

HAPPENINGS AT THE SQUARE



June 2026

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Swing Into Summer

It's June and summer is here! We have a calendar full of tropical fun, exciting adventures, and meaningful connections!

Try something different with our brand-new Yarn Club or cheer on your friends during Home Run Club. Adventure awaits with outings to Rainforest Cafe and the Arizona Rattlers Game. You can also take part in our special Vacation Bible School, featuring a full day of fellowship, activities, games, crafts, and fun. There is so much to do with us this month!

Whether you're joining us for Bingo, happy hours, fitness classes, games, music, shopping trips, or social events, we hope you'll make the most of everything summer has to offer here at Fellowship Square. *Let's swing into summer together!*



Staff Directory

<p><u>Activity & Event Coordinator</u> Sarah Garcia Sarah.Garcia@christiancare.org 602-443-5421</p>	<p><u>Covenant Home Health</u> Lori Martin Lori.Martin@christiancare.org 602-443-5441</p>
<p><u>Activities Assistant</u> Katy Freitas Katlynn.Freitas@christiancare.org 602-424-9426</p>	<p><u>Dining Room Meals</u> Take Out Orders 602-443-5424</p>
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Staff Directory

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602-443-5469
Josh.Watkins@christiancare.org

Wellness/Fitness Center

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

Resident Navigator

Jesse Elwood
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602-443-9450

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Security

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602-443-5400

Work Orders

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



A Taste OF THE Jungle!

Journey through the jungle one bite at a time as you meet different animals and enjoy tasty treats inspired by their favorite foods!



DATE:
Friday, June 26th



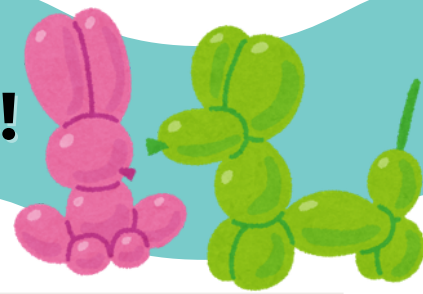
TIME:
10:30am



LOCATION:
In the Activity Room

Sign up at the concierge desk!

This is Where the **FUN** Happens!



YARN CLUB

*Tuesdays in June
12:30PM in the Library*

- Stitch, chat, and create with fellow yarn lovers!
- Bring your latest project and enjoy cozy conversation and creativity.
- Whether you knit or crochet, all skill levels are welcome!

FLAG FOOTBALL FACEOFF

*Wednesday, June 3rd
3:00PM in the Activity Room*

- Are you ready for some (flag) football??
- National Flag Football Week
- Come learn about a few plays and give them a try!

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

HOME RUN CLUB

*Fridays in June
12:30PM in the Activity Room*

- Join us for The Great American Pastime
- Step up to the plate and bring your best trash talk!

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

ROOT BEER MOO-D

*Wednesday, June 10th
3:00PM in the Activity Room*

- National Black Cow Day
- Come enjoy some root beer floats!

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

VBS: KING OF THE JUNGLE

*Wednesday, June 17th
All Day in the Activity Room*

- Enjoy your very own VBS complete with craft time and game time!
- Grow in faith and friendship while making wonderful memories together!

****Return Registration to Sarah****

DOGGONE GOOD DADS

*Friday, June 19th
3:00PM in the Activity Room*

- Calling all Dads!
- Father's Day Celebration
- Hotdog Bar & Drinks
- Invite your kids!

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

Campus Outings

Adventure is Out There!



THE ORIGINAL BREAKFAST HOUSE

*Monday, June 8th
9:00AM*

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

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

ARIZONA RATTLER'S GAME

*Sunday, June 14th
2:30PM-7:00PM*

- \$16-\$18
- Indoor Football Game
- Bring money for snacks

****Sign Up with Gene or Sarah****

CHOLLA LIBRARY

*Wednesday, June 17th
11:00AM*

- Check Out Books
- Return Books

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

RAINFOREST CAFE

*Monday, June 22nd
11:30AM*

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

****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 Aldi or TJ Mazz (6/1)

11:30 am Trader Joe's or Whole Foods (6/15)

Wednesday

11:30 am Fry's 10% Off (6/3)

1:30 pm Fry's 10% Off (6/3)

1:30 pm Bank Run

1:30 pm Walmart (6/10 & 6/24)

Friday

9:00 am Post Office (6/5 & 6/19)

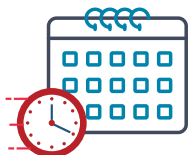
11:30 am Savers (6/26)

10:00 am Safeway, Walgreens or CVS

Tuesday & Thursday

Medical Run

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

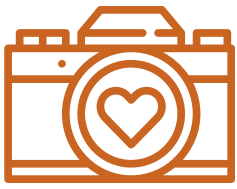


Got an appointment coming up?

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!



Good Times...



Amazing Memories



Arnie Reah participated in a Golf Tournament and got a **HOLE IN ONE!**



Chaplain's Happenings



Swing Into Summer

Hello Fellowship Square Family,

Welcome to June! This month our community theme is "Swing into Summer" with a fun jungle twist. To be perfectly honest, I have never actually been to a real jungle. I suppose the simulated one on the Jungle Cruise at Disneyland might count! However, Heather and I currently live in downtown Phoenix, and many people would definitely consider that a "concrete jungle."

When I think of lush and vibrant environments, my mind goes back to a mission trip Heather and I took to Jamaica. We spent time serving in Steertown, which is considered one of the poorest towns in Jamaica. It was not a deep and uncharted jungle, but the landscape was wild and beautiful. It was very much like the incredible spirits of the people we met. They had so little in terms of material wealth, yet their joy, faith, and warmth were as bright and alive as the tropical sun. It was a beautiful reminder that true peace is not found in our surroundings but in our hearts.

Sometimes our own lives can feel a bit like navigating a jungle. The path ahead might seem dense, unpredictable, and hard to walk. We might feel lost in the thick of our circumstances or exhausted by the heat of a difficult season. The good news is that we are never without a Guide.

Isaiah 58:11 gives us this beautiful promise:

"The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a watered garden, like a spring of water whose waters do not fail."

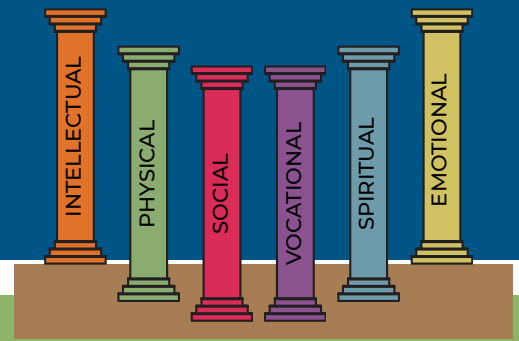
Whether you are facing a season of unexpected twists or simply trying to find some shade and rest this summer, remember that God provides exactly what we need to thrive. He makes a way through the thickest parts of our journey and sustains us every step of the way. I look forward to seeing all of you around the community as we celebrate this vibrant season together. Let us swing into summer with joyful hearts and a renewed sense of hope.

Take Care & God Bless, Chaplain Joey

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



Arizona summers do not mess around. One minute you are enjoying your morning coffee on the patio, the next minute your flip flops are melting into the sidewalk. Living in a senior community during the summer means learning how to stay cool without hiding indoors all day long.

The first trick is timing. Early mornings and evenings are your best friends. Take walks before the sun turns the parking lot into a frying pan. Many residents enjoy morning stretches, water aerobics, or simply sitting outside with neighbors before the heat cranks up.

Hydration matters more than people think. Keep a water bottle nearby and drink throughout the day, even if you are not thirsty. Adding lemon, cucumber, or fruit slices can make water a little more fun and easier to enjoy.

Light meals also help. Heavy foods can leave you feeling sluggish in the heat. Fresh fruit, salads, grilled chicken, and smoothies are simple summer winners. Watermelon somehow tastes better when it is 112 degrees outside.

Inside the community, summer can actually be a great excuse to slow down and enjoy the little things. Card games, movie afternoons, bingo, puzzles, crafts, and catching up with friends in the air conditioning suddenly feel pretty luxurious.

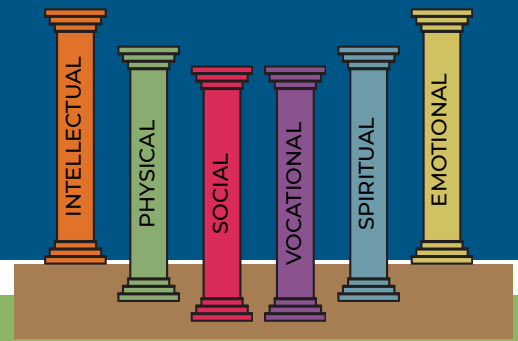
One of the best parts about senior community living during an Arizona summer is that nobody expects you to mow a lawn in the middle of the afternoon. That alone deserves a celebration.

Stay cool, stay hydrated, and remember this important Arizona survival tip: if the steering wheel looks shiny, do not touch it without checking first unless you enjoy branding your palm for fun.



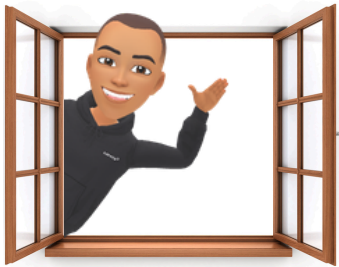
By- Ben Evans

Health & Wealth



A Word From... The Man in the Window

A traditional IRA can be like handing your children a full bucket with a hole in the bottom. Because withdrawals are taxed as ordinary income and usually must be emptied within ten years, much of the value can drain away in taxes. Some families instead direct the IRA to fund a charitable gift annuity or charitable remainder trust, turning that bucket into a steady stream of lifetime income for their children while redirecting tax money to a nonprofit they love.



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

No-Brainer Ways You Can Support Your Brain Health

Alzheimer's and Brain Awareness Month reminds us that brain health is influenced by all aspects of our lives. Simple actions—like staying active, eating nutritious foods, finding joy in hobbies, and connecting with others—can help keep your mind sharp and improve your well-being.

CURANA HEALTH SUPPORTS YOUR WHOLE WELL-BEING.

Our providers deliver convenient primary and sick care in your community. You can visit Curana Health for urgent needs, even if you have a primary care doctor—no disruption to your ongoing care.



To learn more about Curana Health or to schedule an appointment, call or visit [CuranaHealth.com](https://www.CuranaHealth.com)



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

Fellowship Friends

Welcome Home!



Sue A.



Margie P.



Janna B.



Bill J.



Barbara L.



Cheryl C.



Christine S.



Michael D.



Mary R.

START HERE!

*Tuesday, June 9th
9:30AM in the Activity Room*

- Let's get you settled in right!
- Get questions answered and find activities you enjoy!

NEIGHBORS & NEW BEGINNINGS

*Wednesday, June 24th
3:00PM in the Activity Room*

- Meet fellow new residents and seasoned ones too!

June Birthdays

Ruth Ellyn Wing	6/1	1216
Janet Miracle	6/1	2207
Michael Yang	6/3	2114
Ron Wiese	6/6	1113
Jane Shever	6/6	3128
Char Simpson	6/9	2305
Barbara Gaston	6/10	1126
Janice Ringgenberg	6/10	3313
Rob Lewis	6/11	2100
Judy Shull	6/14	3302

Mary Jane Young	6/16	2113
Ronnie Cottrill	6/19	1109
Ron Brill	6/19	1121
Nancy Brown	6/20	2317
Clara Tegarden	6/20	3306
Sharon Deist	6/25	GH-4
Sharon Glenn	6/25	1204
Joan Klein	6/26	2107
Carol Phillips	6/27	1214
Joseph Esposito	6/28	GH-11

Resident-Led Activity Groups

Group Name	Day of The Week	Time	Location
Mahjong	Mondays	12:00PM	Southgate 2 nd Floor Lounge
Farkle	Mondays	1:00PM	Centerview 2 nd Floor Louge
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
Karaoke	Wednesdays	5:00PM	Neighborhood Nook
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