

SQUARE TIMES

FELLOWSHIP SQUARE-MESA

October 2026

6945 E. Main Street • Mesa, AZ 85207 • (480) 654-1800

Tomorrow, Together

“Let us put our minds together and see what life we can make for our children.” — Sitting Bull

Remember When: Mary Jane Candies

You may recognize this nostalgic treat by its yellow and red wax-paper wrapper with a picture of a little girl. Mary Janes debuted in 1914 and were sold as penny candy. Combining peanut butter and molasses into a bite-sized, toffee-like chew was the idea of Charles N. Miller, whose family had a candy business in Boston. Miller named the sweet in honor of his favorite aunt.



New Pool Equipment Enhances Aquatic Fitness Program

Our aquatic fitness program recently received an exciting upgrade with the addition of new pool equipment. These specialized water weights help residents safely build muscle strength, improve endurance, and increase range of motion while

exercising in the pool.

Water-based exercise is especially beneficial because it reduces stress on joints while providing natural resistance. The new equipment allows participants to customize their workouts and enjoy a variety of exercises that support overall health and wellness.

Residents have already embraced the new addition, and the positive feedback has been overwhelming. We look forward to seeing even more smiles and success stories during our pool fitness sessions.

Come join us sometime!

Go, Johnny, Go, Go

A century ago this month, Chuck Berry was born in St. Louis on Oct. 18, 1926. “The Father of Rock and Roll” is famous for his stage presence and hits like “Johnny B. Goode.”



Happy Birthday

Happy Birthday to all of the Fellowship Square Mesa residents celebrating a birthday this month! Just remember: You’re not getting older—you’re getting better!



Easy Spooks

Free Five-Minute Costumes

Need a last-minute costume? Try one of these simple ideas using materials from your home:

- Mummy. Wear white if you have it, and — you guessed it — wrap up in a roll of toilet paper.
- Formal apology. Don your fanciest attire and tape a paper that says “Sorry,” to your front.
- Chip on your shoulder. Tape a grab bag of chips to your sleeve.

Welcome to Our Team!

We are excited to welcome **George**, our new **Wellness Coach**, and **Dawn**, our new **Resident Navigator**, to the Fellowship Square family!

George is passionate about helping residents stay active, healthy, and engaged through wellness and fitness opportunities. Dawn brings a caring spirit and is dedicated to helping residents connect with the resources and support they need to thrive.

Please join us in giving George and Dawn a warm welcome. We are delighted to have them on the Resident Experience team and look forward to the positive

impact they will make in our community!



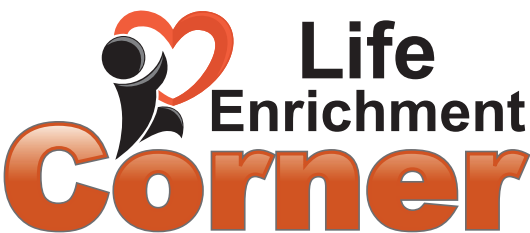
ADVANCEMENT Corner

You may be able to save a lot in tax dollars by giving through appreciated stock or your IRA instead of writing a check. Most Americans will take the Standard Deduction in 2026, making these strategies especially valuable. Donating appreciated stock may help you avoid capital gains tax, while a Qualified Charitable Distribution (QCD) from your IRA can satisfy charitable goals with

untaxed dollars. Both options can maximize your impact at Fellowship Square.

For questions, please contact Kevin Avalos at (480) 420-1518 or e-mail Kevin.Avalos@christiancare.org



The logo features a stylized black figure with arms raised, forming a heart shape, next to the text "Life Enrichment Corner" in a bold, sans-serif font. The word "Life" is in black, "Enrichment" is in black, and "Corner" is in a large, bold, orange font.

Life Enrichment Corner

Welcome to October!

October has arrived, bringing cooler temperatures, festive fun, and a full calendar of exciting events! We are thrilled to welcome this wonderful season and all the opportunities it brings for friendship, laughter, and community spirit.

This month, residents can look forward to many great activities and special events. One of the highlights will be our **6th Annual Car Show & Chili Cook-Off**, where we'll enjoy classic cars, delicious homemade chili, and a day filled with fun and friendly competition.

We'll wrap up the festivities with one of our most anticipated traditions, our **Famous Boo Breakfast!** Residents are encouraged to come dressed in their favorite costumes and join us for our exciting **Costume Contest**, a delicious breakfast, and plenty

of Halloween fun.

October is sure to be filled with memorable moments, new experiences, and lots of smiles. Be sure to check your calendar for all the great events we have in store for you this month. We look forward to celebrating the season together and making this a month to remember!

Happy October from the Life Enrichment Team!

Editor's Note *"Autumn shows us how beautiful it is to let things change."* As we welcome a new season, we invite everyone to join in the fun, make new memories, and enjoy all the exciting activities planned throughout the month.

For Sale: London Bridge

In the 1960s, London Bridge was falling down — or at least in imminent disrepair — so city officials tried to sell it to the Americans.

They bought it.

In October 1971, businessman Robert McCulloch, a millionaire industrialist known for harebrained schemes, decided it would be the perfect addition to his budding vacation destination in the Arizona desert. Widely mocked as "McCulloch's Folly," the bridge soon brought millions of visitors a year, putting Lake Havasu City on the map.



Fall Eats

A Seasonal Squash

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.

ROSE'S LIBRARY CORNER – OCTOBER 2026



October! The month of change of weather. Will it include us this year? Whether or not, we have the luxury of a cool and comfortable library to relax and enjoy reading our variety of novels, publications and the daily newspapers which remain in the library each day and all day until the next morning. Leave the original newspapers on the table for others to read. If you wish to enjoy the puzzles, you can ask the Front Desk folks to make a copy of them for you.

We've added several new **C.J. Box** and **Vince Flynn** mysteries to the library. Due to the large collection, you'll find them in the Mystery section where the James Patterson novels were previously located.

Please remember to update your library card whenever you check out or return a book.

Have a wonderful fall season!

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

1	4	7	3	2	5	9	8	6
9	6	5	1	4	8	3	2	7
2	3	8	9	6	7	1	5	4
6	8	1	5	7	9	2	4	3
3	7	9	4	8	2	6	1	5
5	2	4	6	1	3	7	9	8
4	5	3	7	9	1	8	6	2
8	9	6	2	3	4	5	7	1
7	1	2	8	5	6	4	3	9

6			9	5	8		1	
			4		2		6	8
		8			7		5	4
								5
	1		2	8			7	3
3	4		6					
4				9			3	
7								
		6	5			7	4	