



# HAPPENINGS AT THE SQUARE

## September 2026

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### Resident Rewind

Get ready to turn back the clock because September is Resident Rewind! This month is packed with familiar favorites, special celebrations, and opportunities to share the stories and experiences that have shaped our lives.

Come cheer on your friends and neighbors as they take the stage for Timeless Talent, and gather together for United We Remember, our special 9/11 service. Ready for a little friendly competition? Rally Club is kicking off a brand-new sports season! Then, take a walk through the working years of your neighbors at Back in Business: Career Day and discover the interesting paths, professions, and stories behind the familiar faces you see every day. And be sure to join us for Resident Appreciation Week, when we'll spend the week celebrating YOU with treats, surprises, and plenty of fun!

Resident Rewind may be inspired by the good old days, but there are still plenty of new memories waiting to be made. We hope you'll join us for them!



## Staff Directory

|                                                                                                                  |                                                                                                               |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b><u>Activity &amp; Event Coordinator</u></b><br>Sarah Garcia<br>Sarah.Garcia@christiancare.org<br>602-443-5421 | <b><u>Covenant Home Health</u></b><br>Lori Martin<br>Lori.Martin@christiancare.org<br>602-443-5441            |
| <b><u>Activities Assistant</u></b><br>Katy Freitas<br>Katlynn.Freitas@christiancare.org<br>602-424-9426          | <b><u>Dining Room Meals</u></b><br>Take Out Orders<br>602-443-5424                                            |
| <b><u>Beauty Barber Shop</u></b><br>Sue Widdison<br>602-443-5422                                                 | <b><u>Dining Room Supervisor</u></b><br>Melissa Celaya<br>Melissa.Celaya@christiancare.org<br>602-443-5468    |
| <b><u>Chaplain</u></b><br>Joey Sampaga<br>Joey.Sampaga@christiancare.org<br>602-443-5486                         | <b><u>Director of Resident Experience</u></b><br>Amy Borders<br>Amy.Borders@christiancare.org<br>602-443-5419 |
| <b><u>Community Advancement Officer</u></b><br>Gene Sanders<br>Eugene.Sanders@christiancare.org<br>602-682-2986  | <b><u>Executive Chef</u></b><br>Jason DePeal<br>Jason.DePeal@christiancare.org<br>602-443-5425                |
| <b><u>Concierge Desk</u></b><br>Volunteers<br>602-424-9421                                                       | <b><u>Front Desk</u></b><br>602-833-4330                                                                      |
| <b><u>Corporate Billing Specialist</u></b><br>Rebecca Uhl<br>Rebecca.Uhl@christiancare.org<br>480-385-0267       | Patty Zent<br>Patricia.Zent@christiancare.org<br><br>Jeanette Perez<br>Jeanette.Perez@christiancare.org       |



## Staff Directory

### **Gift Shop**

Pat Batt & Volunteers  
941-408-5867

### **Security**

Customer Service  
602-443-5400

### **Home Instead**

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### **Social Services**

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### **Housekeeping Services**

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### **Transportation**

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602-424-9443

### **Maintenance**

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

### **Vice President of Operations**

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602-443-5439

### **Resident Navigator**

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602-443-9450

### **Wellness/Fitness Center**

Ben Evans  
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602-443-5484

### **Director of Sales**

602-385-1590

### **Work Orders**

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



Let's welcome **Hayden Sawyers** as our new **Resident Navigator**! An Arizona native, Hayden brings a diverse professional background in higher education, foster care, as well as assisted living and memory care to the role. She looks forward to welcoming new residents, getting to know current residents, and supporting opportunities that foster engagement, connection, and inclusion within the Fellowship Square community. Outside of work, Hayden enjoys going to the movies with her husband, Richard, spending time anywhere in nature, and attending church. She is excited to meet residents and become a familiar, friendly face around the community.

# Resident Appreciation *Spirit Week*

— Sep 28th - Oct 2nd —

Monday 9/28

**THROWBACK TIME! -**  
**8:30am**, We Love You a Latte!

Come dressed in styles from your favorite decade and celebrate with us **in the Lobby!**



Tuesday 9/29

**PEACE, LOVE & TIE-DYE! -**  
**12pm**, Poppin' In to Say We Love You!

Bring out your brightest tie dye and colorful outfits! Let's spread peace, smiles, and groovy vibes all day long **in the Lobby!**



Wednesday 9/30

**HOWDY, PARTNER! -**  
**3pm**, We're Rootin' Tootin' Glad You're Here!

Saddle up and get ready for a rootin' tootin' good time! Wear your boots, flannels, and cowboy hats **in the Activity Room!**



Thursday 10/1

**SAY ALOHA! -**  
**1pm**, No One is Cooler than You!

Break out your leis, Hawaiian shirts, and beachy styles for a day in paradise **in the Lobby!**



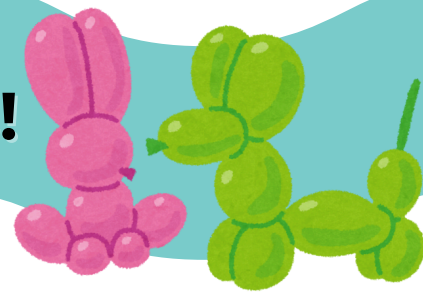
Friday 10/2

**IT'S GAME TIME! -**  
**3pm**, You're the MVP of Our Community!

We all think our sports team is the best, right? Come dressed in your favorite sports team **in the Lobby!**



# This is Where the **FUN** Happens!



## **RALLY CLUB**

*Fridays through November  
10:30AM in the Activity Room*

- We are starting another sports season!
- Join us for Balloon Volleyball!

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

## **FRIDAY FLIGHTS**

*Fridays  
1:30PM in the Activity Room*

- Same travels, new time!
- Travel the world from the comfort of home!

## **TIMELESS TALENT**

*Wednesday, September 9<sup>th</sup>  
2:00PM in the Activity Room*

- Our 2nd Annual Talent Show
- Do you have a talent you'd like to share?
- It's your time to shine!

**\*\*Sign up to Perform with Sarah\*\***

## **UNITED WE REMEMBER**

*Friday, September 11<sup>th</sup>  
10:00AM & 2:00PM  
in the Activity Room*

- Join us for one of two services to honor those lost in 9/11.

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

## **HAPPENINGS & HIGHLIGHTS**

*Friday, September 18th  
12:30PM in the Activity Room*

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

## **BACK IN BUSINESS CAREER DAY**

*Wednesday, September 23rd  
12:00PM in the Activity Room*

- Hear about the passed careers of fellow residents
- This will be a walk through event, not a formal presentation

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

# Campus Outings

## *Adventure is Out There!*



### **BRASS ARMADILLO**

*Friday, September 4<sup>th</sup>  
8:45AM-10:30AM*

- Let's see what antiques we can find!

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

### **DINER 50**

*Monday, September 14<sup>th</sup>  
8:00AM-10:00AM*

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

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

### **CHOLLA LIBRARY**

*Wednesday, September 16<sup>th</sup>  
11:00AM-12:30PM*

- Check Out Books
- Return Books

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

### **ARIZONA CAPITOL MUSEUM**

*Friday, September 18<sup>th</sup>  
9:00AM-11:30AM*

- FREE
- Guided Tour & Free Exploration

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

### **MACALPINE'S DINER**

*Monday, September 28<sup>th</sup>  
11:30AM-1:30PM*

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

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

### **SUGGESTIONS??**

*Anyday, Anytime*

- Stop by Sarah's office to chat
- Leave a note on her door

**\*\*No Appointment Needed\***

**\*\*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 Home Depot (9/7)

11:30 am Trader Joe's or Whole Foods (9/21)

### Wednesday

9:00am Fry's 10% Off (9/2)

11:30 am Fry's 10% Off (9/2)

11:30 am Bank Run

11:30 am Walmart (9/9 & 9/23)

### Friday

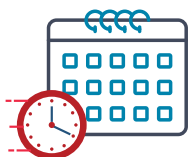
9:00 am Post Office (9/4 & 9/18)

10:00 am Safeway, Walgreens or CVS

### Tuesday & Thursday

#### Medical Run

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



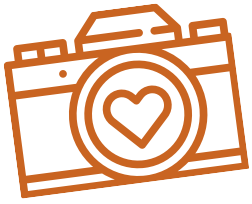
**Got an appointment coming up?**

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.



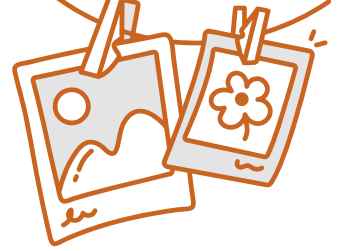
Your pick-up time will depend on your appointment time. You will get a **Blue Slip** in your box to let you know when to be outside for pick-up!



# August Events



# August Events



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



# Chaplain's Happenings

## Resident Rewind



Hello Fellowship Square Family,

Welcome to September! Our community theme for the month is "Resident Rewind." Taking a trip down memory lane is a wonderful opportunity to reflect on the beautiful chapters we have lived. As Heather and I celebrate twenty years of marriage this year, we have been doing plenty of our own reminiscing lately!

Being in my mid fifties, I am well aware that I am not older than any of our residents here, at least as far as I know! However, when I look back on my childhood, I often think about how much simpler life seemed to be compared to today. I have such fond memories of waking up early on Saturdays to watch cartoons with my younger brother, doing my chores for a small allowance, and simply playing outside with friends. We had no cell phones or smart devices, we only had five major television channels, and we all knew the golden rule of making sure we were home the exact moment the streetlights turned on. Life just felt so much slower then, and I honestly miss the nostalgia of those simpler days.

Taking time to look back is a powerful thing. While the world around us changes rapidly, looking down memory lane reminds us of the constant and steady hand of God throughout our entire journey. Remembering our past is not just about missing the good old days, but it is about recognizing how the Lord has carried us, provided for us, and blessed us time and time again.

Psalm 143:5 offers us a beautiful perspective on looking back:

*"I remember the days of old; I meditate on all that you have done; I ponder the work of your hands."*

As we embrace this fun theme throughout the month, I encourage you to share your favorite memories with one another. Whether you are reflecting on a simple childhood moment or a major milestone, those stories are a testament to a life well lived and a God who never changes. I look forward to hearing your wonderful stories as we rewind the tape and celebrate the past together.

**Take Care & God Bless,  
Chaplain Joey**

## Prayer Groups

| Group                                                 | Day of The Week | Time    | Location                                   |
|-------------------------------------------------------|-----------------|---------|--------------------------------------------|
| Northridge<br>1 <sup>st</sup> Floor                   | Tuesdays        | 3:00PM  | Northridge<br>1 <sup>st</sup> Floor Lounge |
| Northridge<br>2 <sup>nd</sup> Floor                   | Wednesdays      | 1:00PM  | Northridge<br>2 <sup>nd</sup> Floor Lounge |
| Northridge<br>3 <sup>rd</sup> Floor                   | Tuesdays        | 10:00AM | Northridge<br>3 <sup>rd</sup> Floor Lounge |
| Centerview<br>1 <sup>st</sup> Floor &<br>Garden Homes | Mondays         | 2:45PM  | Private Dining<br>Room                     |
| Centerview<br>2 <sup>nd</sup> Floor                   | Mondays         | 10:30AM | Centerview<br>2 <sup>nd</sup> Floor Lounge |
| Centerview<br>3 <sup>rd</sup> Floor                   | Mondays         | 10:00AM | Centerview<br>3 <sup>rd</sup> Floor Lounge |
| Southgate<br>1 <sup>st</sup> Floor                    | Mondays         | 10:30AM | Southgate<br>1 <sup>st</sup> Floor Lounge  |
| Southgate<br>2 <sup>nd</sup> Floor                    | Thursdays       | 2:00PM  | Southgate<br>2 <sup>nd</sup> Floor Lounge  |
| Southgate<br>3 <sup>rd</sup> Floor                    | Thursdays       | 2:00PM  | Southgate<br>3 <sup>rd</sup> Floor Lounge  |

# Health & Wealth



## Hallway Safety: Keep It Moving, Keep It Safe

Our hallways are shared spaces! Whether you walk independently or use a walker, wheelchair, or scooter, a few simple habits can help keep everyone safe.

- Stay to the right. Just like driving, staying to the right gives others room to safely pass.
- Slow down at corners and watch for others approaching.
- Give each other space and avoid following too closely.
- Keep hallways clear. Move to the side when stopping to visit.
- Watch your speed when using scooters or power wheelchairs.
- Look before backing up and be aware of your surroundings.
- Keep walkers close rather than pushing them too far ahead.
- Watch for hazards such as spills, cords, carts, or other obstacles.
- Be patient. Everyone moves at a different pace.
- Report hazards to a staff member so they can be addressed.

Remember: The hallway belongs to everyone. A little awareness, patience, and courtesy can prevent a fall or collision and help keep our community moving safely!



By- Ben Evans

## WELLNESS *highlights*

### Water Aerobics

Tuesdays & Thursdays  
9:00AM  
Pool

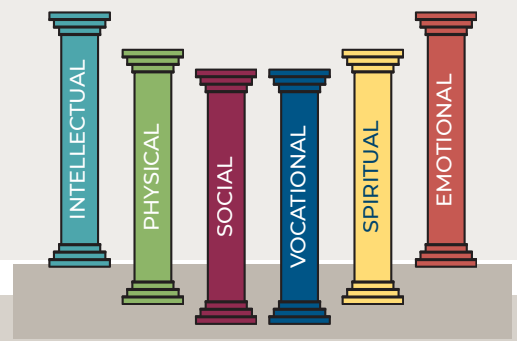
### Cardio Craze

Thursdays  
10:00AM  
Fitness Center

### Active Aging Week

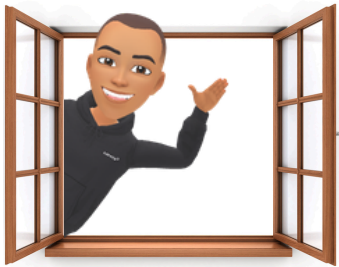
October 5<sup>th</sup>-9<sup>th</sup>  
Details to Follow!

# Health & Wealth



## *A Word From...* The Man in the Window

Are you age 73 or older? If so, the IRS requires you to take money from your IRA each year. If you do not need those funds, consider directing them to Fellowship Square through a Qualified Charitable Distribution (QCD). Your gift can satisfy your Required Minimum Distribution, avoid income tax, and provide greater support for the residents and programs you care about. It is one of the simplest and most tax-efficient ways to make a difference.



For questions please contact, Gene Sanders at 602-682-2986 or e-mail [Eugene.Sanders@christiancare.org](mailto:Eugene.Sanders@christiancare.org)



FALLS PREVENTION AWARENESS MONTH:

## Steady Steps for Staying Safe

Your risk for falling increases as you age. That's why it's important you:

- ✓ **Turn balance exercises into a daily habit:** Gentle movement like morning stretches and short daily walks help keep your muscles strong and joints steady.
- ✓ **Schedule a medication check-in.** Ask your provider to review your medications, looking for any interactions or side effects that may cause dizziness or increase fall risk.
- ✓ **Choose supportive footwear.** Non-slip, well-fitted shoes offer stability and reduce tripping hazards.

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



# Fellowship Friends

## Welcome Home!



Marsha K.



Wayne K.



Sandra D.



Donald D.



Louise S.



Tim S.

### **START HERE!**

*Tuesday, September 8th  
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, September 23rd  
3:00PM in the Activity Room*

- Meet fellow new residents and seasoned ones too!

# September Birthdays

|            |      |
|------------|------|
| Jimmie H.  | 9/1  |
| Arden T.   | 9/1  |
| Susan R.   | 9/2  |
| Dorothy F. | 9/2  |
| Ruth D.    | 9/4  |
| Don N.     | 9/5  |
| Ruth M.    | 9/5  |
| Michael D. | 9/6  |
| Elaine H.  | 9/8  |
| Lois K.    | 9/8  |
| Ron M.     | 9/8  |
| Bobbie C.  | 9/9  |
| Inge P.    | 9/9  |
| Marilyn F. | 9/11 |
| Jean G.    | 9/12 |

|             |      |
|-------------|------|
| Mary C.     | 9/12 |
| Elke G.     | 9/14 |
| Patricia K. | 9/16 |
| Margaret M. | 9/17 |
| Martha E.   | 9/19 |
| Ruth Ann A. | 9/20 |
| Bonnie L.   | 9/21 |
| Margie P.   | 9/21 |
| Barb J.     | 9/24 |
| Bea W.      | 9/24 |
| Ron H.      | 9/27 |
| Sandy M.    | 9/27 |
| Will F.     | 9/27 |
| William J.  | 9/28 |
| Phil M.     | 9/30 |
| Mary R.     | 9/30 |

## Resident-Led Activity Groups

| Group Name       | Day of The Week              | Time              | Location                                                 |
|------------------|------------------------------|-------------------|----------------------------------------------------------|
| Mahjong          | Mondays<br>Saturdays         | 12:00PM           | Southgate 2 <sup>nd</sup> Floor Lounge                   |
| Farkle           | Mondays                      | 1:00PM            | Centerview 2 <sup>nd</sup> Floor Lounge                  |
| Book Club        | Every 3 <sup>rd</sup> 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 <sup>nd</sup> Floor Lounge                  |
| Bunco            | Wednesdays                   | 6:00PM            | Activity Room                                            |
| Cornhole         | Thursdays<br>Saturdays       | 8:00AM<br>3:00PM  | Activity Room<br>Fitness Center                          |
| Music & Melodies | Thursdays                    | 10:00AM           | Library                                                  |
| Bridge           | Fridays                      | 11:30AM<br>6:00PM | Centerview 2 <sup>nd</sup> Floor Lounge<br>Activity Room |
| LCR              | Fridays                      | 12:30PM           | Neighborhood Nook                                        |
| Rummikub         | Saturdays                    | 12:00PM           | Activity Room                                            |
| Game Night       | Saturdays                    | 6:00PM            | Garden Cafe                                              |