



FELLOWSHIP SQUARE
PHOENIX

Happenings at THE SQUARE

— April 2026



What's Inside...

STAFF DIRECTORY 2-3

ACTIVITIES 4-5

TRANSPORTATION 6-7

AMAZING MEMORIES! 8-9

**CHAPLAIN'S
HAPPENINGS** 10-11

HEALTH & WEALTH 12-13

**FELLOWSHIP
FRIENDS** 14

BIRTHDAY LIST 15

**RESIDENT LED
ACTIVITIES** 16

Blue Skies & Butterflies

This month is all about soaking up the sunshine, enjoying the fresh air, and making the most of this beautiful spring season!

Our calendar is FULL of fun, and we'll be out under the blue skies with exciting outings like the Maricopa County Fair and a peaceful morning of bird watching at the Audubon Center.

Back at home, the fun keeps going as we kick things off with a hilarious UN-Talent Show. Water Aerobics is back, and by popular demand, our weekly gnome hunt returns every Friday—keep your eyes peeled!

And what is spring without Easter? We'll take time to reflect and celebrate together with Good Friday and a beautiful Easter Sunrise Service.

So come join the fun, try something new, and enjoy every bright and joyful moment of *Blue Skies & Butterflies!*



Staff Directory

<p><u>Activity & Event Coordinator</u> Sarah Garcia Sarah.Garcia@christiancare.org 602-443-5421</p>	<p><u>Dining Room Supervisor</u> Melissa Celaya Melissa.Celaya@christiancare.org 602-443-5468</p>
<p><u>Activities Assistant</u> Katy Freitas Katlynn.Freitas@christiancare.org 602-424-9426</p>	<p><u>Director of Resident Experience</u> Amy Borders Amy.Borders@christiancare.org 602-443-5419</p>
<p><u>Beauty Barber Shop</u> Sue Widdison Gaye Wineland 602-443-5422</p>	<p><u>Director of Sales</u> Lyn Soare Lyn.Soare@christiancare.org 602-385-1590</p>
<p><u>Chaplain</u> Joey Sampaga Joey.Sampaga@christiancare.org 602-443-5486</p>	<p><u>Executive Chef</u> Jason DePeal Jason.DePeal@christiancare.org 602-443-5425</p>
<p><u>Community Advancement Officer</u> Gene Sanders Eugene.Sanders@christiancare.org 602-682-2986</p>	<p><u>Front Desk</u> Patty Zent Patricia.Zent@christiancare.org 602-833-4330</p>
<p><u>Concierge Desk</u> Volunteers 602-424-9421</p>	<p><u>Gift Shop</u> Pat Batt & Volunteers 941-408-5867</p>
<p><u>Corporate Billing Specialist</u> Rebecca Uhl Rebecca.Uhl@christiancare.org 480-385-0267</p>	<p><u>Home Instead</u> hiscnphx@homeinstead.com 602-638-1470 homeinstead.com/837</p>
<p><u>Dining Room Meals</u> Take Out Orders 602-443-5424</p>	<p><u>Housekeeping Services</u> Quatasha Warren Quatasha.Warren@christiancare.org 602-443-5420</p>



Staff Directory

<p><u>Maintenance</u> Jason Hernandez Jason.Hernandez@christiancare.org 602-443-5469</p>	<p><u>Transportation</u> Tony Lopez TonyLopez@christiancare.org 602-424-9443</p>
<p><u>Resident Navigator</u> Jesse Elwood Jesse.Elwood@christiancare.org 602-443-9450</p>	<p><u>Vice President of Operations</u> 602-443-5439</p>
<p><u>Security</u> Customer Service 602-443-5400</p>	<p><u>Wellness/Fitness Center</u> Ben Evans Ben.Evans@christiancare.org 602-443-5484</p>
<p><u>Social Services</u> Jamie Childress Jamie.Childress@christiancare.org 602-443-5417</p>	<p><u>Work Orders</u> Maintenance Work Orders phxworkorder@christiancare.org 602-424-9432</p>

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





UN-TALENT SHOW!



BOOOO!

Where the **worse** the talent.. the better the show!

**APRIL 1ST AT 3PM
ACTIVITY ROOM**

Think you have no talent? **Perfect!** Join us for the Un-Talent Show to share a 3 min funny skill, goofy trick, or just enjoy the laughs!

Ready to show off your un-talents?
Sign up with Sarah or Katy!



Secret Garden Party!

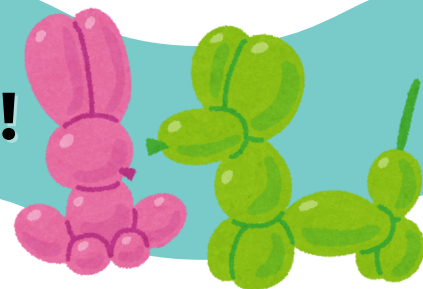
Join us for a lovely morning of tea, treats, and friendly conversation in a charming garden setting!

**FRIDAY, APRIL 10TH AT 10AM
IN THE PRAYER GARDEN**

Sign up at the concierge desk!



This is Where the **FUN** Happens!



HIP HIPPO HOORAY!

Wednesday, April 8th
3:00PM in the Activity Room

- National Pygmy Hippo Day
- Trivia
- Snacks

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

SIGNS OF FRIENDSHIP

Wednesday, April 15th
3:00PM in the Activity Room

- National ASL Day
- Learn a Few Signs
- Make New Friends

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

HAPPENINGS & HIGHLIGHTS

Friday, April 17th
11:30am in the Activity Room

- Hear Firsthand All the Fun in Store for Next Month
- Be the First to Sign Up for Outings & Activities

BLOOM WHERE YOU'RE PLANTED

Wednesday, April 22nd
3:00PM in the Activity Room

- Celebrate Earth Day!
- Decorate a Pot
- Pot a Plant

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

MY TRASH, YOUR TREASURE

Friday, April 24th
11:00AM in the Activity Room

- Give Your Items a New Home
- Find New Items for Your Home
- Delbis Precious Metals will also be back!

****Sign Up in the Activity Book for a Table****

HONK IF YOU LOVE YOUR BUS DRIVERS!

Wednesday, April 29th
3:00PM in the Activity Room

- National Bus Driver Day!
- Bring a Thank You Card for Our Drivers or Sign the Ones We Have in Sarah's Office

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

Campus Outings

Adventure is Out There!



MARICOPA COUNTY FAIR

*Friday, April 3rd
9:30AM-12:30PM*

- Admission is FREE
- Bring money for food and rides

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

THE VIG

*Monday, April 13th
3:30PM*

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

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

CHOLLA LIBRARY

*Wednesday, April 15th
11:00AM*

- Check Out Books
- Return Books

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

AUDOBON CENTER

*Saturday, April 18th
7:20AM-11:30AM*

- FREE Guided Bird Watching
- Breakfast Burrito Included!

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

WILDFLOWER

*Monday, April 27th
9:00AM*

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

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

DO YOU HAVE ANY SUGGESTIONS??

*Any Day
Any Time*

- Stop by Sarah's office
- Leave a note on Sarah's 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 Bookmans or Sprouts (4/6)

11:30 am Dollar Tree or Ross (4/20)

Wednesday

11:30 am Fry's 10% Off (4/1)

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

1:30 pm Bank Run

1:30 pm Walmart (4/8 & 4/22)

11:30 am Trader Joe's or Whole Foods (4/29)

Friday

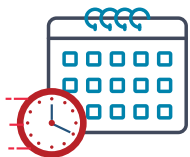
9:00 am Post Office (4/3 & 4/17)

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.

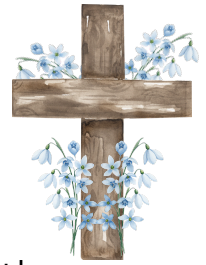
Fill out an appointment slip and leave it on the Transportation door.

- ✓ 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!

Memories



Chaplain's Happenings



Blue Skies & Butterflies

April brings with it the gentle beauty of spring, a season that quietly reminds us of fresh air, new life, and renewal.

The blue skies we so often enjoy here feel especially fitting this time of year. They invite us to slow down, step outside, and appreciate simple moments. To enjoy a walk, a breeze, a bit of sunshine. And like butterflies, spring gently reflects change, growth, and new beginnings.

In last month's newsletter, I shared that Heather and I were planning a post-anniversary trip to Iceland. Well... plans evolve. We are now leaning more toward Portugal. The beautiful weather, the incredible food, and, yes, the more manageable cost all played a part in our decision. Sometimes practical considerations and simple joys guide us in new directions.

Travel plans, much like life itself, have a way of changing. What we first imagine is not always where we eventually arrive, and that is not necessarily a disappointment. Often, it becomes part of the adventure. There is something refreshing about remaining open to new possibilities. Spring quietly teaches the same lesson.

Everywhere we look, we see reminders of God's ongoing work of renewal. Blossoms appear where branches once looked bare. Butterflies emerge after seasons of hidden transformation. The world itself reflects a steady rhythm of change, growth, and life.

Scripture beautifully echoes the wonder of this season:

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

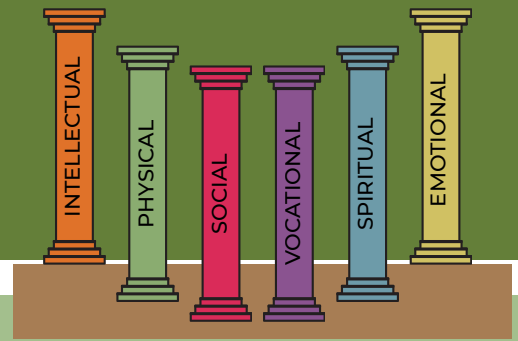
Psalms 19:1

As we move through April, may you enjoy the blue skies, notice the butterflies, and embrace the small moments of refreshment and joy that surround us. Sometimes the simplest experiences, like a peaceful walk, a bit of sunshine, a quiet pause, become the greatest gifts.

Prayer Groups

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

Health & Wealth



Water aerobics is a great way to stay active without putting extra stress on the body. The water supports your weight, taking pressure off the knees, hips, and back, which makes movement more comfortable while still providing a solid workout. At the same time, the natural resistance of the water helps build strength, improve balance, and support coordination, all of which play a key role in preventing falls.

The water itself adds a unique challenge for balance. Because it is constantly moving, your body has to make small adjustments to stay steady. This helps strengthen stabilizing muscles and improves body awareness, making everyday movements feel more controlled and confident.

It is also a safe and effective way to improve heart health and endurance. Many people find they can move more freely in the water and exercise longer without feeling worn down. On top of that, classes are often fun and social, creating an environment where people can connect, stay engaged, and enjoy being active together.



For anyone looking to feel stronger, move with more confidence, and maintain independence, water aerobics is a simple and enjoyable option that makes a real difference.

By- Ben Evans

WELLNESS *highlights*



Fending Off Falls

Tuesdays & Thursdays
11:00AM
Fitness Center

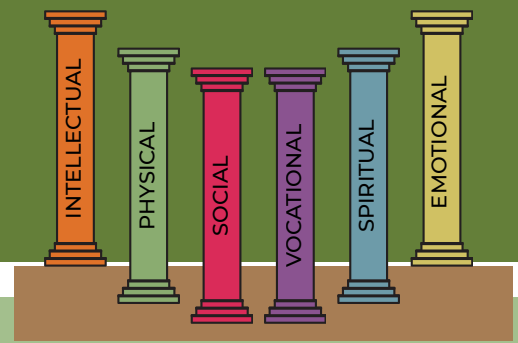
Water Aerobics

Tuesdays & Thursdays
9:00AM
Pool

Adventure Club

Tuesdays
1:30PM
Neighborhood Nook

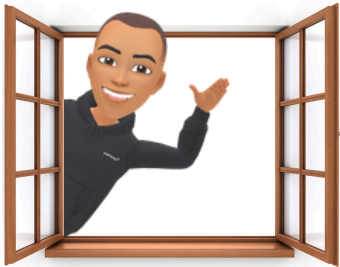
Health & Wealth



A Word From... The Man in the Window

Give more affordably with these two options:

Giving stock is a two-for-one deal: an income tax deduction and no capital gains tax. Skip the tax hit by donating stock directly to Fellowship Square Phoenix. Want to stay invested with your existing portfolio? Rebuy the stock at current market value and reset your cost basis.



Giving from your IRA lets you donate pre-tax dollars, avoid income tax on the front end, and satisfy your Required Minimum Distribution—all while maximizing impact.

For questions please contact, Gene Sanders at 602-682-2986 or e-mail Eugene.Sanders@christiancare.org

April is Parkinson's Awareness Month

A time to focus on supporting and empowering patients and celebrating the resilience of those who suffer from Parkinson's Disease.

SUPPORT FOR PARKINSON'S RELATED CONCERNS

If you or a loved one is suffering from symptoms of Parkinson's Disease, Curana Health is here to provide support, including personalized, on-site care, medication management, symptom monitoring, and access to specialists—all within your community.

Even if you already have a primary care provider, you can still see Curana Health for urgent needs such as falls, minor injuries, or Parkinson's-related concerns.

Using Curana for sick visits does not replace your current physician—unless you choose to make the transition.

Interested in scheduling an appointment or learning more?
Call: 602-613-5917 or visit CuranaHealth.com



Fellowship Friends

Welcome Home!



Marge W.



Lydia M.



Margaret M.



Pam H.



Suzanne C.



Frank H.



Arden T.



Karen A.

With Heartfelt Sympathy



Ron F.

Psalm 46:1

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



Chuck O.



April Birthdays

Carol S.	4/3
Larry D.	4/5
Paul B.	4/5
Doris T.	4/9
Richard N.	4/15
Kay M.	4/16

Norma S.	4/16
Alyce-Anne M.	4/18
Harriet Z.	4/21
Colette W.	4/27
JoFay U.	4/27
Althea R.	4/30

Resident-Led Activity Groups

GROUP NAME	DAY OF THE WEEK	TIME	LOCATION
Farkle	Mondays	1:00PM	Centerview 2 nd Floor Lounge
Book Club	Every 3 rd 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 nd 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 nd Floor Lounge Activity Room
LCR	Fridays	12:30PM	Neighborhood Nook
Rummikub	Saturdays	12:00PM	Activity Room
Game Night	Saturdays	6:00PM	Garden Cafe