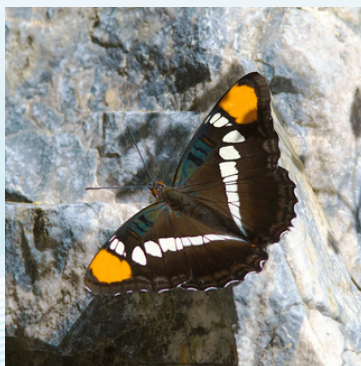
Butterflies don’t necessarily drink plain water. Instead they “land on damp surfaces and extend their proboscis to suck up the nutrient-laden water.” Rather than set out a dish of water to attract butterflies, consider leaving a few damp areas or puddles of water in the soil surrounding your garden.



Butterfly Education and Awareness Day -continued

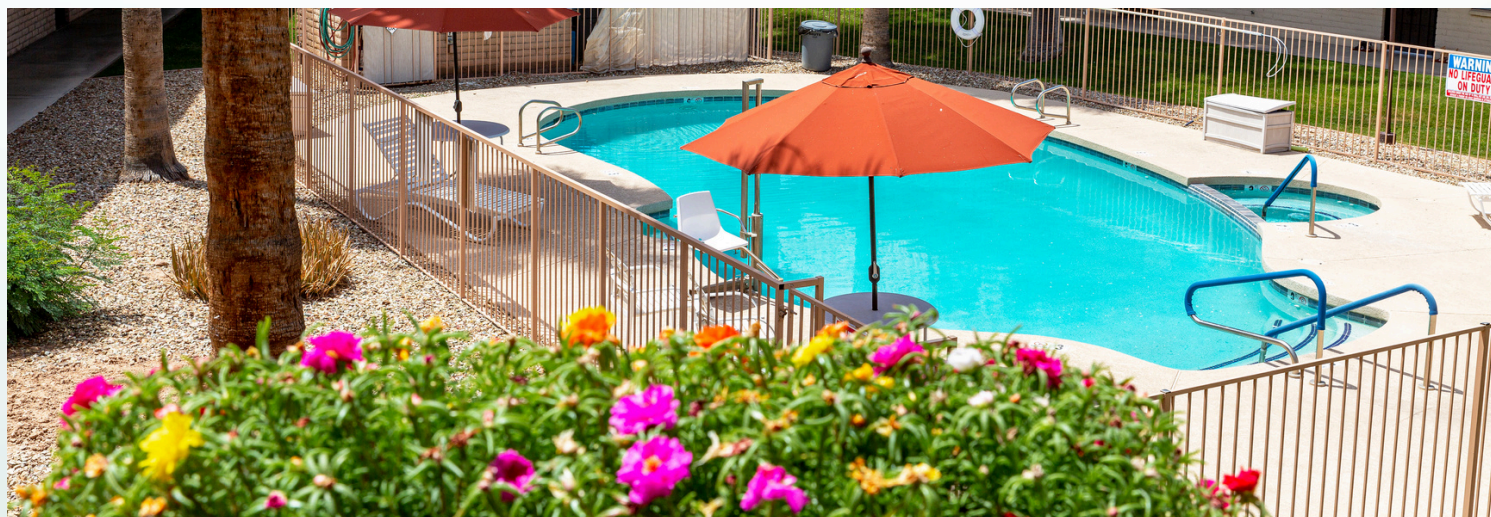
Host plants are a great way to attract butterflies to your garden, where they can lay their eggs and for them to eat in the caterpillar phase. Milkweed is an excellent host plant that attracts Queen and Monarch butterflies, while Cloudless Sulphur and Sleepy Orange butterflies seek Senna plants to lay their eggs.

According to the organization, late summer and early fall (September and October) are the best times to see butterflies in the Phoenix area. Queens, Fiery Skippers, and Gulf Fritillaries tend to stick around throughout the summertime. Butterfly lovers can also enjoy a trip to the Desert Botanical Garden, the Phoenix Zoo or Butterfly Wonderland to view butterflies. Arizona is home to over 300 species of butterflies like the ones below. To learn more about them you can visit the [Boyce Thompson Arboretum website](#).



This summer, Fellowship Square Historic Mesa encourages seniors to enjoy the water—safely and mindfully!

See water safety tips on pages 9-10.



Water Aerobics is a popular activity in one of our three sparkling swimming pools.



Staying Afloat: Drowning Prevention Tips for Seniors

In the spring and summer, drowning prevention and water safety take center stage. From May's designation as National Water Safety Month to June and July both observing Drowning Prevention Week (June 15-22 in the U.K. as designated by the Royal Life Saving Society U.K. and July 20-26 as designated by the Lifesaving Society in Canada), water safety and drowning prevention are global concerns.

Practicing safe swimming and water awareness is essential to prevent accidental drownings this summer.

Drowning is not just a concern for little ones or those who cannot swim. In fact, drownings, in general, are on the rise. According to a 2024 article on the Centers for Disease Control and Prevention website, drowning deaths have been higher in recent years. The article reports that from 2020 to 2022, more than 4,500 people drowned each year in the United States. This is approximately 500 more drowning deaths each year than in 2019.

While drowning is the leading cause of death among children ages one to four, adults 65 years of age and older had the second highest rate of drowning. The CDC reports: "Drowning increased by 19% in adults ages 65-74 in 2022 compared to 2019."

According to a May 2025 article on the National Council on Aging website: "About 300 older adults die annually due to drownings, mostly associated with swimming pools, bathtubs, and spas." The organization urges seniors not to swim alone, to take swim lessons and to use a flotation device "if you are unsure of your swimming ability."

On the [Stopdrowningnow.org](https://stopdrowningnow.org) website, a March 2025 article titled, "Water Safety for Seniors: Preventing Drowning in Older Adults" addresses why water safety is so important for seniors and common drowning risk factors for seniors. The article states: "Several factors contribute to a higher drowning risk in seniors, making it crucial for caregivers, family members, and seniors to take proactive measures." These factors include:

Declining mobility, joint stiffness, and reduced flexibility can make it difficult for seniors to move efficiently in the water and exit pools or recover from slips.

Chronic health conditions such as heart disease, diabetes, and neurological disorders like Parkinson's dementia can affect seniors' coordination, endurance, and cognitive awareness, which makes swimming and even simple water activities more dangerous.



Drowning Prevention Tips for Seniors –continued

The side effects of certain medications may also impact seniors' ability to swim or endanger them around water. The article states: "Many seniors take medications that can cause dizziness, drowsiness, or confusion. These side effects can significantly impact balance and reaction times, increasing the likelihood of accidents in or around water."

The loss of muscle mass can lead to reduced muscle strength and, therefore, weaken the body's ability to tread water, maintain balance, or respond quickly to sudden changes in movement, making falls around and fatigue in water more likely among seniors. Additionally, this organization identifies specific risk factors that are common among senior drownings, such as:

- Decreased mobility and balance issues
- Chronic health conditions
- Medication side effects, such as dizziness, drowsiness and disorientation
- Reduced swimming ability for those who haven't practiced swimming in a long time or who may have never learned safe water techniques or even how to swim
- Cold water shock and fatigue—sudden cold water immersion can lead to shock, disorientation or exhaustion, which can increase seniors' risk of drowning

Swimming and water workouts are excellent ways for seniors to stay fit while experiencing a low-impact exercise that is easy on the joints. So there should be no need to fear the water. Just be prepared and aware!

Here are a few tips to stay safe in and around the water this summer and all year round:

- Always check with your doctor before starting a new workout routine or exercise plan.
- Swim with a buddy or tell a loved one where you'll be. If you haven't swam in some time, don't go alone.
- Start slowly, with short swims or water walks, then increase time and challenge yourself with equipment such as water weights. Be sure to warm up before exercising in the water and stretch to cool down afterward.
- Drink plenty of water before, during and after pool time, especially if you are in direct sunlight.
- Keep a life vest or flotation device within arms' reach. Remember, recreation pool floats are not considered lifesaving devices.
- Make swim time social—join a water workout class or visit a community pool with friends and neighbors.
- Be aware when entering and exiting the pool; use the hand bars if needed, and be cautious that the area around the pool may be slippery.





Music to our Ears: Honoring World Day of Music

In many ways, music makes the world go round! It connects people, sets the mood, and creates a soundtrack to our lives. Saturday, June 21, is World Day of Music or “Fête de la Musique”—after all, this global observance was originally started in France in 1982. Since that time, however, World Day of Music, also called World Music Day, has spread to more than 120 countries, according to the National Today website.

An article dedicated to this observance states, “World Day of Music or Fête de la Musique... was first started in France but today highlights music’s universal appeal. It’s meant to make music more inclusive and encourage people of varying skill levels to interact a lot more with all types of tunes. World Day of Music is also an opportunity for musicians to build their presence and connect with their audience on social media.”

Fête de la Musique is quite the celebration in France, where more than 18,000 concerts featuring approximately five million musicians and singers who “bring together nearly 10 million spectators.”

According to Awarenessdays.com, “On this day, musicians and music enthusiasts alike come together to perform, share their talents, and spread joy through the universal language of melody.” After all, music has a way of transcending boundaries, cultures and genres.

In celebration of World Day of Music, Fellowship Square Historic Mesa suggests the following ways in which residents can honor the day:

Turn it up—Simply playing some feel-good music throughout the day is a great way to honor World Day of Music. Listen to a favorite album and sing along!

Play a tune—For those who play an instrument, why not gather some friends and perform for them? Music lovers always appreciate live performances—no matter how small or informal. For those who have never played an instrument or are interested in music or singing, why not join the Fellowship Square Historic Mesa choir?

Get a band together—Love to sing or play an instrument? Ask around and see if other Fellowship Square Historic Mesa residents are interested in forming a band!



Honoring World Day of Music -continued

Learn about a favorite singer or performer—Check out the local library's shelves for biographies or autobiographies about famous singers or performers. The stories of their lives can be just as inspiring as the music they perform.

Attend a concert or visit a live music venue—Restaurants around the valley boast live music on their patios, which is a lovely way to honor World Day of Music.

Discover a new artist or genre—There are endless artists and styles of music out there just waiting to be discovered.

Explore World Day of Music events—Check the local papers or online calendars to see if there are any World Day of Music events happening nearby. This could be a great way to meet other music lovers and connect with people through this joyous observation celebrating the importance of music!

Music is more than something to appreciate, it can benefit one's health. According to an article on the Harvard Medical School Harvard Health Publishing website, "Music boosts our mood and well-being, and music therapy may help during treatments for certain health conditions."

The article references research that found "the use of music interventions (listening to music, singing, and music therapy) can create significant improvements in mental health, and smaller improvements in physical health-related quality of life."

Furthermore, music therapy is a powerful tool that could help patients address goals such as "decreasing anxiety, shifting your mood, decreasing pain perception during cancer or other medical treatment, increasing expression, finding motivation and many others."

The article lists top music therapy tools such as listening, learning or playing an instrument, and singing. Fellowship Square Historic Mesa encourages residents to embrace the therapeutic power of music in honor of World Day of Music—and all year long!



Honoring World Day of Music -continued

Sherri Maxson has been the choir director/director of music at Fellowship Square Historic Mesa for 10 years, but she has been a lifelong music lover. She says her passion for music comes directly from her heart.

“I love the way it energizes me, refreshes my soul, and gives me a purpose because it’s a gift I can pass on to others,” she says. “Music and playing the piano are ways for me to express myself.” She references the following quote: “When words fail, music speaks,” noting that this statement is so true in her own life.

Maxson has enjoyed a long and successful career in higher education, including being the director of admissions at Grand Canyon University, and music has served as the soundtrack of her life.

She began music lessons at eight years old and has been a pianist for 55 years. She has been a church pianist for much of her life, played at the Mayo Clinic for seven years and even recorded her own CD (which she made to share with family and friends, not to sell). Perhaps divine intervention was tickling the ivories the first time Maxson stepped foot on the Fellowship Square Historic Mesa campus.



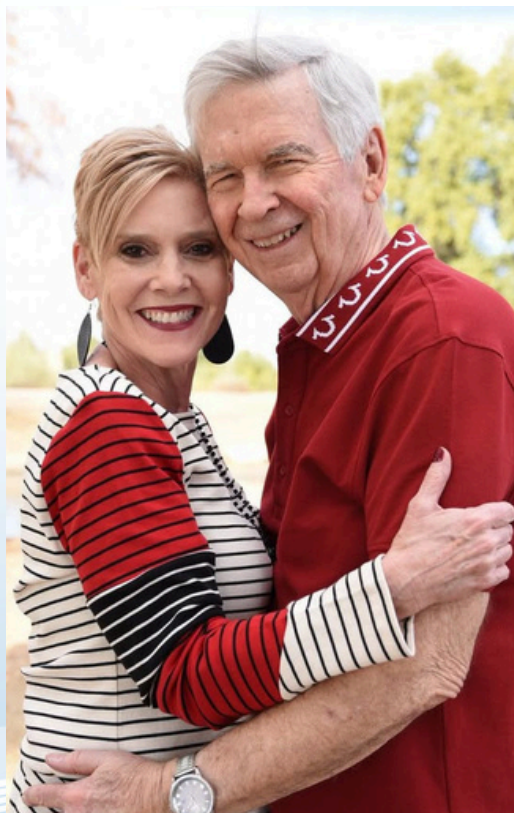
She was there to play for a donor’s luncheon. Afterward, Trisha Dreher, life enrichment director at Fellowship Square Historic Mesa, asked her to accompany the choir permanently. Within six months, Maxson became choir director.

When she started out with the program, there were 12 members. Now, there are 42 residents involved, making the choir program one of the largest attended campus activities.

Honoring World Day of Music -continued

Under Maxson's direction, the Fellowship Square Historic Mesa choir practices two times a week and performs multiple times throughout the year, including a Christmas Spectacular that brings down the house.

Even Maxson's husband, Charlie, has joined the choir. He is also Maxson's administrative assistant. Maxson says they spend a lot of time at home preparing for their twice-weekly rehearsals.



"We stay very busy, and everyone has a great time," says Maxson of the choir. "They make friends and do what they love to do, which is singing!"

Of her participation in the choir and in honor of World Day of Music, Maxson shares the following message: "Music has no language barrier. It does not discriminate, and it does not eliminate. So music is the force that brings us together, and it brings peace," she says. "I'm just so grateful that our choir is a small part of making the world a better place."



Residents of all skill levels are encouraged to join the choir.

There are no auditions and no requirements other than that members join because they truly love to sing.



Interested in seeing the choir perform?

The group will perform a set of love songs and share resident love stories in a concert titled, “**That’s Amore**” on Thursday, June 19, in the Grand Community Room and on Friday, June 20, in the Center Community Room. This concert is open to residents and the public—and rumor has it that Elvis will be attending!



Happy Father's Day



MY FATHER

Who took me from my mother's arms,
And smiling at her soft alarms,
Showed me the world and nature's charms?

My Father.

Who as we grew up day by day
Would teach his children's minds to stray
Along fair learning's flowery way?

My Father.

Who was it took such great delight
To show us how to act aright,
Nor, like the idle, scratch and fight?

My Father.

Who from each flower and verdant stalk,
Gathered a honeyed store of talk,
To cheer the long, delightful walk?

My Father.

Not on an insect would he tread,
Or crush the snail or beetle dead;
Who taught at once my heart and head?

My Father.

Who climbed with me the mountain's height,
And watched my look of dread delight
While rose the glorious orb of Light!

My Father.

And when my kite I wished to try,
Who held the string to make it fly,
While pleasure sparkled in my eye?

My Father.

-Ann Taylor





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Men's Health Month - Tips from Curana Health

June is Men's Health Month and the perfect time to check in on your well-being and take steps to stay strong and independent. For men aged 65 and older, regular screenings and preventive care can help detect issues early and support overall health.

Key screenings to prioritize include:

- Heart health: Blood pressure and cholesterol checks
- Diabetes: Routine blood sugar monitoring
- Cancer prevention: Screenings for colon, lung, and prostate cancer
- Bone health: Osteoporosis screenings and fall risk assessments
- Mental and cognitive wellness: Screenings for depression, anxiety, and memory changes
- Urinary and sexual health: Monitoring for erectile dysfunction (ED), prostatitis, and enlarged prostate (BPH)

Support your health with smart habits:

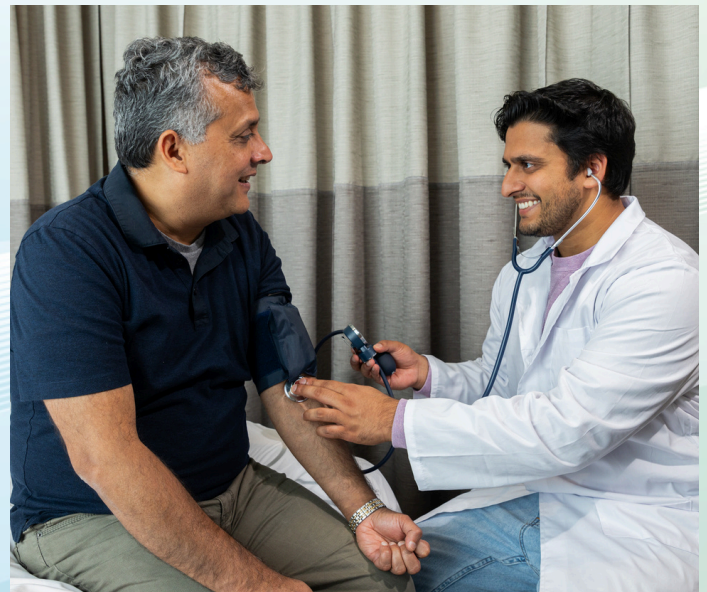
- Stay hydrated
- Eat fiber-rich foods, lean proteins, and heart-healthy fats
- Include calcium and vitamin D to support strong bones
- Stay socially and mentally active with reading, puzzles, or hobbies

Stay current on vaccinations:

- Flu (annually)
- Shingles (recommended for adults 50+)
- Pneumonia
- COVID-19 boosters

If you notice symptoms like frequent urination, pelvic pain, or changes in mood or memory, talk to your healthcare provider. Early detection and care can make a big difference.

Take charge this June by focusing on prevention, making healthy choices, and keeping up with regular checkups. Small steps today support a stronger, healthier tomorrow.



Rooted in Community: A New Way to Leave Your Legacy

We are proud to announce the launch of the Rooted in Community campaign — a beautification initiative that allows residents, families, and friends to make a lasting impact on our campus by dedicating a tree or bench in honor of someone special.

Over the coming months, Fellowship Square Historic Mesa will begin placing new shade trees and benches along the walkways of campus, beginning with the area just west of the front office.

These additions will provide not only much-needed comfort and beauty but also serve as meaningful tributes to the people who make this community so special.

Each donation includes a custom plaque, giving you the opportunity to honor a loved one, celebrate a milestone, or simply leave a mark on the place you call home. With donation levels of \$500 for a tree and \$1,500 for a bench, this campaign is designed to be inclusive, accessible, and deeply impactful.

For more information or to reserve your tribute, please visit Kristen McFadzen in the Center Community Room or call 480-358-0066.

Let's grow something beautiful together.



nutritional nuggets

JUNE 2025 | WWW.SYCAMOREANDSAGENUTRITION.COM | 480.508.1318



Sip Your Way To Better Health This Summer

Summer's heating up, and so is smoothie season! Whether you're cooling off after a walk or looking for a light breakfast that doesn't heat up the kitchen, smoothies are a tasty and simple way to pack in nutrition. Best of all, the right ingredients can support everything from digestion to brain health—and they're easy to customize. Let's break down what makes a smoothie senior-friendly and share a simple recipe you can enjoy all summer long.

Be Smart With Your Smoothie

Smoothies can be nutrition powerhouses—or sneaky sugar bombs. If you're adding multiple fruits, sweetened yogurt, or syrups like honey or maple, you could be spiking your blood sugar without realizing it.

For a more balanced blend, aim for fewer fruits, more greens, and be mindful of portion sizes. Ingredients

like spinach, avocado, cucumber, and even zucchini can add nutrients without excess sugar. If you're trying to gain weight, smoothies are a great tool.

But if weight loss or blood sugar control is your goal, focus on lowering sugars, boosting protein, and including healthy fats like nut butter, seeds, or full-fat yogurt to keep you satisfied and your energy steady throughout the day.

Lower-Sugar Smoothie Recipe

- 4 cups strawberries
- 2 tbsp cashews
- 4 pitted dates
- 2 $\frac{2}{3}$ cup non-dairy milk
- $\frac{1}{4}$ cup protein powder



Up for a challenge - check out this zucchini bread smoothie:

www.bit.ly/zucchinismoothie

Anatomy of a Smoothie

Liquid Base 1-2 cups

Water	Rice Milk
Almond Milk	Cashew Milk
Coconut Milk	Ripple Milk

Frozen Fruit 1 cup

Blueberries	Banana
Strawberries	Mango
Pineapple	Kiwi

Leafy Greens 1 cup

Spinach	Romaine
Kale	Chard

Boosters 1-2 Tbs

Chia seeds	Flax Seeds
Cacao Nibs	Avocado
Cinnamon	Hemp Seeds
Maple Syrup	Nut Butter
Protein powder	Greek Yogurt





FUN FELLOWSHIP FOTOS!

Resident Arts & Crafts Fair



Resident Arts & Crafts Fair



Back to the Garden
Thrive with Purpose



FELLOWSHIP SQUARE
HISTORIC MESA

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FELLOWSHIP SQUARE
HISTORIC MESA

Our Values:

*Guided by Christ's love, we believe in the immeasurable value of every person.
We are committed to joyfully serve with humility, integrity and respect.*








FELLOWSHIP SQUARE
HISTORIC MESA

June 2025

PG 23

To reserve a time slot call 480-290-7012
Indoor Class Max: 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1st 9:00am Mindful Movement	2nd 9:00am Wii Bowling 11:00 Friendship Garden (\$12) plus Lunch Outing	3rd 
2nd 9:00AM Wii Bowling 11:30AM Dancing w/Mike CTR-CR	3rd 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	4th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	5th 9:00am Mindful Movement	6th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	7th 
9th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	10th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	11th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt. 207 A)	12th 9:00am Mindful Movement	13th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	14th 
16th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	17th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	18th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt. 207 A)	19th 9:00am Mindful Movement	20th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	21st 
23rd/30th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	24th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	25th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	26th 9:00am Mindful Movement	27th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	28th

Independence Is Even Better With Friends



Refer a new resident and
receive \$200 per month off
your rent for up to a year!



FELLOWSHIP SQUARE
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Resident Referral Program

- Monthly rent credit of \$200 begins 1-2 months after the referred resident moves in and continues for 12 months or until lease is terminated (whichever comes first).
- Must not have been previously referred by another agency or party.
- Offer succeeds previous programs and is effective with move in's after 1/1/25.

Contact our Leasing
Counselors with your
prospective resident
information:

480-290-7022 or 7023



From the Editor

We hope you enjoy this issue of the Joyful Independent! Our newsletter is for residents and others who are interested in learning more about our community as well as important issues facing seniors and their loved ones. Our goal will always be to provide encouragement and solutions to relieve the stress of aging for seniors and those who care for them. If you have any comments or suggestions, I welcome you to email me at: tracey.biggerstaff@christiancare.org



FELLOWSHIP SQUARE
HISTORIC MESA

Our Mission:

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