



FELLOWSHIP SQUARE  
HISTORIC MESA

# THE GOOD NEWS

## JUNE 2026

We are at the halfway point of the year 2026! Up to this point we have had many awesome activities and experiences and the good times will continue in the month of June!

### On Campus Activities

**June 1** - Fry's/Walgreen's/CVS/Dollar General Shopping Outing

**June 2** - History Café w/Ken Sorensen

**June 2** - Organ Concert w/Ken Noble

**June 2** - Bridging the Gap between Christianity & Judaism Series

**June 3** - Movie Hour w/Steve Hotchner "Chariots of Fire"

**June 4** - Volunteer Meeting

**June 4** - Kings Fish House Restaurant Outing

**June 8** - SouthWest Mobility Service

**June 8** - Walmart on Greenfield Shopping Outing

**June 9** - Activity Council Meeting

**June 10** - Quad 1 & 2 Fire Drill

**June 10** - Hearing Aid Specialist

**June 11** - "The Rat Pack" Presentation w/Steve Nissle

**June 11** - Vito's Italian Restaurant

**June 13** - Missionary Gathering

**June 13** - Hearing Aid Specialist

**June 15** - Fraud Prevention Presentation w/Sgt. R. Sheehan

**June 16** - Organ Concert w/Ken Noble

**June 16** - Dementia Friendly Presentation w/Bobbie

**June 17** - Singing with the Stars & Karaoke

**June 18** - New Resident Meet & Greet Meeting

**June 18** - Happy Hour w/Jim Springer

**June 18** - Food Committee Meeting

**June 18** - Movie Night w/Everett "Father of the Bride"

**June 18** - Applebee's Restaurant Outing

**June 19** - Historic Mesa Father's Day Guys Night Out Event

**June 21** - Happy Father Day

**June 22** - Movie Night w/Everett "Three Amigos" & More

**June 22** - New Book Club Meeting "Still Life"

**June 24** - Veterans Breakfast w/Veterans Affinity

**June 24** - What's it all About Anyways Series

**June 25** - Generals of WW11 Presentation w/Ken Sorensen

**June 25** - Garcia's Mexican Restaurant

**June 26** - Coffee & Shredd Event (*\$6 per bankers Box*)

**June 27** - Garden Club Meeting

**June 29** - Thrift Store Outing

**June 30** - Red, White & BBQ Resident appreciation Dinner



*You're Invited!*

A NEW CLASS AT FELLOWSHIP SQUARE

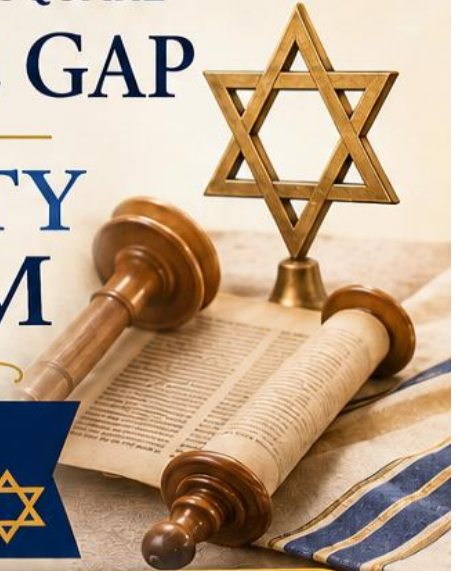
# BRIDGING THE GAP

*between*

# CHRISTIANITY & JUDAISM

*and more*

An exciting exploration of  
**"THE JEWISH ROOTS"**  
of Christianity



Hi! My name is *Susan Stockham*.  
I am a happy resident of Fellowship Square.  
I am excited about teaching a class here in June.  
It is all about bridging the gap between  
**Christianity and Judaism and more.**



**DISCUSSION GROUP – OPEN TO EVERYONE!**  
All questions and opinions gratefully accepted.



**EVERYTHING AND ANYTHING**  
you might want to know about it.



**IF YOU HAVE A SPARK OF INTEREST,**  
please allow me to turn it into a flame.



**COOKING LESSONS AND MOVIES**  
a distinct possibility.

*I can't wait to meet you!*



PLEASE JOIN ME  
**JUNE 2<sup>ND</sup> AT 6:00PM**  
in the  
**CENTER COMMUNITY ROOM**  
*for a short "meet and greet" gathering.*



**I will tell you all about my class and I will be ever so happy to meet you.**

*See you soon! Shalom! Be Well!*

*You're Invited!*

# BOOK CLUB MEETING

Next Book Club Meeting will be **JUNE 22 AT 6:30 PM**  
 IN THE CENTER COMMUNITY ROOM

**SUNDAY JUNE 22**

We're reading an excellent, well written mystery, **STILL LIFE** by Louise Penny, which will be an easy, fun read with lots of topics for thought and discussion.

It can be purchased new from Amazon for **\$13.99** or used from Amazon for as little as **\$1.87.**

Mesa Public Library has it and can get more copies on interlibrary loan. Their website is [mesalibrary.org](http://mesalibrary.org).

If the internet is not your friend, or if you need more information, please call Terri at **702-204-0409.**

*Good books. Great conversations. Wonderful community!*

**FELLOWSHIP SQUARE HISTORIC MESA**

## HAPPY FATHER'S DAY GUYS NIGHT OUT!

**FRIDAY, JUNE 19TH AT 5:00PM**

IN THE CENTER DINING ROOM

**RSVP REQUIRED**

**480-290-7955**

GOOD FRIENDS  
COLD DRINKS  
GREAT TIMES!

RELAX. UNWIND. ENJOY.

**SEE YOU THERE!**

# Dining Room Information

Dining Room Manager 480-290-7044

Director of Dining Services 480-290-7031

PLEASE SEE CHANNEL 22 FOR WEEKLY DINING SERVICES INFORMATION



DATE	Center Dining Room	Grand Dining Room
<p><b>June 21st</b>                      HAPPY  <i>Father's Day</i></p>	<p><b>CLOSED</b>                      Breakfast                      Due to Event  <b>OPEN</b>                      11:00am-3:00pm                      Dinner</p>	<p><b>To Go Menu</b>                      Available                      Please see your                      weekly menu for  <b>Buffet of the Week!</b></p>

**FELLOWSHIP SQUARE**  
 — HISTORIC MESA —

*Resident Appreciation*

**RED, WHITE & "BBQ"**

*Dinner*

**TUESDAY, JUNE 30<sup>TH</sup> AT 5:00PM**

★ IN THE ★  
**CENTER DINING ROOM**

WITH ENTERTAINMENT BY  
*Charlotta Wheeler*

**RSVP Required** 480-290-7955 **See you there!**



Wishing a very  
Happy Birthday to all of our  
June babies!

Residents, check your monthly newsletter to  
see whose birthday is coming up this month!

*For confidentiality, we do not publish birthdays online.*

## Say What? Love My Neighbor As Myself!

Hello and Good Day to every person that takes the time to read these articles. I know there are many as I receive many positive comments regarding these writings. Thank you for your kind words. The Lord has done wonderful work in compressing his ten commandments into two very simple commands. "Just then a lawyer stood up to test Jesus. "Teacher", he said, "what must I do to inherit eternal life?" He said to him, "What is written in the law? What do you read there?" He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." (Luke 10:25-28)

There is so much to unpack in this piece of Scripture that we could spend weeks doing so. The main emphasis that I want to accentuate is that of love. The world sure could use some more love, huh? Love comes from our hearts and minds, and we can choose to love every day in whatever situation, person, or event that we are dealing with. The Father in heaven emphasizes how important love is to Him when Peter states, "Above all, love each other deeply, because love covers a multitude of sins." (1 Peter 4:8) We can meet other people in our personal relationships from a place of love. Showing and extending the fruits of the Spirit such as kindness, gentleness, and goodness, all in love.

The Lord informs us that loving the Lord in Heaven and loving others are the pieces of the Law where we inherit eternal life. .... How awesome is that? I appreciate how direct and to the point Jesus is here. Love the Lord and love your neighbor. How are we to love? The Lord tells us to love with our hearts, souls, minds and strength. In other words, with everything we have, love should be the dominant emotion/feeling. We should live and dwell in a place where "love" is the thought that we renew our mind with throughout our day. "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." (Romans 12:2)

To show and extend love is a choice. It is also a reflection of one's own state of mind and condition of our heart, and soul. Engaging in a personal relationship with the Creator (however you address Him) helps us to align our thoughts with what is good. Instead of having a heart of stone we can live this life with a heart that is connected to "The I AM". God declares, "I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds." (Jeremiah 17:10). What we think can dictate what we say, both positive and negative. What we say reflects the condition of our heart. And vice versa.

Thoughts are things, and words are things. So often our words are not only expressing our thoughts but the condition of our heart. So YES, we must love our neighbors as ourselves. In all of this we can be a loving neighbor. The prophet Ezekeil spoke this, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." (Ezekiel 36:26) I will give you a heart to love is what the Father in Heaven is telling us. Show someone today a little love by "smiling" at them. You'd be surprised at the response that you get from a simple smile, that comes from a place of peace, joy and love. That response is usually a smile. Can you feel the love?

Be Blessed, Chaplain Kurt





### CHURCH SERVICES/ BIBLE STUDIES

#### SUNDAYS

#### WORSHIP SERVICE

10:00 LDS SERVICE GR-CR

10:30AM PROTESTANT SERVICE WITH  
COMMUNION CTR-CR

11:30AM CATHOLIC COMMUNION  
SERVICE

#### MONDAYS

10:00AM Morning Bible Study CTR-CR

Contact Chaplain Kurt at 480-290-7064

#### TUESDAYS

2:30PM: 2nd Tuesday of every month

Catholic Service GR-CR

Contact: Everett Garcia 480-369-6796

#### WEDNESDAYS

1:00PM Bible Study Q-Corner

Contact Chaplain Kurt at 480-290-7064

2:00PM Prayer Gathering Q-Corner

Fellowship Square Historic Mesa Church Service

On Campus Transportation at 602-663-0753

Just a  
reminder...



## Push Your Check-In Buttons!



FELLOWSHIP  
SQUARE  
HISTORIC MESA

# Coffee and SHRED EVENT

Secure your documents. Enjoy some coffee.



**SHREDDING EVENT**  
Friday, June 26th  
at 9:00am



**IN CENTER COMMUNITY ROOM**



If interested in participating, please bring  
all shredding material to Center Community  
Room at 9:00am



The cost is **\$6.00** per banker's box  
of shredding materials and enjoy some  
coffee and refreshments.



*Protect your information. Enjoy a cup. Be part of the community! ♡*



## Calling All Veterans

**History Café**  
**Ken Sorenson Presents**  
**“Roosevelt & Churchill”**  
**Tuesday, June 2nd**  
**9:00am CTR-CR**

**Veterans Only Breakfast**  
**Wednesday, June 24th**  
**8:30am CTR-CR**

# The RAT PACK

A LECTURE PRESENTATION

with  
**STEVE NISSELE**



  
**THURSDAY,**  
**JUNE 11<sup>TH</sup>**

  
**1:00 PM**

  
**CENTER**  
**COMMUNITY**  
**ROOM**

*Come for the stories.*  
**STAY FOR THE LEGACY.**  
RELIVE THE MUSIC, THE FRIENDSHIPS,  
AND THE LEGENDARY ERA!

\* JOIN US FOR AN AFTERNOON OF ENTERTAINMENT, HISTORY & MEMORIES! \*

## **NEW FREE** **BALLROOM DANCING** **LESSONS!**



WITH  
**Marti Claymore**  
**EVERY THURSDAY**  
**2:00PM**

**IN THE CENTER COMMUNITY ROOM**

**LEARN TO WALTZ • FOXTROT • SWING & MORE!**

*New*  
**PAINTING CLASS**  
**EVERY FRIDAY**



**WITH PEGGY**



 **2:00 PM**  
 **CENTER COMMUNITY ROOM**

All Supplies Provided | All Skills Welcome

*Join us for creativity  
and fun!*





# No-Brainer Ways You Can Support Your Brain Health

Alzheimer’s and Brain Awareness Month reminds us that brain health is shaped by every part of life—physical, emotional, social, and environmental.

## TRY THESE SIMPLE WAYS TO SUPPORT YOUR BRAIN HEALTH:

- ✔ **Make movement a daily habit.** Stretch, walk, or dance to boost brain blood flow and support mood and balance.
- ✔ **Do things that spark joy.** Music, art, puzzles, reading, or hobbies keep your brain active.
- ✔ **Feed the body, fuel the brain.** Choose balanced meals, colorful produce, and plenty of water for steady energy and cognitive support.
- ✔ **Stay connected.** Short conversations can reinforce identity, dignity, and belonging.

## CURANA HEALTH IS HERE TO SUPPORT YOU—THE WHOLE YOU.

Our on site providers offer comprehensive, convenient care in your community, including on-site primary care, sick visits, and symptom management.

If you already have a primary care physician, you can still see Curana Health for urgent or same day needs.



To learn more about Curana Health or to schedule an appointment, call **623-305-0436** or visit **CuranaHealth.com**.



*Always consult a healthcare provider before beginning a new exercise program, especially if you have pre-existing conditions.*

# JUNE WELLNESS/FIT CALENDAR INDEPENDENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit &amp; Fit 11:45 Dance CTR 1:30 Tai-chi</p>	<p><b>2</b> 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5</p>	<p><b>3</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p><b>4</b> 8:30 GCR class/TV 10:30 Functional Fitness 3:00 FITNESS VOLUNTEER TRAINING</p>	<p><b>5</b> 8:30 GCR class/TV 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Volleyball</p>
<p><b>8</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit &amp; Fit 11:45 Dance CTR 1:30 Tai-chi</p>	<p><b>9</b> 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5</p>	<p><b>10</b> 8:30 GCR class/TV 9:00 Wii Bowling 9:30 Trip to Phoenix Art Museum 3:00 Paul GRP (AG)</p>	<p><b>11</b> 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Wellness Talk Move outside and feel better</p>	<p><b>12</b> 8:30 GCR class/TV 9:00 Wii Bowling 8:30 Walking GRP 9:30 Water Fun Q1 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Fun Sports</p>
<p><b>15</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit &amp; Fit 11:45 Dance CTR 1:30 Tai-chi</p>	<p><b>16</b> 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5</p>	<p><b>17</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p><b>18</b> 8:30 GCR class/TV 10:30 Functional Fitness 3:00 BRAIN FIT</p>	<p><b>19</b> 8:30 GCR class/TV 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Fun Sports</p>
<p><b>22</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit &amp; Fit 11:45 Dance CTR 1:30 Tai-chi</p>	<p><b>23</b> 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball</p>	<p><b>24</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP 2:30 Chair Yoga with Kristen</p>	<p><b>25</b> 8:30 GCR class/TV 10:30 Exercise GRP</p>	<p><b>26</b> 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Exercise GRP</p>
<p><b>29</b> 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP 11:45 Dance GRP</p>	<p><b>30</b> 8:30 GCR class/TV 10:30 Exercise GRP 3:00 Basketball</p>	<ul style="list-style-type: none"> <li>● Mind-Body</li> <li>● Sports</li> <li>● Outing / Trip</li> <li>● Educational</li> </ul>	 <p>FELLOWSHIP SQUARE HISTORIC MESA</p>	



# SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

## STAYING ACTIVE INDOORS WITH THE NU-STEP

One excellent option for indoor cardio exercise is the Nu-Step machine. This easy-to-use machine provides a low-impact workout that is gentle on the joints while helping improve strength, circulation, endurance, and overall fitness. The Nu-Step allows users to move both the arms and legs in a smooth, comfortable motion. It is especially helpful for older adults because it reduces stress on the knees, hips, and back while still providing an effective cardiovascular workout. Participants can adjust the resistance and pace to match their comfort and fitness level. We have three Nu-Step machines available in the Center Gym and one at the Grand site. Come in and use them to stay active, improve your cardio health, and keep moving safely during the summer months!

## STAYING ACTIVE OUTDOORS

If you are walking outside, make sure to stay safe and watch for these signs of dehydration: dizziness, headache, dry mouth, fatigue, muscle cramps, dark urine, and confusion. Bring water with you, wear light clothing, and avoid outdoor activity during the hottest parts of the day.

## JUNE HIGHLIGHTS

### Brain Fitness

June 18 | 3:00 PM | CTR - CR Gym

### Phoenix Art Museum

Wednesday, 6/10 | 9:30 AM - 2:00 PM

\$22 entry fee (cash, pre-pay by 6/05) CTR

A unique glimpse into the art, artists, and history you will discover in the galleries of Phoenix Art Museum.

### Walking & Clinics

Fridays | 8:30 AM - CTR Gym

Full-body, joint-friendly walking that improves posture and gait.

### 4-Week Move more in June Challenge

June 1-30 | Stay active, healthy, and energized this June! Complete one activity each day to improve strength, balance, flexibility, and overall wellness. Return completed tracking sheet to Kat (Center Gym). (See flyer for details.)

### Wellness Talk - Move outside, feel better

Thursday, 6/11 3:00 PM | CTR - CR Gym

- Heat, UV & Hydration Smart
- Dehydration Awareness
- Nature & Mental Wellness
- Walking Smarter Outdoors

## PEGGY STIMSON SHARING HER WIN

What challenges was I facing before I began the exercise program?  
Stiff joints and lack of endurance.

I feel much better in my movements. The pain in my joints has subsided. I have to say I am 90% better than when I started the exercise classes, thank you Kat for all the encouragement. I am also walking twice as far now from when I started.

## SHARE YOUR SUCCESS STORIES

How to Share? Write your story/Submit to Kat  
Your success doesn't have to be big—every win counts!

# MOVE MORE IN JUNE

## 30-Day Active Aging Challenge

June 1-30 | Accomplish daily and be entered into a prize drawing!

- June 1 - Take a 10-minute walk
- June 2 - Drink 8 glasses of water
- June 3 - Stretch for 5 minutes
- June 4 - Practice balance exercises
- June 5 - Do seated marching for 3 minutes
- June 6 - Try deep breathing exercises
- June 7 - Dance to your favorite song
- June 8 - Complete 10 chair stands
- June 9 - Walk with a friend
- June 10 - Practice posture exercises
- June 11 - Do arm circles and shoulder rolls
- June 12 - Spend time outdoors
- June 13 - Do light resistance band exercises
- June 14 - Try a new healthy snack
- June 15 - Practice heel-to-toe walking
- June 16 - Try water class
- June 17 - Do seated yoga stretches
- June 18 - Attend a fitness class
- June 19 - Practice memory games
- June 20 - Do gentle leg lifts
- June 21 - Walk around your community
- June 22 - Stretch your neck and shoulders
- June 23 - Practice sit-to-stand exercises
- June 24 - Try a relaxation activity
- June 25 - Try a relaxation activity
- June 26 - Share a healthy tip with a friend
- June 27 - Take a nature walk
- June 28 - Practice coordination exercises
- June 29 - Do your cardio
- June 30 - Celebrate your progress!

