

Birthdays

05/01 Velma Hall
 05/01 Linda Dirksen
 05/01 Carol Kretz
 05/01 Maddie Bowers (D.R.)
 05/05 Sharon Chapplear
 05/08 Julie Turner
 05/08 Richard Gill
 05/14 Brenda Valdovinos (D.R.)
 05/15 Lee Apperson
 05/16 Isabelle Pillardo (D.R.)
 05/16 Pat Bales
 05/18 Dianne King
 05/18 Virginia Paine
 05/18 Jim Mitchell
 05/21 Genesis Orozco (D.R.)
 05/22 Alba Perez (D.R.)
 05/22 Kelsey Slater (Chef)
 05/23 Janice DeBritto
 05/26 Maria Pazos (P.C.)
 05/28 Denise Cheek
 05/29 David Sills

Welcome Home

Linda Dirksen Apt 308
 Janet Neubert Apt 610



MANAGEMENT TEAM

General Manager	Charmagne Blackaby
Marketing Director	James Denner
Business Office Mgr.	Melissa Oar
Personal Care Director	Leilani Kahananui
Social Coordinator	Maria Perez
Hskp Supervisor	Yesi Cortez
Plant Engineer	RJ Blackaby
Executive Chef	Kelsey Slater
DR Supervisor	Zoya Saucedo
Fitness Director	Rachel Gibson

REMEMBER AND HONOR
MEMORIAL DAY

Happy Workiversary

28 Years-Alicia Cook, Server
 3 Years-Jose Reyes, Maint. Assist.
 2 Years-Leilani Kahananui, P.C. Direc.
 2 Years-Wyatt Waelchli, Server
 1 Year-Alba Perez, Server

TRANSPORTATION

Mon All Appointments
Tues All Appointments
Wed All Appointments
Thurs Medical Only
Fri Medical Only
Sat All Appointments
Sun Church Services Only

Sign up by 4pm day before
 Sign up by 4pm Friday prior

ACTIVITY LOCATIONS

AR	Activity Room	Lib	Library
DL	Diamond Lake	Gym	Fitness Room
DR	Dining Room	OF	Out Front
LR	Living Room	BP	Back Patio
TV	Theatre Room		



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May

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Daily Calm-TV 9:30 Ageless Grace Fitness-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR 3:30 Wii Bowling-TV 4:00 Private Event-AR	2 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-TV 1:30 Pinochle-AR 4-6 Early Cinco De Mayo Dinner 4:30 Ballet Folklorico-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV	3 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 3:00 Country Drive✍️ 6:00 Skip-Bo-DL 7:00 Movie Night-TV
4 3:30 Vespers w/ Pastor Bruce Smith (His Valley Church) Music by the McLaren's-AR 7:00 Movie Night-TV	5 CINCO DE MAYO 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 2:30 Shopping Trip to the Thrift Shop by Rogue Retreat✍️	6 9:00 Daily Calm-TV 9:30 Resistance Bands-AR 1:00 Chair Drumming-AR 2:00 Armchair Travel: Kentucky Derby-TV 2:30 Gentle Stretch Fitness-AR 3:15 Adult Coloring-AR 7:00 Movie Night	7 9:00 Daily Calm-DL 9:30 Seated Strength-AR 10:15 Ukulele Jamming-DL 1:00 Cornhole-AR 2:00 Balance & Stability-AR 2:30 Social Hour w/ Dom Fontana-DR	8 9:00 Daily Calm-TV 9:30 Ageless Grace Fitness-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Mobility Ball Fitness-AR 3:15 Mother's Day Craft-AR✍️ 3:30 Wii Bowling-TV	9 9:00 Butterfly Release-BP 10:00 Prayer Group-TV 2:00 Mother's Day Tea Party w/ Elegant Bustles & Bows✍️ 6:00 Mexican Train-AR 7:00 Movie Night-TV	10 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 6:00 Skip-Bo-DL 7:00 Movie Night-AR
11 MOTHER'S DAY 11-2 Mother's Day Buffet-DR✍️ 3:30 Vespers w/ Pastor Paul Hagedorn w/ Communion Music by Carolyn & Pat-AR 7:00 Movie Night-TV 	12 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 2:45 Readers Theater-AR	13 9:00 Daily Calm-TV 9:30 Resistance Bands-AR 10:30 Bible Study-AR 1:00 Balloon Volleyball-AR 2:30 Gentle Stretch Fitness-AR 7:00 Movie Night-TV	14 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Chair Drumming-AR 2:00 Balance & Stability-AR 2:30 Social Hour w/ Lisa Rose	15 9:00 Daily Calm-TV 9:30 Ageless Grace Fitness-AR 10:15 Ukulele Jamming-AR 2:00 Private Event for all residents-DR 3:30 Wii Bowling-TV	16 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-TV 11:00 Lunch: Rogue Salad Co. 2:00 Flower Arrangement w/ Ruth-12 max-sign up strictly Required-AR✍️ 6:00 Mexican Train-AR 7:00 Movie Night-TV	17 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 3:00 Country Drive✍️ 4:00 Dinner: Tap & Vine & "Mary's Wedding" Play (FP—RSVP 5/1)✍️ 6:00 Skip-Bo-DL 7:00 Movie Night-TV
18 3:30 Vespers w/ Pastor Lee Gregory (Medford Neighborhood) Music by Doreen Gregory 7:00 Movie Night-TV	19 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 11:00 Ice Cream Outing to Violets & Cream✍️ 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 3:30 Bugs R Us: Siskiyou Mountain Wildlife-TV	20 9:00 Daily Calm-TV 9:30 Resistance Bands-AR 10:30 Craft w/ Ruth-AR 1:00 Chair Drumming Fitness 2-3 Employee Inservice-AR/TV 7:00 Movie Night-TV	21 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Ukulele Jamming-AR 1:00 Cornhole-AR 2:00 Balance & Stability-AR 2:30 Birthday Bash w/ Louis Faro	22 9:00 Daily Calm-TV 9:30 Ageless Grace Fitness-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Mobility Ball Fitness-AR 3:30 Wii Bowling-AR	23 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 R.V. Old Timer Car Club-FP 10:00 Prayer Group-TV 1:15 Movie Outing: Mission Impossible The Final Reckoning✍️ 6:00 Mexican Train-AR	24 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 3:00 Country Drive✍️ 6:00 Skip-Bo-DL
25 3:30 Vespers w/ Pastor Jerry Miranda (New Life Nazarene) Music by Carolyn & Pat-AR 7:00 Movie Night-TV	26 MEMORIAL DAY 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 11:00 Memorial Day BBQ Buffet 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness AR 2:45 Readers Theater-TV	27 9:00 Daily Calm-TV 9:30 Depart for Seven Feathers✍️ 9:30 Resistance Bands-AR 10:30 Bible Study-AR 1:00 Cocktail Hour-AR 2:30 Gentle Stretch Fitness-AR 3:15 Adult Coloring-AR 7:00 Movie Night-TV Foot Care Clinic by Appointment ONLY! (RSVP by 04/14)✍️	28 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Ukulele Jamming-AR 12:30 Make Your Own Walking Stick at Twin Creeks—(TC—RSVP CLOSED) 1:00 Cornhole-AR 2:00 Balance & Stability-AR 2:30 Social Hour w/ Chris & Dom (Vocal/Guitar)-DR	29 9:00 Daily Calm-TV 9:30 Ageless Grace Fitness-AR 10:00 Ukulele Jamming-AR 10:00 Great Cats World Park & Lunch: Taylor's Sausage (HP-RSVP 5/12)✍️ 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Mobility Ball Fitness-AR 3:30 Wii Bowling-AR	30 9:00 Daily Calm-TV 9:00 Yard Sale-FP 9:30 Seated Strength-AR 10:00 Prayer Group-TV 1:30 Texas Hold'Em Poker 6:00 Mexican Train-AR 7:00 Movie Night-TV	31 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 3:00 Country Drive✍️ 6:00 Skip-Bo-DL 7:00 Movie Night-TV

A MESSAGE FROM YOUR FITNESS DIRECTOR

RACHEL GIBSON

Hi, I'm Rachel, your Fitness Director here at Fountain Plaza! I am an experienced Certified Personal Trainer and Group Fitness Instructor at your service to help you reach your individual health and fitness goals.

I can meet with you to assess your individual needs and create a plan just for you. If you have exercises prescribed by your physical therapist, I can help keep you on track! You can reach me at our Activities Department for more information and to schedule a private session

I also invite you to join my group fitness classes as seen on the calendar. They are low impact and can be done seated or standing. We keep it moving, and we have a great time!

I'm so happy you are here, and I'm looking forward to meeting you!

FREQUENTLY ASKED QUESTIONS

How much does training cost?

One-on-one trainings and group classes are part of Fountain Plaza's all-inclusive services!

Is it too late for me to start now? Where do I start?

It is never too late to begin your fitness journey. I'm here to help when you're ready. Stop by the activity office to set up an appointment.

What are the benefits of fitness training?

Regular physical activity can help improve overall quality of life. Some of the many benefits include improving sleep quality, reducing feelings of anxiety, reducing blood pressure. Exercise promotes brain health, heart health, cancer prevention, healthy weight, bone strength, balance and coordination. Exercise is social too! Get fit and have fun with your friends.

How much physical activity do I need per week?

Adults over 65 who do not have limiting medical conditions should get a minimum of 150 minutes of moderate intensity aerobic physical activity (walking) each week, according to the CDC. Strength training exercises should be included twice a week.

What is the best exercise for me?

Everybody has different needs. Let's meet and discuss!

Do I need to see my primary care provider before beginning a program of physical activity?

Getting active is one of the healthiest decisions you can make as you age, but it's important to do it safely. Talk to your provider before starting an exercise program, especially if you have a preexisting condition.

Do I need special clothing and equipment?

Not at all. Safe and effective physical activity can be performed wearing comfortable shoes and loose fitting everyday clothing. All the equipment necessary is provided at our fitness classes.

What additional activities can I do on my own to promote my physical health?

Walking our hallways is a great activity you can do at your own pace. Take the stairs instead of the elevator, if you are able. Check out our balance exercises posted on the wall in our gym and give them a try. These are just a few examples!

ACTIVITY HIGHLIGHTS

For all regular activities, refer to the back side of this sheet. For all activities in green, refer to the Tri-Community Flyer distributed earlier. For any questions, please contact Activities or the Front Desk.

- 05/05 **Cinco De Mayo**✂— We will be celebrating Cinco De Mayo a little early. For Friday's dinner there will be a Mexican buffet with Mexican beer and Margaritas. Entertaining us will be the Ballet Folklórico Group. You won't want to miss this special event. Please sign up at the Front Desk. Guest price is \$15.
- 05/05 **Thrift Shop by Rogue Retreat**✂ - The Thrift Shop by Rogue Retreat has invited us to their Mother's Day Tropical Event—Get ready for summer season with tropical shirts, dresses, sandals, jewelry, purses, and more. Sign up at the Front Desk for some fun shopping.
- 05/06 **Armchair Travel** - The topic is "Kentucky Derby!"
- 05/09 **Butterfly Release** — In honor of mothers, we welcome **all residents** to join us Friday morning in the back yard as we release butterflies into our beautiful gardens.
- 05/09 **Mother's Day Tea Party**✂ - Last Year's Mother's Day Tea Party was a success! We are doing it again this year with a little twist! A group from Elegant Bustles & Bows will be joining us. They will talk about the history of Tea Hats. Feel free to wear your own Tea Hat if you own one.
- 05/11 **Mother's Day Buffet** ✂ - Our Chef and culinary team will be preparing a delicious Mother's Day lunch buffet from 11-2.
- 05/15 **Private Event—All residents Invited!** - This "Private Event" is actually a retirement party for our server, Alicia Cook. We are trying to keep it a secret if possible! Join us in the Dining Room at 2pm to celebrate and thank Alicia for her 28 years of service to Fountain Plaza and our wonderful residents.
- 05/16 **Lunch Bunch**✂—Join us on the only lunch outing we could fit into this busy calendar this month. We will be having lunch at The Rogue Salad Company. Menus are available upon request!
- 05/17 **Dinner & Theatre**✂—Fountain Plaza's Tri-Community event for May is Dinner and a theatre play! We will have dinner at 5pm at Tap & Vine. We'll then head next door to the Collaborative Theatre to watch the play, "Mary's Wedding." The ticket for the play is \$35 and due at the time of sign up. "Mary's Wedding" is about a touching romantic tale of two lovers, Mary and Charlie, that uses the framing of a dream to explore the emotional costs of WWI. The play moves through Mary's dream and forward in time through Charlie's life. Together the two timelines intertwine; It begins at the end, and ends at the beginning.
- 05/19 **Violets & Cream**✂ — This ice cream shop is locally owned and filled with UNIQUE flavors that you can't find anywhere else, including Violets and Cream.
- 05/19 **Bugs-R-Us** - This month's topic is Siskiyou Mountain Wildlife.
- 05/23 **Rogue Valley Old Timer Car Club** — This car club will be making their appearance with all their cool cars at 10am out front!
- 05/23 **Tom Cruise-Mission Impossible: The Final Reckoning**✂ - Join us on this movie outing. This movie is brand new and we suggest on buying tickets in advance. If you would like to go, please pay \$8.75 at the Front Desk by May 14th.
- 05/27 **Foot Care Clinic**✂— Denisse Bennefield will be here for foot care appointments. You can sign up for a time slot at the Front Desk by 05/26. She charges \$45, and you can pay by cash or check.
- 05/27 **Seven Feathers Day Trip** — Sign up at the Front Desk to join us on a day trip to Seven Feathers.
- 05/26 **Memorial Day Buffet**—Join us for a BBQ style lunch buffet in Honor of Memorial Day! Guest ticket is \$20.
- 05/28 **Make Your Own Walking Stick**— This is Twin Creeks' Tri-Community event for May. The sign up is closed due to only having space for 3 residents per community. The residents who signed up last month and did not get to go will be the first ones to go this month.
- 05/29 **Great Cats World Park and Lunch**✂ - Horton Plaza will be taking residents to lunch at Taylors Sausage in Cave Junction. After lunch they will be making their way up to Great Cats World Park. You will pay for your lunch + \$19 at the door for the park.
- 05/30 **YARD SALE**— And last but not least we have our awesome Yard Sale Event! We are now accepting donations from all residents. All funds raised will go to our very own resident Council Fund. If you have donations please, either write a work order or let Maria or Rachel in Activities know!

If you have any activities you would like us to coordinate, please talk to the Activity Director or leave a comment card at the Front Desk!

Any Suggestions?

GET TO KNOW YOUR REGULAR ACTIVITIES

GAMES

- **Balloon Volleyball**-low impact seated game. You hit a balloon across a net against the other team.
- **Bingo**-free to play. Winners receive prizes such as candy, cookies, or wine!
- **Card/Dime Bingo**-bring your dimes to play this unique version of bingo. Players use decks of cards.
- **Cornhole**-the typical game of cornhole! It's low impact and fun!
- **Dollar (\$) Bingo**-pay to play. Winners win money!
- **Ladder Golf**-a fun team activity that involves tossing bolos at a target to get the most points.
- **Mexican Train**-a fun game using dominos. Don't know how to play? Come and learn!
- **Pinochle**-a card game that requires 4 players to a table. If you are a pinochle player, we'd love to have you!
- **Rumikub**-reminiscent to a game of gin but using tiles!
- **Skip-Bo**-an easy card game where you strategically create stacks of cards in ascending order.
- **Texas Hold 'Em**-if you've ever played any game of poker, this would be easy to learn. Beginners welcome.
- **Wii Bowling**-players use a remote control aimed at the television for a simulated game of bowling.

WELLNESS/FITNESS

- **Daily Calm**-10 to 15-minute session that aims to relax participants. Great for breathing and relaxation.
- **One-on-One Fitness**-this is either a solo or small group workout in the Fitness Center personalized to your level of fitness and movement. Contact Rachel, our Fitness Director, for more information. This is not on the calendar as they are scheduled individually.
- **Group Fitness Classes**-see the Fitness Insert for our fitness group classes and descriptions.

MUSIC & ENTERTAINMENT

- **Armchair Travel**-Dan and Carole visit monthly to share about different places they've traveled.
- **Bugs-R-Us**-John Jackson comes monthly with topics related to nature and animals. We post the topic on the main calendar.
- **Handbells**-this is a beginner's group for playing handbells.
- **Movie Nights**-bring your own blanket and/or snacks. If you have any suggestions, please share them with Activities and we'll see if we can locate them on our streaming sites (Netflix, DisneyPlus, and Peacock).
- **Readers Theater**-this is a group that puts on shows for the residents that involves reading scripts. Think of it like a radio show! The group rehearses twice a month and puts on a show when they are ready!
- **Social Hour**-entertainers visit as you sip on alcoholic or non-alcoholic beverages. Appetizers available.
- **Ukulele Jamming**-if you've had some experience with either a ukulele or guitar, this would be for you. It's a jam session and residents learn from each other on their ukulele technique. We have some starter ukuleles that you can borrow for a few sessions to see if it's for you! Feel free to stop in to observe or sing along.

COMMITTEES

- **Resident Council**-all residents welcome to attend. Similar to a town hall meeting, this is one of the modes of communication between management and residents. This is led by the Resident Council Board.
- **Food Committee**-all residents welcome to attend. Similar to the resident council but geared to just the topic of food service. Residents share their compliments, their critique, and their suggestions during this time.

OTHER

- **Vespers**-non-denominational services on Sundays where you can listen to teachings led by various pastors and sing hymns. We also have Bible Study once or twice a month on Tuesday.
- **Prayer Group**-this is a smaller resident group happening each Friday.
- **Country Drive**-hop on the bus and take a scenic ride. We rotate sign ups to give others a chance to ride.
- **Wordsmiths**-residents are welcome to share their own writings or books they've read with the group.
- **Adult Coloring**-involves using coloring books or pages with intricate designs, mandalas, or detailed artwork for stress reduction and creative expression.