NOVEMBER WELLNESS/FIT CALENDAR IL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	**3** 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	**4** 8:30 Walking GRP 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	**5** 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Wii Bowling 3:00 Stroke Support GRP AR	**6** 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit **12:30 - 1:30 GCR AGILITY TRAINING** 2:00 DrumFit GCR	**7** 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
9 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	**10** 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	**11** 8:30 Walking GRP 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	**12** 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 2:00 Brain Fitness 3:00 Wii Bowling	**13** 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 2:30 Chair Volleyball 2:00 DrumFit GCR	**14** 11:00 Balance/Mobility 11:30 Dance 3:30 Walking GRP
16 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	**17** 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	**18** 8:30 Walking GRP 9:30 - 2:00 Trip to Odysea Aquarium 2:30 Chair Yoga 3:00 Paul GRP (AR)	**19** 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's GRP (AR) 3:00 Wii Bowling	**20** 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit **12:00 - 2:00 GCR Scooter Skills** 2:00 DrumFit GCR	**21** 11:00 Balance/Mobility 11:30 Dance 3:30 Wii Bowling
23 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	**24** 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	**25** **9:00 TURKEY TROT - CTR GYM** 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	**26** **HAPPY THANKSGIVING** 9:30 Basketball 10:30 Functional/Fit 11:15 DANCE	**27** 11:10 Strength/Fit 2:00 DrumFit GCR 2:30 Chair Volleyball	**28** 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
30 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi				FELLOWSHIP SQUARE HISTORIC MESA	Mind-Body Sports Outing / Trip Educational GCR

Reserve your balance evaluation, 480-290-7012

NOVEMBER FITNESS CALENDAR OASIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:00 MC Yoga 2:15 AL Yoga/Chi	**3** 10:00 MC FIT 11:15 AL FIT	**4** 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	**5** **10:00 DrumFit** 1:00 MC FIT 1:30 AL FIT	**6** 9:00 AL Stretch 9:30 MC Stretch	**7** 10:00 Chair Volleyball 1:30 AL Chair Volleyball
9 10:00 MC Yoga 2:15 AL Yoga/Chi	**10** 10:00 MC FIT 11:15 AL FIT	**11** 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	**12** **10:00 DrumFit** 1:00 MC FIT 1:30 AL FIT	**13** 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	**14** 10:00 Chair Volleyball 1:30 AL Chair Volleyball
16 10:00 MC Yoga 2:15 AL Yoga/Chi	**17** 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	**18** 9:30 TRIP TO TITANIC 2:30 AL FIT	**19** **10:00 DrumFit** 1:00 MC FIT 1:30 AL FIT **2:00 BrainFIT**	**20** 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	**21** 10:00 Chair Volleyball 1:30 AL Chair Volleyball
23 10:00 MC Yoga 2:15 AL Yoga/Chi	**24** 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	**25** 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	**26** 1:00 MC FIT 1:30 AL FIT	**27** 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch	**28** 10:00 Chair Volleyball 1:30 AL Chair Volleyball
30 10:00 MC Yoga 2:15 AL Yoga/Chi				● AL - 2nd floor Gym ● Outing / Trip ● MC	FELLOWSHIP SQUARE HISTORIC MESA

Reserve your balance evaluation, 480-290-7012

FELLOWSHIP SQUARE
HISTORIC MESA

SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

YOU NEED TO KNOW THIS!
WONDERFUL EXPERIENCE WITH FOX PT

After suffering from vertigo for six months, my primary care provider finally suggested, "You need to have physical therapy.
"My first thought? Here we go again!

I had undergone physical therapy several times throughout my life for various reasons, and unfortunately, I had never experienced much benefit. Still, I finally relented and said, "Okay, I'll give it a try. "What a wonderful surprise awaited me!

Right here at Fellowship Square, we have a physical therapy department conveniently located on-site. After my doctor sent in a referral, a representative from the physical therapy office contacted me to see if I was willing to attend sessions twice a week for two months. I agreed, and I couldn't be happier that I did! In just one week, my vertigo was gone! The remaining sessions focused on improving my balance, helping me feel more confident and steadier. I cannot praise FOX Therapy and its wonderful team highly enough. My therapist, Ty, deserves special recognition. He is punctual, caring, professional, and always willing to listen. His patience and expertise made the entire experience a positive one. Before I finished therapy, the team even printed out all the exercises I had learned so I could continue practicing them on my own.
This experience was a real eye-opener for me. After years of believing that physical therapy simply didn't work for me, I discovered how much of a difference the right treatment and the right therapist can make.

So, if you are struggling with vertigo, balance issues, or another condition that might benefit from physical therapy, don't dismiss the idea as I almost did. Talk to your doctor and find out what options may be available to you.
My heartfelt thanks to Ty and the entire FOX team for their excellent care. I highly recommend them!
(Beverly Savarese)

NOVEMBER HIGHLIGHTS

Brain Fitness

November 12th| 2:00 PM | CTR – CR Gym

ODYSEA AQUARIUM SCOTTSDALE

Wednesday, 11/18| 9:30 AM – 2:00 PM
$35 Entry Fee/pre-pay BY 11/15
9:30 – 2:00
From Sharks to Sea Turtles:
Meet Our Most Amazing Ocean Stars
Enjoy playful penguins, graceful sea turtles, colorful corals, and all of the 6,000 animals that bring the aquarium to life right before your eyes.

Walking & Clinics

Wednesday & Fridays| 8:30 AM – CTR Gym
Full-body, joint-friendly walking that improves posture and gait.

Parkinson's GRP/Exercise

November 19th| 3:00 PM | Agape Room

Stroke Support GRP

November 5th | 3:00 PM | Agape Room

Turkey Trot

November 25th| 9:00 AM | CTR - Gym
Join us for our annual Turkey Trot, a fun and festive event celebrating the Thanksgiving season!

TRIP SCHOLARSHIP FUND

Would you like to help make our trips accessible to everyone? Donations to our Trip Scholarship Fund help cover entrance fees for the residents who may not otherwise be able to afford to participate.
If you would like to contribute and help ensure that everyone has the opportunity to join in these fun and educational experiences, please contact Kristen McFadzen - Community Advancement Officer.

Thank you for your generosity and for helping make these memorable experiences possible for all!

If you would like to attend a future trip but are unable to afford the entrance fee, please contact Katerina to learn about available scholarship opportunities.

RED LIGH THERAPY

Red light therapy uses a special light that shines red or near-infrared wavelengths onto the body. Unlike ultraviolet (UV) rays from the sun, red light does not cause sunburn. It works differently from ordinary room lighting and is being studied for its potential effects on skin and other tissues.

RED DESKTOP LIGHT

How about a red light desktop device?
A small red light device designed for your desk can be a convenient way to explore light therapy at home.

BENEFITS

- Supports healthier-looking skin
- May support skin healing
- May help relieve certain types of discomfort.

Call the number below to learn more or schedule your appointment today!
480 - 290 - 7012