

THE GOOD NEWS | AUGUST 2026

Wow, we have already made it through over half of the year! Check out the list of some of the activities we have on the calendar this month—enjoy!

On Campus Activities

August 3 - Fry's/Walgreen's/CVS/Dollar General Shopping
August 4 - History Café w/Ken Sorensen "Hitler & Stalin"
August 4 - Organ Concert w/ Ken Noble
August 5 - Movie Hour w/Steve Hotchner "Field of Dreams"
August 6 - Volunteer Meeting
August 6 - Long Horn Steakhouse Restaurant Outing
August 7 - Pam's Sound Bath (Meditation Bowl Signing)
August 10 - Southwest Mobility Services
August 10 - Walmart on Greenfield Shopping
August 11 - Activity Council Meeting
August 11 - Super Bingo Hosted by Caregiving for Seniors AZ
August 12 - Hearing Aid Specialist
August 13 - Organ Trial Lecture Presentation w/Steve Nissle
August 13 - Food Committee Meeting
August 13 - Blue Adobe Grill Restaurant
August 14 - Resident Art Show & Gala
August 15 - Missionary Gathering
August 17 - Movie Night w/Everett "Three Men and a Baby"
August 18 - Estate Planning Meeting (Invite Only)
August 18 - Organ Concert w/ Ken Noble
August 18 - Team Trivia w/CURANA
August 19 - Wellness Field Trip to Heard Museum
August 19 - Singing with the Stars/Karaoke
August 20 - New Resident Meet & Greet Meeting
August 20 - Building Captains Meeting
August 27 - Chic-fil-A Restaurant
August 21 - Dementia Friendly 101 w/Bobbie
August 24 - Target/ALDI's Shopping
August 24 - Book Club Meeting "Cold Sassy Tree"
August 25 - Resident Appreciation Sock Hop Dinner Event "RSVP"
August 26 - Veterans Breakfast w/Veterans Affinity Group
August 26 - What's It All About
August 27 - Ken Sorensen Leonardo Da Vinci Presentation
August 27 - il Vinaio Restaurant
August 28 - Cinemark Movie Theater Outing
August 28 - Pam's Sound Bath (Meditation Bowl Signing)
August 31 - No Shopping



CAREGIVING
— FOR SENIORS AZ —
Caring Hearts. Helping Hands.



AUGUST SUMMER ACTIVITIES PROGRAM

FUN • FRIENDSHIP • WELLNESS • COMMUNITY



Join us every Friday in August for a month full of
summer fun, great food, and unforgettable memories!



WEEK 1

Float DAY

Cool off and enjoy
sweet treats!

FRIDAY, AUGUST 7
12:00 – 2:00 PM

FOOD & TREATS

- Root Beer Floats
- Orange Cream Floats
- Ice Cream Cups
- Cookies
- Fresh Fruit



WEEK 2

Fiesta DAY

Let's celebrate
with savor and
good vibes!

FRIDAY, AUGUST 14
12:00 – 2:00 PM

FOOD & TREATS

- Chips & Salsa
- Bean Dip with Chips
- Churro Bites
- Fresh Fruit
- Aguas Frescas
(Horchata or Jamaica)



WEEK 3

Stay ACTIVE DAY

Move more,
feel better,
have fun!

FRIDAY, AUGUST 21
12:00 – 2:00 PM

FOOD & TREATS

- Smoothies
- Fresh Fruit Cups
- Yogurt Parfaits
- Infused Water
(Lemon or Berry)



WEEK 4

Carnival DAY

Step right up
for a day of fun
and smiles!

FRIDAY, AUGUST 28
12:00 – 2:00 PM

FOOD & TREATS

- Popcorn
- Cotton Candy
- Snow Cones
- Pretzels
- Lemonade
- Cookies



Celebrate

- August Birthdays
- Welcome New Participants
- Door Prize Each Week
- Participant of the Month

*We can't
wait to
see YOU!*



*Let's make
this August
our best
summer yet!*



(480) 123-4567
Call us for more information!



Serving Seniors
Across Arizona



Together, we create
joyful moments!



If Trust Is a Must, Choose Curana Health

AT CURANA HEALTH®, WE BELIEVE TRANSPARENCY IS ONE OF THE STRONGEST WAYS TO BUILD TRUST.

When you understand what's happening with your health – and why – you can feel more confident, more in control, and more connected to your care team.

Transparency also means being open about changes in your health, medications or care plan. If something needs attention, we talk about it early. If something is going well, we celebrate it with you. You're never left guessing – and neither is your primary care physician. We keep your care team informed, so you don't have to coordinate updates between providers.

SERVICES INCLUDE:

- ✓ Primary care and sick visits
- ✓ Medication management
- ✓ Lab work and x-ray coordination
- ✓ Specialist referrals
- ✓ Blood pressure checks, ear cleanings, and more!

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

ALREADY A PATIENT OF CURANA? We'd be grateful if you shared your positive experience by leaving a Google review. Leave us a review by using your phone to scan the QR code to the right:



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
August 25th 	OPEN for Breakfast & Dinner: 8:00am-3:00pm Dining Room Closes at 3:00pm	To Go Menu Available Please see your weekly menu for Buffet of the Week!



**Wishing a very Happy Birthday
to all our August 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.



Resident Appreciation Sock Hop Dinner

with Entertainment by
Randolph Murray

Tuesday, August 25th, 2026
at 5:00pm

RSVP Required
480-290-7955

*Dress in
Sock Hop Attire!*

God is Calling You Back Into A Personal Relationship With Him

I know that I say this a lot, so here it is again: "Where does the time go?" For many of us, back on the old traditional school schedule, August marked the end of the summer and the beginning of the school year. Department stores and advertisers take advantage of the season to promote products and offerings that will aid and assist those returning from summer break and returning to the classroom. School supplies, clothes and equipment for sports activities consume our thoughts as we prepare to transition from one season to another. Solomon speaks to this in the Book of Ecclesiastes when he says this, "For everything there is a season, and a time for every matter under heaven."

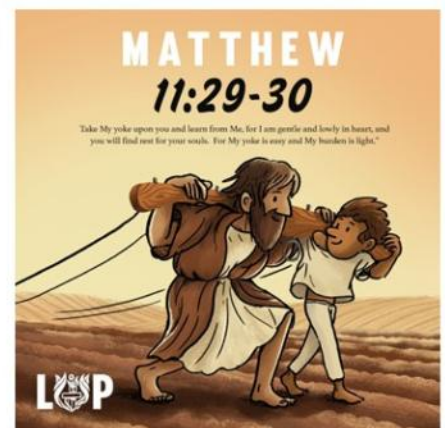
What season do you currently find yourself in? Do you find yourself in a season of gratefulness and thanksgiving or a season of mourning and grief? Regardless of the season one finds themselves in, we must understand that God is always with us. How can he not be with us when He is inside of us? Paul solidifies this in 1 Corinthians 6:19 stating, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God. You are not your own:" This should be very comforting to those that engage in a personal relationship with their Creator. He is always with us. ALWAYS.

Nowhere in the Scriptures does God convey a message that if one chooses to be in personal relationship with Him, that somehow life is going to be transformed where there are no problems, worry or stress. Actually nothing could be further from the truth. Jesus says this in John 16:33, "I have told you these things, so that in me you may have peace. In this world you WILL Have trouble. But take heart! I have overcome the world." TRUTH..... We will not only have good times in this life but also bad times as well. What we do during these seasons, is usually a good indicator on how our personal relationship with our Creator is going.

There are times when we backslide and our relationship with Father in Heaven gets put on the backburner. Regardless of the situation and or season that you may find yourself in, God is calling you back into relationship with Him. Jesus gives clarity about being in relationship with your Creator, "Come to me, all who are weary and burdened, and I will give you rest." Matthew 11:28. Regardless of where you are with your personal relationship with God IT IS NEVER TOO LATE to return to Him. His desire is to be in a personal relationship with you on a daily basis, all day long. This sounds wonderful, so how do we experience this personal relationship.

Seeking God in all things is a good place to start. Talking with Him, through intercessory prayer and petitions, while taking the time to get quiet and listen as He speaks through the Holy Spirit to your soul are effective ways to communicate with Him. As we continue to engage with Father in Heaven we must remember that he is calling us back at ALL TIMES. Here is one of His marvelous promises that should bring you comfort and peace as stated in Jeremiah 29:11 "For I know the plans that I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" What an amazing promise.

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



Push Your Check-
In
Buttons!



FELLOWSHIP
SQUARE
HISTORIC MESA

You're Invited!

BOOK CLUB MEETING

THURSDAY
AUGUST
27

NEXT BOOK CLUB MEETING WILL BE

AUGUST 27

AT 6:30PM

IN THE CENTER COMMUNITY ROOM

*New Members
Always
Welcome!*

We're reading the beloved Southern classic,
Cold Sassy Tree by Olive Ann Burns,
a heartwarming, humorous and richly told story
with plenty 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.

Let's Read. Let's Connect. Let's Enjoy!



Calling All Veterans

History Café
Ken Sorenson Presents
“Hitler & Stalin”
Tuesday, August 4th
9:00am CTR-CR

Veterans Only Breakfast
Wednesday, August 26th
8:30am CTR-CR

ORGAN TRAIL
LECTURE PRESENTATION
with
★ Steve Nissle ★

Join us for a fascinating journey back in time as Steve Nissle shares the history, challenges, and incredible stories of the pioneers on the **ORGAN TRAIL!**

THURSDAY, AUGUST 13TH, 2026
★ AT 1:00PM ★
IN THE CENTER COMMUNITY ROOM

NEW FREE
BALLROOM DANCING
LESSONS!

WITH Marti Claymore
EVERY THURSDAY
2:00PM

IN THE CENTER COMMUNITY ROOM
LEARN TO WALTZ • FOXTROT • SWING & MORE!

You're Invited!

SUPER BINGO!

FUN • PRIZES • GOOD TIMES
GREAT COMPANY!

TUESDAY
AUGUST 11TH

RAFFLE Amazing Raffle Prizes!	DOOR PRIZES Everyone's a Winner!	PIZZA Enjoy Delicious Pizza!	SOFT DRINKS Sip, Relax & Enjoy!
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~ Come for the Bingo, Stay for the Fun! ~

CENTER COMMUNITY ROOM



NATIONAL WELLNESS MONTH:

Your August Tune-Up for Feeling Good

Take National Wellness Month as a friendly nudge to give your body, mind and spirit – the trio that keeps you moving, thinking, laughing and living life on your terms – a little extra TLC. Doing so doesn't have to be a grand ordeal. In fact, the small stuff is where the magic happens. So this month, try to:

SO THIS AUGUST, TRY TO:

- ✔ **Move a little more.** A short walk, a stretch session, or even dancing in the kitchen counts. Your joints will thank you.
- ✔ **Stay connected.** Phone calls, coffee dates or community events can lift your mood more than you might expect.
- ✔ **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.
- ✔ **Keep your mind engaged.** Curiosity is a powerful anti-aging tool for your brain. Try a new hobby, puzzle or book.

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

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

ALREADY A PATIENT OF CURANA? We'd be grateful if you shared your positive experience by leaving a Google review. Leave us a review by using your phone to scan the QR code to the right:





SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

Healthy Habits Challenge

Healthy habits are small choices we make every day that help us stay strong, independent, and feel our best. The good news is that you don't have to make big changes all at once. Even one healthy habit practiced consistently can lead to lasting improvements in your health and quality of life.

This month's Healthy Habits Challenge is designed to encourage you to build positive routines that support your physical, mental, and emotional well-being. Whether it's taking a daily walk, drinking more water, stretching, or spending time with friends, every healthy choice matters.

Healthy Habits can help you:

- Improve strength and maintain muscle.
- Improve balance and reduce the risk of falls.
- Support heart health and healthy blood pressure.
- Keep your brain active and improve memory.
- Boost your mood and reduce stress.
- Maintain healthy bones and joints.
- Stay independent and enjoy everyday activities.
- Stay socially connected and reduce feelings of loneliness.

Healthy Habits, Healthier Life!

August | Complete Healthy Habits Challenge form throughout the month and return it to Katerina in the gym by August 31. Everyone who returns a completed form will be entered into a drawing for a prize!

AUGUST HIGHLIGHTS

Brain Fitness

August 6 | 3:00 PM | CTR – CR Gym

Heard Museum

Wednesday, 8/19 | 9:30 AM – 2:00 PM

\$21 entry fee (cash, pre-pay by 8/15) CTR

Discover the rich and vibrant world of American Indian art, from traditional artworks to contemporary creations.

Walking & Clinics

Fridays | 8:00 AM – CTR Gym

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

Wellness talk - Healthy Habits

Wednesday, 8/13 | 3:00 PM | CTR – CR Gym

1. August is National Wellness Month
2. How long does it take to form a habit?
3. Habits to promote healthy aging
4. Goals setting

Parkinson's GRP

August 20 & 27 | 3:00 PM | CTR – CR Gym

CHAIR VOLLEYBALL (8/18 - 3:00 CTR GYM)

Come join us for laughter, teamwork, and healthy movement. Every serve, pass, and smile helps build a stronger, healthier you! Chair Volleyball is a fun, safe, and exciting activity that allows older adults to enjoy the game of volleyball while remaining seated. It is designed for people of all fitness levels and is especially beneficial for those with limited mobility or balance concerns.

Physical Benefits:

- Improves upper-body strength.
- Increases flexibility and range of motion.
- Enhances hand-eye coordination.
- Improves reaction time.
- Strengthens core muscles.
- Encourages better posture.
- Supports heart and lung health through light aerobic activity.
- Helps maintain mobility and independence.

AUGUST WELLNESS/FIT CALENDAR IL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi	4 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	5 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit	6 8:30 GCR class/TV 2:30 Functional Fitness 3:00 Brain Fitness	7 8:00 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit
10 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi	11 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	12 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 1:00 Chair Yoga	13 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Wellness talk Healthy Habits	14 8:00 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 1:00 Orientation
17 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi	18 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Chair Volleybal 4:30 Water Fit Q5	19 8:30 GCR class/TV 9:00 Wii Bowling 9:30 Trip to Heard Museum \$21/Guided Tour 2:30 Chair Yoga 3:00 Paul GRP (AR)	20 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Parkinson's Support GRP	21 8:00 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit
24 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi	25 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	26 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)	27 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Parkinson's Support GRP	28 8:00 Walking GRP 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit
31 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP 11:45 Dance GRP 1:30 Tai-chi			 FELLOWSHIP SQUARE HISTORIC MESA	● Mind-Body ● Sports ● Outing / Trip ● Educational