



# HAPPENINGS AT THE SQUARE

## March 2026

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Full  Ahead!  
SCIENCE • TECHNOLOGY • ENGINEERING + ARTS • MATHEMATICS

As Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” So, this month, we’re staying young by going Full S.T.E.A.M. Ahead!

Get ready for fun, hands-on activities at Discovery Day and Spring Fling, exciting S.T.E.A.M.-inspired presentations at Tacos & Takeoff and our Mad Science Show, and many other interactive experiences that spark will creativity and curiosity. We’ll even take our learning on the road with outings to the Musical Instrument Museum and Cerreta Candy Co. where we will explore innovation, artistry, and sweet science in action.

Let’s explore, experiment, and discover something new together!



# Staff Directory

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<p><b><u>Corporate Billing Specialist</u></b> Rebecca Uhl Rebecca.Uhl@christiancare.org 480-385-0267</p>	<p><b><u>Home Instead</u></b> hiscnphx@homeinstead.com 602-638-1470 homeinstead.com/837</p>
<p><b><u>Dining Room Meals</u></b> Take Out Orders 602-443-5424</p>	<p><b><u>Housekeeping Services</u></b> Quatasha Warren Quatasha.Warren@christiancare.org 602-443-5420</p>



# Staff Directory

<p><b><u>Maintenance</u></b>          Jason Hernandez          Jason.Hernandez@christiancare.org          480-385-0065</p>	<p><b><u>Transportation</u></b>          Tony Lopez          TonyLopez@christiancare.org          602-424-9443</p>
<p><b><u>Resident Navigator</u></b>          Jesse Elwood          Jesse.Elwood@christiancare.org          602-443-9450</p>	<p><b><u>Vice President of Operations</u></b>           602-443-5439</p>
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## Raising the Standards of Senior Care

At Curana Health, we believe seniors deserve care that is personal, accesible, and dignified. Our providers address the unique health needs of aging adults, offering reliable preventive care and chronic care management for better outcomes.

### CURANA HEALTH SERVICES INCLUDE

- Regular Check-ups and Primary Care
- Sick Visits and Urgent Care
- Chronic Care Management
- Medication Management,
- Specialist Coordination
- Lab Work and X-Ray Coordination
- Ear Cleanings
- Mental Health
- 24/7 Availability
- Telehealth and Much More

Interested in scheduling an appointment or learning more?  
Call 602-613-5917 or visit [CuranaHealth.com](http://CuranaHealth.com)





SCOTTSDALE CHRISTIAN ACADEMY PRESENTS

# DISCOVERY DAY!

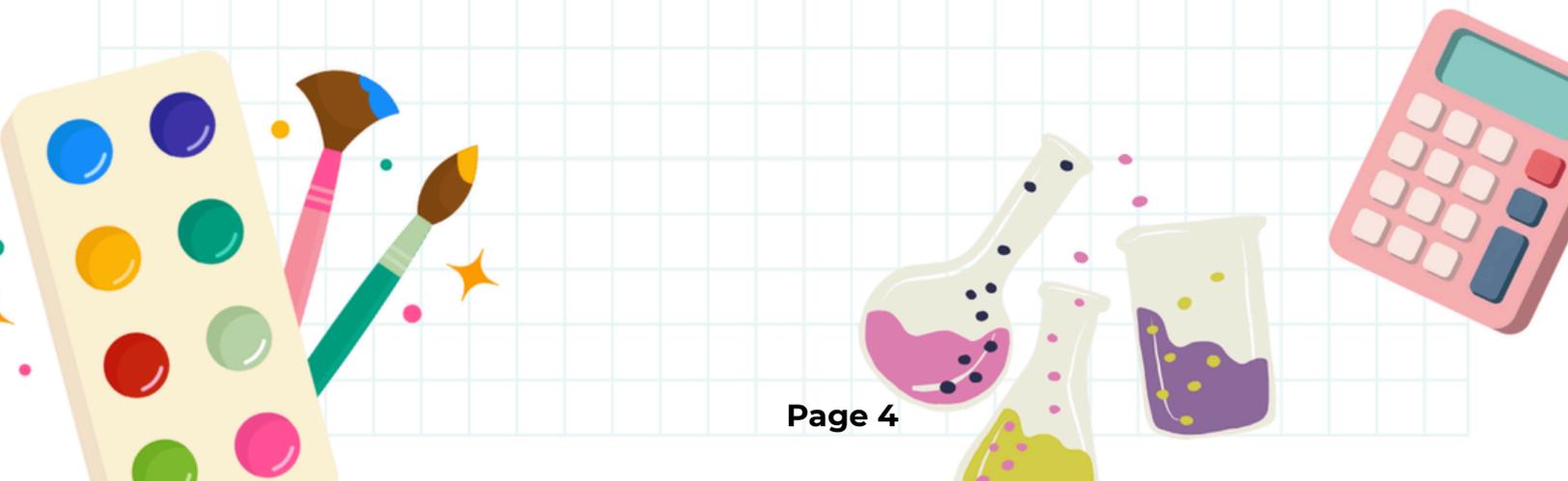
Rotate through 12 different hands-on  
S.T.E.A.M. activity stations.

Explore, create, and discover something new!

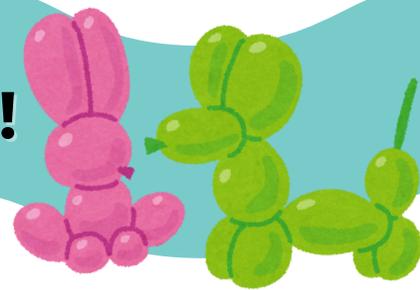
Friday, March 6th

In the Prayer Garden at 9:45am

Sign up at the concierge desk!



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



## **OREO ORIGINS**

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

- Learn about the history of the Oreo
- Sample different flavors

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

## **MAD SCIENCE SHOW**

*Friday, March 6<sup>th</sup>  
3:00PM in the Activity Room*

- It's not magic! It's Science!
- See the wonders of fire & ice

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

## **GATHER 'ROUND THE APPLE TREE**

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

- Learn about Johnny Apple Seed
- Sample different types of apples

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

## **ST. PATRICK'S DAY SHENANIGANS**

*Tuesday, March 17<sup>th</sup>  
3:00PM in the Activity Room*

- Wear all your green
- Try your luck

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

## **HISTORY OF EPOCH TIMES ARIZONA**

*Thursday, March 19<sup>th</sup>  
3:00pm 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\*\***

## **HAPPENINGS & HIGHLIGHTS**

*Monday, March 20<sup>th</sup>  
1:30PM in the Activity Room*

- Hear about what is happening next month!
- Get the highlights of what you won't want to miss!
- Be the first to sign up for outings so you don't miss out!

# Campus Outings

*Adventure is Out There!*



## RONNIE'S CAFE

Monday, March 9<sup>th</sup>  
9:00AM

- About \$10-\$20
- Make new friends over a meal!

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

## MUSICAL INSTRUMENT MUSEUM

Friday, March 13<sup>th</sup>  
9:30AM-2:00PM

- \$20 + Money for Lunch
- Guided Tour, Lunch, & Self-Guided Tour

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

## CHOLLA LIBRARY

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

- Check Out Books
- Return Books

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

## CERRETA CANDY CO.

Friday, March 20<sup>th</sup>  
10:15am-1:00pm

- \$16 for a Behind the Scenes Tour & Tasting
- Make Your Own Candy Bar

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

## ANZIO'S ITALIAN RESTAURANT

Monday, March 23<sup>rd</sup>

- \$20-\$30
- Make new friends over a meal!

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

## DO YOU HAVE A SUGGESTION?

Any Day, Any Time

- Drop by Sarah's Office to let her know!
- Or leave a note on her door!

*\*\*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 Savers, HomeGoods, or Target (3/2)
- 11:30 am Arrowhead Mall (3/16)

### Wednesday

- 11:30 am Fry's 10% Off (3/4)
- 1:30 pm Fry's 10% Off (2/4)
- 1:30 pm Bank Run
- 1:30 pm Walmart or Kohl's (3/11 & 3/25)

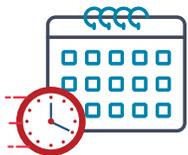
### Friday

- 9:00 am Post Office (3/6 & 3/20)
- 10:00 am Safeway, Walgreens or CVS
- 11:30am Trader Joe's or Whole Foods (3/20)

### 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!

# Valentine's Kissing Booth Party



# February Fun!



# Chaplain's Happenings



## Full S.T.E.A.M. Ahead! (Science Technology Engineering Art Math)

Hello Fellowship Square Family,

Happy March! This month's theme is "Full S.T.E.A.M. Ahead." When we hear S.T.E.A.M., we often think of school, learning, or new discoveries. But it also reminds me of something deeper. We live in a world full of order, beauty, creativity, and purpose. When you look closely at creation, it becomes hard not to see the fingerprints of God.

Whether it's the way our bodies work, the brilliance of modern technology, the craftsmanship that goes into building something strong, the beauty of music and art, or the way numbers and patterns repeat in nature, it all points to a Creator who is wise and intentional.

And what I love about this is that we are never too old to keep learning. Every season of life gives us something new to discover. Sometimes it is learning a new skill. Sometimes it is learning patience. Sometimes it is simply learning to slow down and appreciate the little blessings we used to overlook. God can still surprise us, strengthen us, and teach us, even in the ordinary days.

Psalm 19:1 says:

*"The heavens declare the glory of God, and the sky above proclaims his handiwork."*

This month is also special for Heather and me because we are celebrating our 20th wedding anniversary. I mentioned it in last month's newsletter, and we're still so thankful and excited. One thing we are looking forward to is hopefully seeing the Northern Lights when we do make our trip to Iceland this year. It's amazing to think that something so beautiful can fill the sky, and yet it's also a reminder that God is always doing something greater than what we can see.

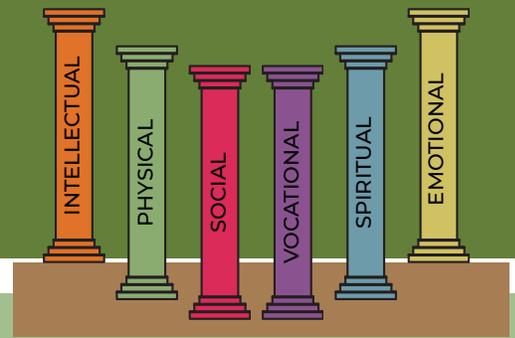
Thank you for allowing me to serve you, pray with you, and walk alongside you in this season of life. If you ever need prayer or encouragement, please know I'm here for you.

Blessings, Chaplain Joey

## Prayer Groups

<b>Group</b>	<b>Day of The Week</b>	<b>Time</b>	<b>Location</b>
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



Spring in Arizona brings a brief but welcome gift. Days that invite you outside instead of daring you to stay in. The mornings feel lighter, the air is warmer without being heavy, and your body seems to move a little easier without being asked.

A spring in your step does not come from pushing harder. It comes from moving more naturally. A morning walk before the sun climbs too high. Stretching on the patio while the coffee brews. A few minutes in the yard or a slow stroll around the neighborhood. These small moments add up. This kind of movement wakes up stiff joints, sharpens balance, and lifts your mood without leaving you tired or sore. It reminds your body that it was built to move, not rush. Posture improves. Breathing deepens. Steps feel lighter.

Spring is also social. Walking with a friend, waving to neighbors, or pausing to talk along the way keeps both body and spirit engaged. No schedule. No pressure. Just movement with purpose.



The heat will return soon enough. Until then, enjoy this season. Get outside. Move a little more than yesterday. Let the sunshine and fresh air help you find that easy, natural bounce in your step again.

By- Ben Evans

## Move If You Know It

Mondays  
10:30AM-11:00AM

## Fending Off Falls

Tuesdays & Thursdays  
11:00AM

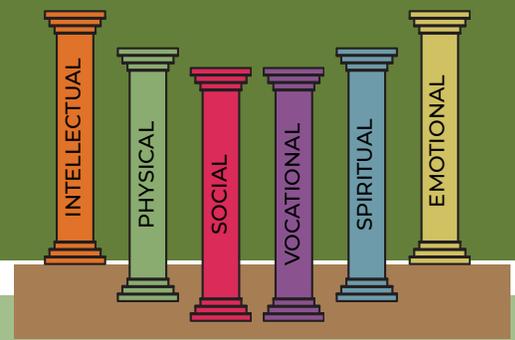
## Open Gym

Monday-Friday  
7:30AM & 2:00PM

## Did You Know?

You can schedule a 1-on-1 with Ben or Blessed during Open Gym!

# Health & Wealth



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

Estate planning is your chance to shape your family's future with purpose. Without a plan, Arizona decides, leading to a stressful probate process that may cause division within your family. A living trust ensures smooth asset transfer and protects loved ones. This is about stewardship—aligning your wishes with impact and unity. Review your will, trust, and directives today. Lead with intention, because the future

of your values and your loved ones is too important to leave to chance.

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



## Healthy Kidneys Keeps Life Flowing!

March is National Kidney Month, and Curana Health is raising awareness about kidney health and ways to prevent and manage Chronic Kidney Disease (CKD). Over 35 Million Americans have CKD which often shows no symptoms until serious issues develop.

### MANAGING CHRONIC KIDNEY DISEASE INCLUDES:

- Regular Check-ups
- Controlling Blood Pressure
- Monitoring Blood Sugar
- Taking Prescribed Medications
- Maintaining a Healthy Weight
- Getting Enough Sleep
- Reducing Stress
- Exercising
- Eating Well

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

Call Curana Health to schedule an appointment: 602-613-5917.



CHMG-2026-0336-020826

# *Fellowship Friends*

Welcome Home!



Josephine U.



Norma S.



Cheryl C.



Mary C.



Andy C.



Andrea S.



Teri C.

Barbara M.

Bud S.

## *With Heartfelt Sympathy*



Delores W.

Psalm 46:1

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

# March Birthdays

Walter Wiesler	3/1	2108
Bonnie Maksym	3/3	2215
Sandy Cochrell	3/4	3205
Phil Smith	3/7	GH-28
Janet Larsen	3/8	2109
Audrey Hall	3/8	1124
Carole Rolland	3/9	1102
Hans Schaefer	3/10	1115
Barbara Prenovost	3/10	3123
Katie Edge	3/12	1319
Paul Losch	3/12	1119
Verl Curtiss	3/12	1221

Diana Yang	3/13	GH-17
Ruey Yang	3/13	GH-17
Darhleen Spangenberg	3/16	3305
Ellen Stoll	3/16	GH-16
Miriam Perry	3/16	3112
Shirley Sylvester	3/18	1312
Flo Edwards	3/20	3119
Pat Weegen	3/21	1219
Lee Johnson	3/28	3105
Cristie Roe	3/28	1112
Lloyd Aycock	3/30	GH-6

## Resident-Led Activity Groups

<b>Group Name</b>	<b>Day of The Week</b>	<b>Time</b>	<b>Location</b>
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	Centerview 2 <sup>nd</sup> Floor Lounge
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	Neighborhood Nook
Rummikub	Saturdays	12:00PM	Activity Room
Game Night	Saturdays	6:00PM	Garden Cafe