

HAPPENINGS AT THE SQUARE



August 2026

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Dancing Through Life

August is here, and it's time to dance through life! This month we're celebrating the music, movement, and memories that have brought us together through the years. Whether you're enjoying a sweet treat at Elephants Never Forget... Dessert!, learning a few new moves in Dance Class, raising a glass at Thirsty Thursday, or traveling through dance history during Friday Flights, there's something for everyone to enjoy.

Don't miss our Ballroom Dance Demonstration or the chance to step back in time at Dancing Through the Decades, where the greatest hits of the '40s through the '80s will fill the dance floor. Every activity is a chance to laugh, connect, and create new memories together. Whether you come to dance, sing along, learn something new, or simply spend time with friends, we hope you'll join us for a month filled with laughter, connection, and unforgettable memories. *So put on your dancing shoes and let's make August one to remember!*



Staff Directory

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Staff Directory

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Security

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602-443-5400

Work Orders

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phxworkorder@christiancare.org
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DANCING

Through the

Decades

★ 40s-80s ★

40s



50s



60s



70s



80s



Come dressed in your

FAVORITE DECADE!

FRIDAY, AUGUST 28TH



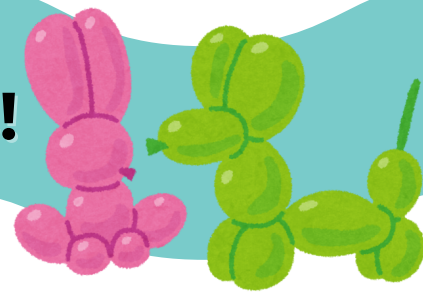
6PM



**IN THE
ACTIVITY ROOM**

Sign up at the Concierge Desk!

This is Where the **FUN** Happens!



TRIVIA CLUB

*Tuesdays in August
11:00AM in the Activity Room*

- Bring your random knowledge
- Compete against other residents
- Will you take the medal home?

HAPPY BIRTHDAY PARTY!!

*Thursday, August 6th
3:00PM in the Activity Room*

- August Babies, look for your invitation in your mailbox!

****Invite Only****

DANCE CLASS

*Thursdays in August
5:30PM in the Activity Room*

- All levels are welcome!
- Swing? Salsa? Both? YOU decide on night one!

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

2ND ANNUAL SUMMER OLYMPICS

*Friday, August 7th
9:00AM in the Prayer Garden*

- Come compete in 3 events!
- All abilities are welcome.

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

HAPPENINGS & HIGHLIGHTS

*Friday, August 21st
11:30AM in the Activity Room*

- Hear first hand the details of everything going on next month!
- Get early access to sign ups!

RENEW & CHEW

*Thursday, August 27th
3:00PM in the Activity Room*

- Renewing your lease this month? Look for the invitation with your lease.

****Invite Only****

Campus Outings

Adventure is Out There!



BISCUITS CAFE

Monday, August 10th
8:30AM

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

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

TOP GOLF

Monday, August 10th
10:00AM-12:30PM

- \$32
- Wheelchair accessible
- Just a few spots left!

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

CHOLLA LIBRARY

Wednesday, August 20th
11:00AM

- Check Out Books
- Return Books

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

ANZIOS

Monday, August 24th
11:30AM

- \$10-\$20
- 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 Sprouts or Bargain Bros (8/3)

11:30 am Trader Joe's or Whole Foods (8/17)

Wednesday

9:00am Fry's 10% Off (8/5)

11:30 am Fry's 10% Off (8/5)

11:30 am Bank Run

11:30 am Walmart (8/12 & 8/26)

Friday

9:00 am Post Office (8/7 & 8/21)

10:00 am Safeway, Walgreens or CVS

Tuesday & Thursday

Medical Run

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



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!

Fun Times in July!



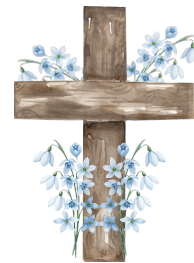
Fun Times in July!



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



Chaplain's Happenings



Dancing Through Life

Hello Fellowship Square Family,

Welcome to August! As we continue through the summer here in Phoenix, our community theme for the month is "Dancing Through Life." It is a beautiful image that makes me think of joy, celebration, and moving gracefully to the rhythm of whatever season we find ourselves in.

If I am being completely honest, Heather and I are not naturally great dancers. In fact, we both tend to have two left feet! When we were preparing for our wedding a little more than twenty years ago, we actually took formal dance lessons so we could be ready for our first dance. We truly enjoyed the classes and the time spent learning together. However, if you were to see us on the dance floor today, you would probably never be able to guess we had any professional instruction at all 😊!

Even though we might lack coordination, the idea of dancing through life is about much more than knowing the right steps. It is about how we respond to the music of our circumstances. Here at Fellowship Square, you might feel like the tempo of your life has changed over the years. Some days might feel like an upbeat and joyful celebration, while others might feel like a slow and difficult shuffle. The beautiful truth is that God is present in every single measure of our song, gently guiding our feet.

We see this beautiful balance reflected perfectly in Scripture. Ecclesiastes 3:4 reminds us that in this world there is:

"A time to weep, and a time to laugh; a time to mourn, and a time to dance."

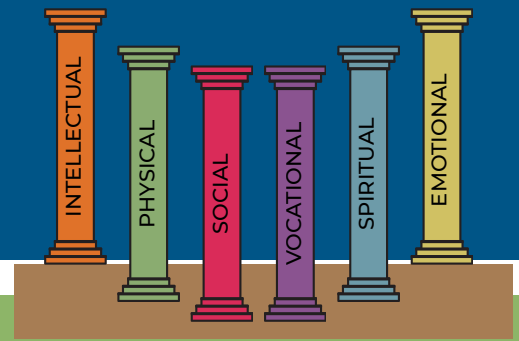
No matter what rhythm you are experiencing right now, I want to encourage you to keep listening for the joy. Whether you are twirling through a wonderful season or simply trying to find your footing during a challenging time, the Lord is right beside you holding your hand. I am looking forward to seeing you around the community and sharing in the beautiful music of our lives together this month.

**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



The Power of Gratitude

Taking a few moments each day to practice gratitude can have a powerful impact on your overall well-being. Focusing on the people, experiences, and simple joys in our lives helps shift our attention from what we lack to what we have.

Gratitude has been linked to lower stress, improved mood, better sleep, and stronger relationships. It doesn't have to be complicated. Start each morning or end each evening by thinking of three things you're thankful for. They can be as simple as a warm cup of coffee, a kind conversation, or a beautiful sunset.

A grateful heart doesn't ignore life's challenges. It simply reminds us that even on difficult days, there is still something worth appreciating.

By- Ben Evans

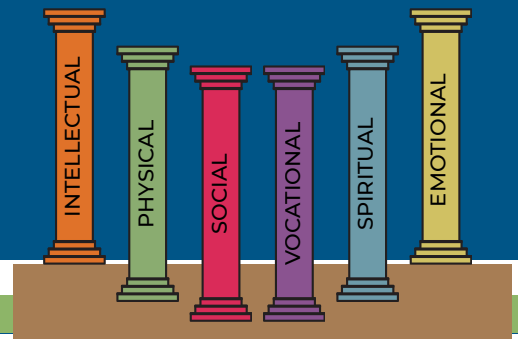
WELLNESS *highlights*

Adventure Club

Tuesdays
1:30PM
Neighborhood Nook

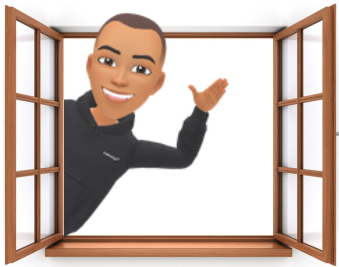
Home Run Club

Fridays through August
12:30PM
Activity Room



A Word From... The Man in the Window

One simple decision can spare your loved ones from confusion and conflict. August is Make a Will Month. A clear estate plan keeps your family united, protects the people you care about, and ensures your charitable values live on. Without a will or trust, the state makes those decisions for you. Use our complimentary Will Creator to put your wishes in writing. It may be one of the kindest gifts you ever leave behind.



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



NATIONAL WELLNESS MONTH:

Your August Tune-Up for Feeling Good

This National Wellness Month give your body, mind and spirit – the trio that keeps you moving, thinking, laughing and living life on your terms – a little extra TLC.

- ✓ **Move a little more.** A short walk, a stretch session, or even dancing in the kitchen counts.
- ✓ **Eat the rainbow.** Bright, colorful foods keep your body fueled and your brain sharp.
- ✓ **Find your calm.** A few deep breaths or a quiet moment outdoors can reset your whole day.
- ✓ **Stay connected.** Phone calls, coffee dates or community events can lift your mood more than you might expect.
- ✓ **Keep your mind engaged.** Try a new hobby, puzzle or book. Curiosity will help keep your mind sharp.

To learn more or to schedule an appointment,
call 602-613-5917 or visit CuranaHealth.com.



Always consult
with your physician
before making
changes to your diet
or exercise routine.

Fellowship Friends

Welcome Home!



Michael D.



Astrid B.



Kathleen A.



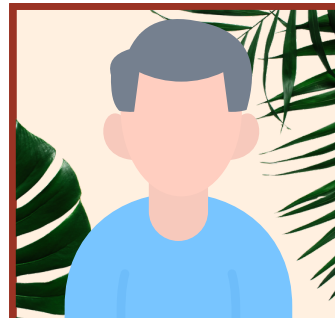
George L.



Lee Ann M.



Helga S.



Norman M.



Diana G.

START HERE!

*Tuesday, August 11th
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, August 26th
3:00PM in the Activity Room*

- Meet fellow new residents and seasoned ones too!

Resident-Led Activity Groups

Group Name	Day of The Week	Time	Location
Mahjong	Mondays Saturdays	12:00PM	Southgate 2 nd Floor Lounge
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	1:00PM	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