



FELLOWSHIP SQUARE
HISTORIC MESA

THE GOOD NEWS

JULY 2026

AMERICA

Home of the free and brave! Check out all the fun activities we have planned to celebrate the independence of our beautiful country.

On Campus Activities

July 1 - AMERICA 250! Choir Concert & Veterans Wall Unveiling

July 2 - Estate Planning Con

July 2 - Volunteer Meeting

July 2 - Native Grill & Wings Restaurant Outing

July 6 - Fry's/Walgreen's/CVS/Dollar General Shopping

July 7 - History Café w/Ken Sorensen Presentation

July 7 - Organ Concert w/Ken Noble

July 7 - Activity Council Meeting

July 8 - Movie Hour w/Steve Hotchner "Remember the Titans"

July 8 - Hearing Specialist

July 9 - Comedy Hour the Best of "Jerry Lewis"

July 9 - Carolina's Mexican Restaurant

July 10 - Not Your Average Dough Bake Sale

July 11 - Missionary Gathering

July 11 - Encore Not Your Average Dough Bake Sale

July 13 - Walmart on Greenfield Shopping

July 13 - Valley Metro Transportation Services Presentation

July 14 - Happy Hour with The Cheshire Cats Music

July 15 - Singing with the Stars/Karaoke

July 16 - New Resident Meet & Greet

July 16 - Songs of America Presentation with Steve Nissle

July 16 - Food Committee Meeting

July 16 - Culver's Restaurant Outing

July 17 - Dementia Friendly Presentation Part Two

July 20 - Trader Joe's/Sprout's

July 20 - Movie Night w/Everett "Big Business"

July 21 - Organ Concert w/Ken Noble

July 22 - What's It All About

July 23 - Happy Hour w/Gary Browning

July 23 - Building Captains Meeting

July 23 - Pier 88 Seafood Boil Restaurant

July 24 - New! Open Mic Night

July 25 - Special Patriotic Rock Painting Class

July 27 - WinCo Foods Shopping

July 27 - Book Club Meeting "The Litigators"

July 28 - Camp Fellowship Resident Appreciation Event

July 29 - Veterans Breakfast w/Veterans Affinity Group

July 30 - Ken Soresen "Hidden Figures" Presentation

July 30 - Ruby Tuesday Restaurant



You're Invited!

BOOK CLUB MEETING

New members always welcome!

SUNDAY JULY 27 | NEXT BOOK CLUB MEETING WILL BE **JULY 27 AT 6 PM** IN THE CENTER COMMUNITY ROOM

We're reading an excellent, well written legal thriller, **THE LITIGATORS** by John Grisham, which will be an easy, fun read with lots of topics for thought and discussion.

It can be purchased new from Amazon for **\$14.99** 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.

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

Great books. Great conversations. Wonderful community!

FELLOWSHIP SQUARE HISTORIC MESA

LET'S READ. LET'S CONNECT. LET'S ENJOY! ♥

Fellowship Square Choir

★ presents: ★

AMERICA 250!

★ ★ ★ ★ ★

a patriotic music celebration

★ Join us | **Wednesday, July 1st**
10:00 AM

Center Dining Room

★ **The unveiling of the Veterans Wall** will be after the concert ★



★ ★ *Come share your Red, White & Blue Spirit!* ★ ★

Dementia Friendly *Presentation*



— with — *Part Two*

Bobbie Boyd

Everyone Welcome!

 **Friday,
July 17th, 2026**

 **1:00pm**

 **in the Center
Community Room**



Understanding.
Respecting.
Supporting.
Together.



FELL
SC
HIST


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>July 4th</p> 	<p>OPEN Breakfast & Dinner 8:00am-3:00pm CLOSED 3:00pm</p>	<p>To Go Menu Available Please see your weekly menu for Buffet of the Week!</p>



Camp Fellowship

Resident APPRECIATION EVENT



..... ENTERTAINMENT BY
Chuck Morris





TUESDAY, JULY 28TH



5:00 PM



IN THE CENTER DINING ROOM

RSVP REQUIRED | 480-290-7955





Wishing a very happy birthday to all
our July babies!!

Want to see who's celebrating this month?
Check your printed newsletter for the birthday list!

To help protect resident privacy, birthdays are listed in the printed newsletter only.

Declaration of Dependence on God

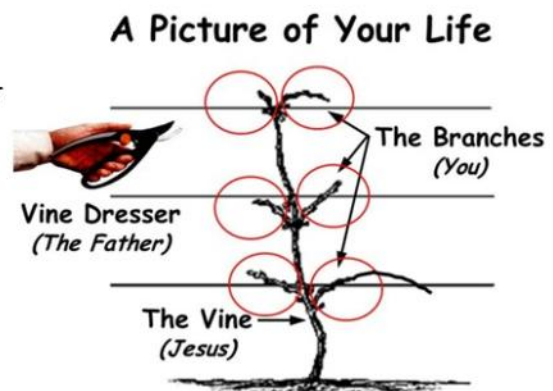
We already find ourselves halfway through the calendar year 2026. I ask this all the time: Where is the time going and is it a blessing and or a curse that it seems to be flying by so fast? Regardless of the storms that we find ourselves walking through time still seems to be flying by. Independence Day marks the midpoint of the calendar year, and as Americans we take the time to remember the time when we secured our freedom from the governance of other nations. Our founding fathers stated in the Declaration of Independence, "We hold these truths to be self-evident, that ALL men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of happiness."

The founders of this nation put their dependence, trust, and faith ultimately in and on their Creator, the great "I AM". As individuals we should be doing the same when it comes to our faith walk. The Gospel writer John eloquently describes what our dependence should look like, "I am the vine, you are the branches. He abides in Me, and I in him, bears much fruit; for without Me you can do nothing." (John 15:5) Simply stated this is pointing out that unless we are connected (dependent) upon our Creator, we cannot fulfill (produce good fruit) our purpose and plan that God has for our life. Many of us are not fulfilling our personal calling from the Lord as we are trying to do it by ourself instead of depending on the Lord.

We are exposed to this kind of dependence on God through Joshua where he writes, "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the Gods your ancestors served beyond the Euphrates, or the Gods of the Amorites, in whose land you are living. **But as far as me and my household, we will serve the Lord.**" (Joshua 24:15) This is a declaration of Joshua's dependence on the Lord himself. We should learn from this example and have confidence that in our obedience to follow Gods plan for our life the dependence should ultimately be with our Creator. We need to be connecting ourself to the vine, for without it we are nothing. The vine is where the living water can be found.

So as we remember those that have made the ultimate sacrifice for our ability to personally pursue our God given rights to Life, Liberty and the pursuit of happiness. Let us give thanks to those individuals but more importantly let us give praise and thanks to our Father in Heaven as we put our personal dependence on Him and Him alone. Jesus provides comforting words when He says, "Come to me, all who are weary and burdened, and I will give you rest. Take my yolk upon you and learn from me, for I am gentle and humble in heart, and you will find rest in your souls. For my yolk is easy and my burden is light." (Matthew 11:28-30)

As we learn to put our dependence on our Creator in heaven, the burden of this world becomes less and less. He meets us where we are regardless of the situation and the condition of our heart and mind, as he leads us to green pastures, and still and quiet waters. The Lord loves you and so does the Chaplain. Be your best today. 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**

New!

**OPEN
Mic
NIGHT**

★ Friday, ★ July 24th

at 5:00pm

in the
**Center
Community Room**

★ All Performers Sign Up with Activities ★

480-290-7013






Calling All Veterans

History Café
Ken Sorenson Presents
“Dwight D. Eisenhower”
Tuesday, July 7th
9:00am CTR-CR

Veterans Only Breakfast
Wednesday, July 29th
8:30am CTR-CR

Songs OF AMERICA
PRESENTATION
with
★ **Steve Nissle** ★

THURSDAY, JULY 16TH 2026

1:00 PM

IN THE CENTER COMMUNITY ROOM



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: 623-305-0436 or visit CuranaHealth.com.



SNACK SMART, STAY STRONG!

JULY HEALTHY SNACK CHALLENGE

This July, discover delicious and nutritious snacks that support healthy aging, provide energy, and help keep you feeling your best. Try one healthy snack activity each day!

Challenge Goal

Become a Healthy Snacking Champion!

Heart-Healthy Snacks

- Unsalted nuts
- Avocado on whole-grain toast
- Oatmeal
- Fresh fruit
- Hummus and vegetables
- Salmon spread on crackers
- Nut butter with fruit

Hydrating Snacks

- Watermelon
- Cucumbers
- Oranges
- Grapes
- Celery
- Tomatoes
- Homemade fruit smoothies

Easy Grab-and-Go Snacks

- Trail mix (low sugar)
- Cheese and crackers
- Fruit cup packed in juice
- Applesauce (no sugar added)
- Yogurt cup
- Banana and peanut butter
- Mixed berries
- Hummus with vegetables

Protein-Rich Snacks

- Hard-boiled eggs
- Low-fat cheese sticks
- Cottage cheese
- Greek yogurt
- Unsalted almonds
- Walnuts
- Pistachios
- Peanut butter on apple slices
- Tuna salad on whole-grain crackers
- Edamame



SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

DEDICATED TO HEALTH AND WELLNESS

Every day, two remarkable ladies come to the gym with dedication and determination to use the NuStep machine. Their consistency and commitment to their health journey are truly inspiring.

One of the ladies previously worked as a Physical Therapist, bringing a strong understanding of the importance of staying active and maintaining mobility. Both women demonstrate that regular exercise can make a meaningful difference in overall well-being. What makes their daily visits even more special is the friendship they share. As they exercise, they spend time talking, laughing, and encouraging one another.

Their positive conversations and genuine companionship create an uplifting atmosphere that makes each workout enjoyable. Their friendship is not only strengthening their bond but also contributing to their overall health and happiness.

When asked, "What does exercise do for you?" their responses were simple yet powerful: "It makes us feel right, stronger, and wanting to do more." These words perfectly capture the benefits of staying active—not only building physical strength but also increasing energy, confidence, and motivation for everyday life. Their dedication serves as a wonderful example that it is never too late to invest in your health. By showing up consistently and making exercise a daily habit, they are improving their quality of life and inspiring others around them to do the same. Their friendship reminds us that staying healthy is often even more rewarding when shared with someone who supports and encourages us along the way.

JULY HIGHLIGHTS

Brain Fitness

July 16 | 3:00 PM | CTR – CR Gym

Air force Museum

Wednesday, 7/29 | 9:30 AM – 2:00 PM
\$15 entry fee (cash, pre-pay by 7/24) CTR
Commemorative Air Force Museum was established in 1978, in Falcon Field in Mesa, Arizona.

Walking & Clinics

Fridays | 7:30 AM – CTR Gym
Full-body, joint-friendly walking that improves posture and gait. July 17, 24 & 31.

4-Week Healthy Snack Challenge

July 1-31 | This July, discover delicious and nutritious snacks that support healthy aging, provide energy, and help keep you feeling your best. Return completed tracking sheet to Kat (Center Gym). (See flyer for details.)

Wellness Talk with FOX Rehab

Wednesday, 7/8 2:00 PM | CTR – CR Gym
Arthritis/Joints

Parkinson's GRP

July 23 & 30 | 3:00 PM | CTR – CR Gym

PET PEREZ AND ROSEMARY AMI

Great job on your health journey! Your hard work, positive attitude, commitment to wellness, and lasting friendship are truly commendable. Keep up the excellent work! (two remarkable ladies from the story).

NOTE FROM KATERINA

I will be out of town until July 13th. We will continue to have activities and classes on the schedule Monday through Friday during this time.

Please remember to stay active & drink plenty of water!

We will resume our full fitness schedule on Monday, July 14th. Thank you, and I look forward to seeing everyone when I return!

– Katerina

JULY WELLNESS/FIT CALENDAR INDEPENDENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	<ul style="list-style-type: none"> ● Mind-Body ● Sports ● Outing / Trip ● Educational 	1 8:30 GCR class/TV 9:00 Wii Bowling 2:30 Chair Yoga with Kristen	2 8:30 GCR class/TV 10:30 Exercise with Peggy	3 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Volleyball with Ashli		
		6 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise w/ youtube 11:45 Dance GRP	7 8:30 GCR class/TV 10:30 Volleyball with Ashli 3:00 Basketball GRP 4:30 Water GRP Q5 no instructor	8 8:30 GCR class/TV 9:00 Wii Bowling 10:00 Chair Yoga with Kristen 2:00 Wellness Talk FOX REHAB ARTHRITIS/JOINT	9 8:30 GCR class/TV 10:30 Exercise with Peggy 7:00 Slow Mo Yoga	10 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Volleyball with Ashli
		13 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise w/ youtube 11:45 Dance GRP	14 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	15 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)	16 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Brain Fitness 7:00 Slow Mo Yoga	17 7:30 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:00 Orientation 10:30 Balance/Fit 11:00 Strength/Fit
		20 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance 1:30 Tai-chi	21 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	22 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)	23 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Parkinson's Support GRP	24 7:30 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:00 SCIATICA
		27 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance 1:30 Tai-chi	28 8:30 GCR class/TV 9:30 Tai-chi 10:30 Exercise GRP 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	29 8:30 GCR class/TV 9:00 Wii Bowling 9:30 - 2:00 Trip Air Force Museum/\$15 2:30 Chair Yoga 3:00 Paul GRP (AR)	30 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Parkinson's Support GRP 7:00 Slow Mo Yoga	31 7:30 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:00 GRIEF YOGA

WATER AEROBIC CLASSES

Enjoy fitness in the pool!



Q5 POOL

10:00 AM

MONDAY - FRIDAY
WITH TERESA P.

Q5 POOL

4:30 PM

TUESDAY
JULY 14, 21 & 28

Join our Water Aerobic
Classes – a low-impact,
high-energy workout
perfect for all ages and
fitness levels!



FELLOWSHIP SQUARE
HISTORIC MESA

MORE INFO: 480-290-7012