



FELLOWSHIP SQUARE
PHOENIX

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



October
2025

Hear ye, hear ye! Kings, queens, knights, and maidens! This October, let your imagination take flight as we journey into our theme of Dragon Tales. The month will be brimming with the magic of fall and the thrill of adventure. Spin valiantly in the Tournament of Tops, where friendly competition brings both cheer and charm. Stand proudly at the Power of Pink Party, showing your support and strength as we come together in a sea of pink. Then, prepare for enchantment at Costumes & Curiosities, where you can unleash your creativity and shine in our lively costume contest. Our tale continues with Active Aging Week, a celebration of wellness, friendship, and joy—reminding us that every chapter in life is filled with purpose. And for those seeking fortune, we'll embark on an exciting journey to the casino, where luck and laughter await. Together, we will weave a Dragon Tale worthy of legend—one filled with courage, merriment, and happily ever after!

Active Aging Week: Embracing Wellness & Vitality in Our Golden Years

This year, Active Aging Week will be observed from October 6-12, 2025. Established in 2003 by the International Council on Active Aging, this annual event celebrates aging as a positive journey. The goal is to encourage older adults to remain active, engaged, and empowered at every stage of life, no matter their age or health condition.

Active Aging Week is more than just a celebration. It is a reminder that staying active in body, mind, and spirit contributes greatly to overall well being. Movement supports strength, flexibility, balance, and endurance, all of which reduce the risk of falls and chronic illness. Learning new skills, practicing mindfulness, or engaging in meaningful conversations helps keep the mind sharp and supports emotional health. Social connections formed through shared activities and community events also play a vital role in combating loneliness and building a sense of belonging.

Here in our community, Active Aging Week is a chance to try new wellness opportunities, revisit old hobbies, and share experiences with friends and neighbors. Residents may choose to join a walking group, attend a fitness or dance class, take part in creative workshops, or simply enjoy time spent with others.

Active Aging Week is not about pushing limits but about celebrating what we can do today. Aging does not mean slowing down. It means finding new ways to live with purpose, joy, and connection. Let us embrace this week together as a celebration of vitality and growth.



Breast Cancer Doesn't Retire at 65, Neither Should You.

Breast cancer is the most common cancer in women, increasing with age.

FACTS & PREVENTION:

- ✓ 317,000 women will be diagnosed in 2025
- ✓ Women 55+ should get mammograms every 1-2 years
- ✓ Know your family history and share it with your doctor
- ✓ Perform monthly self-exams
- ✓ Don't skip wellness visits

Call today to schedule your appointment:
602-613-5917





Customer Service Employee Olympics



The Customer Service Employee Olympics is a staff recognition program in which you nominate an employee for providing outstanding customer service!

Olympic Medal Winners are announced quarterly and receive medals, monetary incentives as well as a special appreciation breakfast.

Pickup a nomination form at the concierge desk.

When submitting a nomination, please be sure to include specific examples or reasons for your nomination!

October - Dragon Tales: A Journey of Courage and Faith



As we venture into October, we're excited to embrace the theme of "Dragon Tales," a month full of legendary stories, daring adventures, and timeless heroes. Whether through our Renaissance Fair, Travel Tuesday, or outings to places like Medieval Times and the theatre, the tales of dragons, knights, and princesses inspire us to reflect on our own stories of courage and faith.

In *Psalm 34:4*, the Bible reminds us of the courage we can have when we turn to God for help:

"I sought the Lord, and he answered me and delivered me from all my fears." (Psalm 34:4, ESV)

Just as the knights and heroines in these tales find strength in their resolve, we too find strength in seeking the Lord. Our fears, whether they be of dragons, hardships, or life's uncertainties, do not have to define us. With God's help, we can face these fears head-on, knowing that He is our protector, our shield, and our refuge.

As we enjoy this month's activities, let us remember that the true hero of every story is the one who overcomes fear with faith. Just as a dragon may seem insurmountable, so too may our own challenges. But with the Lord by our side, we know we can conquer them.

This month, as we celebrate the adventure of "Dragon Tales," may we be reminded of the ultimate story of courage and hope—the story of Jesus Christ, who faced the greatest enemy of all, death. But ultimately, He emerged victorious. Let's be inspired to seek God's strength in the battles we face, remembering that no matter how fierce the dragon, our God is greater.

Take Care & God Bless,

Chaplain Joey Sampaga

HARVEST AN ATTITUDE OF GRATITUDE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5	6	8	9	10	
11	12	13	14	16	17	
18	19	20	21	23	24	
25	26	27	28	29	30	

NOVEMBER 2025

★BOBBY-Q★
Great Steaks★Real BBQ!

**COSTUME
CONTEST
&
ILLUSION
SHOW**

5



For more pictures &
to follow us on social
media, scan the
QR codes!





Staff Directory

Activity & Event Coordinator

Sarah Garcia
Sarah.Garcia@christiancare.org
602-443-5421

Activities Assistant

Katy Freitas
Katlynn.Freitas@christiancare.org
602-424-9426

Beauty Barber Shop

Sue Widdison
602-443-5422

Chaplain

Joey Sampaga
Joey.Sampaga@christiancare.org
602-443-5486

Community Advancement Officer

Gene Sanders
Eugene.Sanders@christiancare.org
602-682-2986

Concierge Desk

Volunteers
480-385-0266

Corporate Billing Specialist

Rebecca Uhl
Rebecca.Uhl@christiancare.org
480-385-0267

Dining Room Meals

Take Out Orders
602-443-5424

Dining Room Supervisor

Melissa Celaya
Melissa.Celaya@christiancare.org
602-443-5468

Director of Resident Experience

Amy Borders
Amy.Borders@christiancare.org
602-443-5419

Executive Chef

Jason DePeal
Jason.DePeal@christiancare.org
602-443-5425

Front Desk

Miguel Perez-Rodriguez
Miguel.Perez-Rodriguez@christiancare.org
602-443-5427

Housekeeping Services

Quatasha Warren
Quatasha.Warren@christiancare.org
602-443-5420

Resident Navigator

Jesse Elwood
Jesse.Elwood@christiancare.org
602-443-9450

Sales & Marketing

Director of Sales

Sherri Martin
Sherri.Martin@christiancare.org
602-385-1590

Assisted Living & Memory Care Sales Mgr.

Lynnsey Anderson
Lynnsey.Anderson@christiancare.org
602-443-5402

Security

Customer Service
602-443-5400

Social Services Coordinator

Jamie Childress
Jamie.Childress@christiancare.org
602-443-5417

Supportive Services

Peggy McIntyre
Peggy.McIntyre@christiancare.org
480-254-7941

Transportation

Tony Lopez
Tony.Lopez@christiancare.org
602-424-9443

Vice President of Operations

Kerri Felix
Kerri.Felix@christiancare.org
602-443-5439

Wellness/Fitness Center

Ben Evans
Ben.Evans@christiancare.org
Dalila Carroll
Dalila.Carroll@christiancare.org
602-443-5484

Work Orders

Maintenance Work Orders
phxworkorder@christiancare.org
602-424-9432



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