



FELLOWSHIP  
SQUARE  
PHOENIX

# HAPPENINGS AT THE SQUARE

## February 2026

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### Passports & Post Cards

Get ready to travel the globe with our **Passports & Postcards** theme!

This month, you're invited to explore the world through activities like our "A World of Flavors" tasting event, international happy hours, music performances inspired by global destinations, trivia and games, and storytelling programs that celebrate life's journeys. Along the way, you'll have chances to sample new flavors, reminisce about places you've been, and discover cultures you may have always wanted to explore like the Pompeii Exhibit and Japanese Friendship Garden. We'll also head out on special outings and cultural experiences beyond our community. Whether you join us for one event or many, we hope you'll collect memories, share stories, and enjoy the adventure together.



# Staff Directory

## **Activity & Event Coordinator**

Sarah Garcia

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## **Dining Room Supervisor**

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## **Activities Assistant**

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## **Director of Resident Experience**

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## **Beauty Barber Shop**

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Gaye Wineland

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## **Director of Sales**

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## **Chaplain**

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## **Executive Chef**

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## **Community Advancement Officer**

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## **Front Desk**

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## **Concierge Desk**

Volunteers

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## **Gift Shop**

Pat Batt & Volunteers

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## **Corporate Billing Specialist**

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## **Home Instead**

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## **Dining Room Meals**

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## **Housekeeping Services**

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# Staff Directory

## Maintenance

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## Transportation

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## Resident Navigator

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## Vice President of Operations

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## Wellness/Fitness Center

Ben Evans

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Blessed Vargas

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## Social Services

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602-443-5417

## Work Orders

Maintenance Work Orders

phxworkorder@christiancare.org  
602-424-9432



My name is Blessed Vargas, and I am the new Wellness Coach at Fellowship Square. I am originally from Puerto Rico but moved around the states and to Arizona in 2023.

I attended the University of South Dakota from 2018 to 2021 for Kinesiology, and am currently at Gateway Community College getting my prerequisites done for the PTA program. I am excited to be a new addition to the team and to help out however I can.



My name is Patricia Zent, but I go by "Patty". I am the new receptionist here at Fellowship Square. I lived in San Clemente (Southern California) for 40 years. I love to travel and my Zen (happy) place is in the kitchen, either cooking or baking.

You're Invited to Explore...

# A World of Flavors

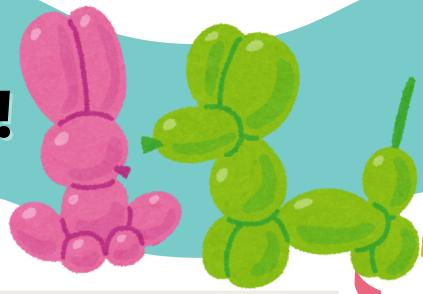
Taste your way around the world!

Join us in the Activity Room at 3 PM

Sample delicious snacks from around  
the globe and discover new favorites!



# This is Where the **FUN** Happens!



## TACOS & TAKEOFF FEATURING BUD DOWNS

Tuesdays  
3:00PM in the Activity Room

- Join Bud as he regales us with tales of his travels!
- Whole month of February
- Mini tacos & guacamole served

## (SUPER) BOWL APPETIT!

Sunday, February 8th  
4:30PM in the Garden Cafe

- Bring your favorite Super Bowl snack to share
- Pizza & wings will be served
- Yay Sports!

**\*\*Sign Up in the Activity Book\*\***

## JOKES & STORIES WITH ABRAHAM LINCOLN

Thursday, February 12<sup>th</sup>  
11:00AM in the Activity Room

- Lincoln often said, "that reminds me of a story"
- Lincoln was a true humorist, telling lots of jokes & stories.

**\*\*Sign Up in the Activity Book\*\***

## CHOCOLATE FUN-DUE

Wednesday, February 4<sup>th</sup>  
3:00PM in the Activity Room

- Let's celebrate Chocolate Fondue Day!
- Warm, melty chocolate with fresh cut fruit and other tasty dippers

**\*\*Sign Up in the Activity Book\*\***

## SPEED FRIENDING

Wednesday, February 11<sup>th</sup>  
3:00PM in the Activity Room

- Celebrate National Make a Friend Day!
- Easy, no-pressure questions & friendly conversations designed to help you connect

**\*\*Sign Up in the Activity Book\*\***

## KISSING BOOTH

Saturday, February 14<sup>th</sup>  
3:00PM in the Garden Cafe

- Snap a photo at our Kissing Booth
- Grab a Valentine's Day Treat

**\*\*Sign Up in the Activity Book\*\***

# Campus Outings

## *Adventure is Out There!*



### POMPEII EXHIBITION

*Sunday, February 1<sup>st</sup>*  
10:00AM-1:00PM

- At the Arizona Science Center
- \$20 for Pompeii Exhibition
- Entry to Science Center is FREE

**\*\*Sign Up with Sarah\*\***

### JAPANESE ADVENTURE

*Friday, February 6th*  
3:00PM-6:00PM

- \$30-\$50 for dinner at Mensho Ramen
- FREE entry to the Japanese Friendship Garden

**\*\*Sign Up in the Transportation Book\*\***

### MANUEL'S MEXICAN RESTAURANT & CANTINA

*Monday, February 9<sup>th</sup>*  
3:30PM

- About \$10-\$30
- Get out and socialize!

**\*\*Sign Up in the Transportation Book\*\***

### HALE THEATRE: GUYS & DOLLS

*Friday, February 13<sup>th</sup>*  
2:30PM-7:00PM

- Show starts at 4:00PM

**\*\*Sign Ups are Closed\*\***

### CHOLLA LIBRARY

*Wednesday, February 18<sup>th</sup>*  
11:00AM

- Check Out Books
- Return Books

**\*\*Sign Up in the Transportation Book\*\***

### LIN'S BUFFET

*Monday, February 23<sup>rd</sup>*  
11:00AM

- About \$15
- Get out and socialize!

**\*\*Sign Up in the Transportation Book\*\***

*\*\*Minimum of 5 needed to go on trips\*\**

*Return times are approximate.*

# Your Weekly Ride Guide

## Driven to Serve!



### Monday

9:00 am Fry's

1:30 pm Fry's

11:30 am Dollar Tree or Ross (2/2)

11:30 am Aldi or TJ Maxx (2/16)

### Wednesday

11:30 am Fry's 10% Off (2/4)

11:30 am Trader Joe's or Whole Foods (2/11)

1:30 pm Fry's 10% Off (2/4)

1:30 pm Bank Run

1:30 pm Walmart or Khol's (2/22, 2/25)

### Friday

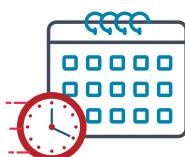
9:00 am Post Office (2/6, 2/20)

10:00 am Safeway, Walgreens or CVS

### Tuesday & Thursday

#### Medical Run

8:00 am to 2:00 pm | Doctor & Dentist Appointments



**Got an appointment coming up?**

Be sure to let Transportation know **at least 48 hours** in advance if you need a ride.

Fill out an appointment slip and leave it on the Transportation door.



Your pick-up time will depend on your appointment time. You will get a **Blue Slip** in your box to let you know when to be outside for pick-up!



# Amazing



# Memories



# Chaplain's Happenings



## Passports & Postcards

February's theme, "**Passports & Postcards**," invites us to think about travel—not just as movement from one place to another, but as an opportunity to slow down, look around, and enjoy the beauty of God's creation. Whether near or far, travel has a way of reminding us how big the world is... and how faithful God has been in every corner of it.

When we travel, we don't just collect t-shirts or souvenirs, we collect memories. We see mountains, oceans, cities, and people that reflect the creativity and care of our Creator. Scripture tells us, "*The earth is the Lord's and the fullness thereof*" (Psalm 24:1), and travel often gives us fresh eyes to see that truth.

One trip Heather and I often talk about is our cruise to **Alaska**. Standing before massive glaciers was truly awe-inspiring—the icy blues, towering mountains, and quiet beauty reminded us how small we are and how great God is. Another meaningful journey was traveling to **England**, where Heather's mother was born in **Newbury**. From riding the Tube and trains in London to laughing at the uniquely shaped taxis, we made memories that still make us smile, including my first time reading Harry Potter and seeing the movie there, and most importantly, spending time with Heather's family and connecting across generations.

Travel doesn't always require a passport. Sometimes it's simply revisiting memories, looking through old photos, or sharing stories with one another. Each place we've been becomes a kind of postcard, reminding us of where we've walked, who we've met, and how God has gone before us.

Looking ahead, the next trip we hope to take is to **Iceland** for our **20th wedding anniversary in 2026**. We're excited not just for the destination, but for the journey, trusting God with the steps along the way, just as He has done in the past.

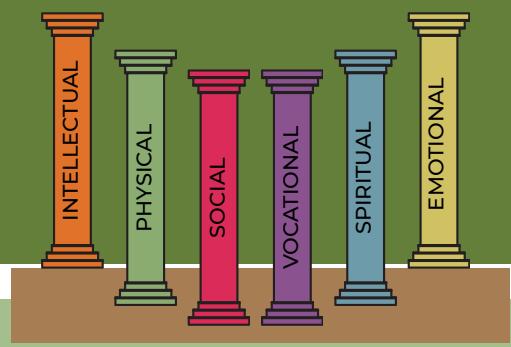
As we reflect on passports and postcards this month, may we be reminded that wherever life takes us, God is already there. And whether our travels are across oceans or simply down memory lane, His presence remains our greatest companion.

**Take Care & God Bless ~ Chaplain Joey**

# Prayer Groups

Group	Day of The Week	Time	Location
Northridge 1 <sup>st</sup> Floor	Tuesdays	3:00PM	Northridge 1 <sup>st</sup> Floor Lounge
Northridge 2 <sup>nd</sup> Floor	Wednesdays	1:00PM	Northridge 2 <sup>nd</sup> Floor Lounge
Northridge 3 <sup>rd</sup> Floor	Tuesdays	10:00AM	Northridge 3 <sup>rd</sup> Floor Lounge
Centerview 1 <sup>st</sup> Floor & Garden Homes	Mondays	2:45PM	Private Dining Room
Centerview 2 <sup>nd</sup> Floor	Mondays	10:30AM	Centerview 2 <sup>nd</sup> Floor Lounge
Centerview 3 <sup>rd</sup> Floor	Mondays	10:00AM	Centerview 3 <sup>rd</sup> Floor Lounge
Southgate 1 <sup>st</sup> Floor	Mondays	10:30AM	Southgate 1 <sup>st</sup> Floor Lounge
Southgate 2 <sup>nd</sup> Floor	Thursdays	2:00PM	Southgate 2 <sup>nd</sup> Floor Lounge
Southgate 3 <sup>rd</sup> Floor	Thursdays	2:00PM	Southgate 3 <sup>rd</sup> Floor Lounge

# Health & Wealth



## **Out and About: A Change of Scenery Can Change Everything**

Sometimes the best adventures are not found on a map. They begin with a simple decision to step outside familiar walls and experience something just a little different. Getting out of the community, even for a short outing, can refresh the mind, lift the spirit, and remind us that the world is still wide open.

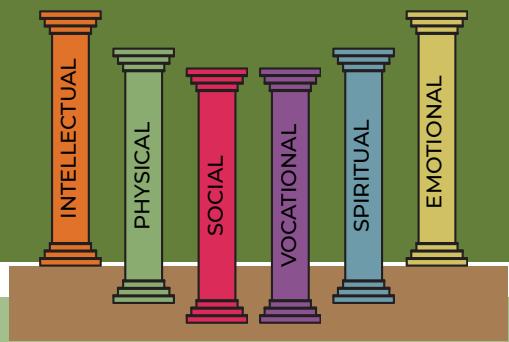
It does not have to be a big trip or an all day event. A walk through a different park can feel new when the trees, paths, and sounds change. An exercise trail off campus adds variety and a sense of purpose, turning movement into exploration. Visiting a local garden or arboretum offers color, fragrance, and peaceful places to pause. A stroll through a nearby town square or historic district invites curiosity and conversation. Even sitting near a lake, river, or fountain can feel like a small escape.

These moments matter. A change of scenery wakes up the senses. New surroundings spark memories, stories, and laughter. Moving beyond routine helps the body stay active and the mind stay engaged. It also builds confidence, reminding us that independence and curiosity do not disappear with age.

Outings do not need to be rushed or strenuous. They simply need intention. Comfortable shoes, good company, and an open mind go a long way. Whether it is a new walking path, a scenic overlook, or a favorite café just down the road, each small adventure adds richness to everyday life. So step out when you can. Somewhere new is waiting, and it might be closer than you think.

By- Ben Evans

# Health & Wealth



## *A Word from...* The Man in the Window

Legacy isn't about what you leave; it's about the impact you create. Supporting Fellowship Square Phoenix through your will, trust, or your retirement plan isn't just a gift—it's a ripple. It's a chance to amplify your values, fuel change, and spark possibility long after you're gone. This isn't charity; it's alignment. It's choosing to matter in a way that lasts. Because the real question isn't what you'll be

remembered for—it's how far your generosity will reach.

For questions please contact, Gene Sanders at 602-682-2986 or e-mail [Eugene.Sanders@christiancare.org](mailto:Eugene.Sanders@christiancare.org)

## February Marks American Heart Month

At Curana Health, our care teams are dedicated to supporting cardiovascular health through preventive care, chronic condition management, and personalized treatment plans with the goal of better health outcomes for all.

### HEART HEALTHY TIPS FOR SENIORS

- Stay active with gentle movement like walking or chair exercises.
- Choose heart-smart foods such as fruits, vegetables, whole grains, and lean proteins.
- Manage blood pressure, cholesterol, and diabetes with regular checkups.

*Consult your healthcare provider before making changes to your diet or exercise routines.*

**Curana Health is here to support you.  
We're just a call away: 602-613-5917.**

 **CURANA**  
HEALTH  
CHMG-2026-0321-011226

# fellowship friends

Welcome Home!



Colleen W.



Joan H.



Walter W.



Barb S.

Barbara M.

With Heartfelt Sympathy!



Jan K.



Georgia S.



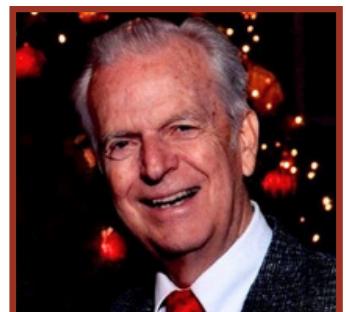
Jean G.



Don W.

Psalm 46:1

God is our refuge and strength,  
A very present help in trouble.



Leonard F.

# February Birthdays

Ruth J.	2/7
Barbara S.	2/7
Hazel S.	2/10
Linda G.	2/14
Jane H.	2/14
Richard E.	2/15
Frances R.	2/17

Ron O.	2/19
Barbara W.	2/20
Larry F.	2/22
Betty H.	2/24
Barbara A.	2/24
Dorothy B.	2/26
Betsy B.	2/27
Ron H.	2/29

# Resident-Led Activity Groups

Group Name	Day of The Week	Time	Location
Farkle	Mondays	1:00PM	Centerview 2 <sup>nd</sup> Floor Lounge
Book Club	Every 3 <sup>rd</sup> Monday	3:00PM	Library
Bingo	Mondays	6:00PM	Activity Room
Lap Quilts	Tuesdays	9:30AM	Activity Room
Hand & Foot	Tuesdays	5:30PM	Activity Room
Pinochle	Wednesdays	12:30PM	Activity Room
Bunco	Wednesdays	6:00PM	Activity Room
Cornhole	Thursdays Saturdays	8:00AM 3:00PM	Activity Room Fitness Center
Music & Melodies	Thursdays	10:00AM	Library
Bridge	Fridays	11:30AM 6:00PM	Centerview 2 <sup>nd</sup> Floor Lounge Activity Room
LCR	Fridays	12:30PM	Garden Cafe
Rummikub	Saturdays	12:00PM	Activity Room
Game Night	Saturdays	6:00PM	Garden Cafe