



FELLOWSHIP
SQUARE
PHOENIX

HAPPENINGS AT THE SQUARE

July 2026



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Under the Sea

July is here, and we're diving into an ocean of fun with our Under the Sea theme! This month is filled with exciting activities, tropical treats, and opportunities to connect with friends old and new.

Share your favorite life lessons at Pearls of Wisdom, celebrate America's 250th birthday at Cheers to 250 Years, and cool off with tropical happy hours featuring Jellyfish Juice and Captain's Catch.

Looking for adventure? Join us for a trip to the Odyssey Aquarium or travel the world through our Friday Flights series. Be sure to check out fun events like Let's Be Kids Again!, Pineapple Paradise, The Man Behind the Window, and Mermaid Mischief.

Whether you're joining us for Bingo, fitness classes, shopping trips, games, music, happy hours, or social events, we hope you'll make a splash and enjoy everything July has to offer here at Fellowship Square. Let's dive Under the Sea 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>
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<p><u>Concierge Desk</u> Volunteers 602-424-9421</p>	<p><u>Executive Chef</u> Jason DePeal Jason.DePeal@christiancare.org 602-443-5425</p>
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Staff Directory

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Maintenance

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Security

Customer Service
602-443-5400

Work Orders

Maintenance Work Orders
phxworkorder@christiancare.org
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Mermaid MISCHIEF

JULY 31ST
AT 3PM

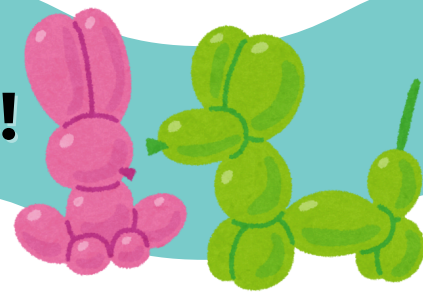
IN THE ACTIVITY ROOM

Get swept away in a wave of fun
as bubbles drift through the air
and sandcastles come to life!

*Enjoy a playful afternoon of
creativity, laughter,
and beachy vibes.*

SIGN UP AT THE
CONCIERGE DESK!

This is Where the **FUN** Happens!



PEARLS OF WISDOM

Wednesday, July 1st
3:00PM in the Activity Room

- Come share your wisdom!
- Fill out the slip in your box and bring it with you.
- We will record your wisdom and post it to our Facebook!

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

CHEERS TO 250 YEARS

Friday, July 3rd
3:00PM in the Garden Cafe

- America turns 250 years old this year!
- Come celebrate with special drinks and snacks!

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

LET'S BE KIDS AGAIN

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

- Come reminisce about the "good old days"!
- Play classic games with a twist

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

THIRSTY THURSDAY

Thursdays, July 9th & 30th
3:00PM in the Neighborhood Nook

- Enjoy Under the Sea themes drinks and snacks!
- Meet new friends!

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

HAIR'S TO YOU, SUSIE!

Friday, July 17th
3:00PM in the Activity Room

- Susie has been our hairdresser for many years!
- Come celebrate her birthday.
- Feel free to bring a card!

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

PINEAPPLE PARADISE

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

- Refreshing pineapple treat!
- Live entertainment!

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

Campus Outings

Adventure is Out There!



ODYSEA AQUARIUM

*Monday, July 6th
9:00AM*

- \$34
- Learn about sea animals

****Sign Up with Ben or Blessed****

DENNY'S

*Monday, July 13th
8:30AM*

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

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

CHOLLA LIBRARY

*Wednesday, July 15th
11:00AM*

- Check Out Books
- Return Books

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

BLUEWATER GRILL

*Monday, July 27th
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

11:30 am Fry's

11:30 am Ross or Dollar Tree (7/6)

11:30 am Trader Joe's or Whole Foods (7/20)

Wednesday

9:00am Fry's 10% Off (7/1)

11:30 am Fry's 10% Off (7/1)

11:30 am Bank Run

11:30 am Walmart (7/8 & 7/22)

Friday

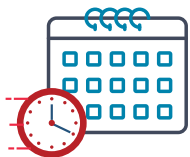
9:00 am Post Office (7/3 & 7/17)

10:00 am Safeway, Walgreens or CVS

Tuesday & Thursday

Medical Run

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



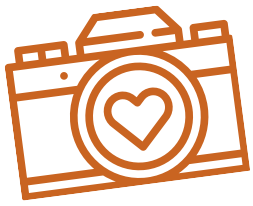
Got an appointment coming up?

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.



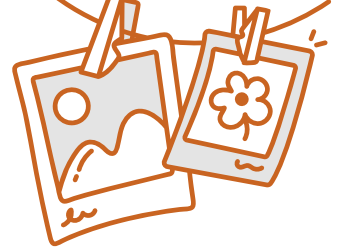
Your pick-up time will depend on your appointment time. You will get a **Blue Slip** in your box to let you know when to be outside for pick-up!



June Memories!



& Good Times



For more pictures & to follow us on social media, scan the QR codes!



Chaplain's Happenings



Under the Sea

Hello Fellowship Square Family,

Welcome to July! As the summer heat continues here in Phoenix, our community theme this month is "Under the Sea." It is the perfect time of year to imagine the cool and refreshing depths of the ocean and all the beautiful wonders hidden beneath the surface.

Thinking about what lies beneath the waves brings my mind back to an incredible trip I took to the Sea of Galilee in Israel. I had the privilege of going out on a wooden boat, gently rocking on the very currents we read about in Scripture. While on board, a local guide taught us how to cast a heavy woven fishing net over the side. It was fascinating to experience this method used in biblical times, a technique some local fishermen still practice today.

It was on those very shores that Jesus called ordinary fishermen to drop their nets into the unknown and follow Him. He told them He would teach them to be fishers of men, calling them to cast a different kind of net by sharing the gospel with the world. He showed His followers that no matter how deep the plunge or how fierce the unseen currents, He is always in complete control.

Sometimes our own lives feel like looking into deep and unpredictable waters. Here in our community, that might look like waiting anxiously for test results from a doctor or trying to navigate a sudden physical challenge. Perhaps you are missing a dear loved one or simply adjusting to a new living routine that still feels a bit unfamiliar. During those moments when we feel like we are in over our heads, we can deeply trust the One who sees everything happening beneath the surface.

Psalm 93:4 gives us this magnificent reminder:

"Mightier than the thunders of many waters, mightier than the waves of the sea, the Lord on high is mighty!"

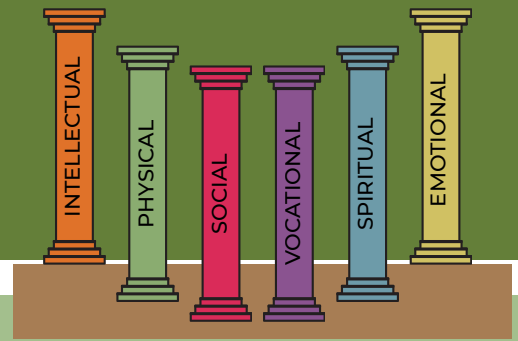
No matter what challenges you are facing right now, you are safely held by our Creator. His love runs deeper than the ocean floor, and His peace can anchor us through any storm. I look forward to seeing you all around the community this month (make sure to say hi) as we dive into this fun theme together.

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



Beat the Arizona Heat: Stay Cool and Stay Hydrated

Arizona summers can be beautiful, but the extreme heat can also pose serious health risks, especially for older adults. Staying cool and hydrated is one of the best ways to enjoy the season safely.

Make water your drink of choice throughout the day, even if you don't feel thirsty. As we age, our sense of thirst naturally decreases, making dehydration easier to miss. Keep a water bottle nearby and sip regularly.

Try to limit outdoor activities during the hottest part of the day, typically between 10 a.m. and 4 p.m. If you do head outside, wear lightweight, light-colored clothing, a wide-brimmed hat, and sunscreen.

Keep your home comfortably cool by using air conditioning, fans, and closing blinds or curtains during peak sunlight hours. Cool showers, damp washcloths, and cold beverages can also help lower body temperature.

Watch for signs of heat-related illness, including dizziness, headache, fatigue, nausea, or confusion. If you experience these symptoms, move to a cooler location, drink water, and seek medical attention if symptoms persist.

A little preparation goes a long way. Stay hydrated, stay cool, and enjoy a safe and healthy summer!



By- Ben Evans

WELLNESS *highlights*

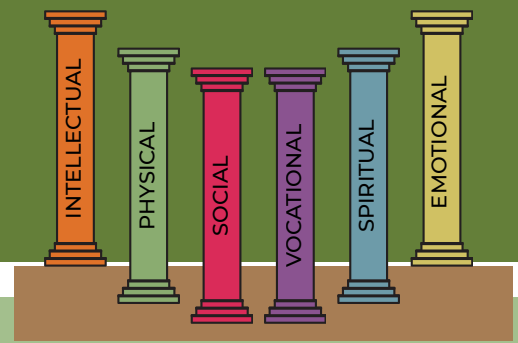
Wellness Unwrapped

Thursday, July 9th
1:00PM
Library

Home Run Club

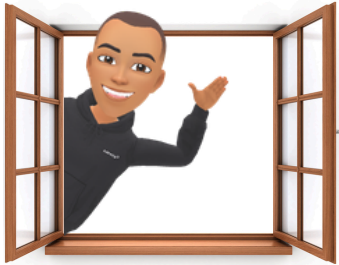
Fridays through August
12:30PM
Activity Room

Health & Wealth



A Word From... The Man in the Window

Turn your retirement account into a steady stream of income for your loved ones after you are gone with a Testamentary Charitable Remainder Trust. Instead of receiving everything at once and facing a heavy tax burden, they receive payments over time, often with less tax impact. What might have been lost to taxes becomes lasting support for your family, while the remainder ultimately advances a cause like Fellowship Square.



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



Summer Hydration Reminder

WHEN SUMMER HEAT PEAKS, SO DOES THE RISK OF DEHYDRATION, ESPECIALLY FOR OLDER ADULTS.

Our natural "I'm thirsty" signal fades with age, so staying hydrated takes a bit more intention. If you notice dry mouth, low energy, dizziness, headaches, or darker urine, your body is nudging you to drink up.

TO STAY HYDRATED, TRY:

- ✔ Sipping water regularly
- ✔ Enjoying juicy fruits like melon or berries
- ✔ Keeping a water bottle within reach

To learn more about Curana Health or to schedule an appointment, call: **602-613-5917** or visit **[CuranaHealth.com](https://www.CuranaHealth.com)**.



Fellowship Friends

Welcome Home!



Marcus S.



Kristen S.



Hazel A.



Ron A.



Elke G.



Ed G.



James B.



Karen G.



Toni G.



Mary B.



Roberta L.

START HERE!

*Tuesday, July 14th
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, July 22nd
3:00PM in the Activity Room*

- Meet fellow new residents and seasoned ones too!

July Birthdays

Donetta Jane Nesta	7/1	3121	Kay Short-Sutherland	7/14	3203
Sue Arbogast	7/2	GH-18	Ginger Draper	7/14	1314
Pat Batt	7/3	3216	Kay Holmstad	7/15	3228
JoAnn McAnerney	7/3	3115	Ray Pavlick	7/15	GH-9
Paul Paige	7/4	3327	Bud Downs	7/16	GH-2
Evogene Stephens	7/5	1127	Diana Yang	7/17	2114
Ingrid Nist	7/7	3329	Stephen Di Tullio	7/17	3129
Kristen Schmidt	7/7	1316	Madeline Ravelli	7/18	2110
Pat Kleisley	7/8	1114	Nicolas Linger	7/19	2203
Cynthia Siu	7/10	2310	Linda Grinder	7/22	2206
Phil Nist	7/11	3329	Beth Bruce	7/24	GH-5
Blanche Lukes	7/13	3312	Glenn Zumbrennen	7/30	3324
			Dorothy Starzinski	7/21	3303

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