



Birthdays

- 11/05 Jim Dinkins
- 11/07 Kalia Kron (DR)
- 11/11 Julian Avina (DR)
- 11/14 Della James (Admin)
- 11/19 Rose Lopez (PC)
- 11/22 Carolyn Campbell
- 11/27 Nelda Edwards
- 11/29 Bob Cole



Loving Memory

JAN BLAGDON



Happy Anniversary

11/09 Jess & Jeannie Gladson



Happy Workiversary

17 Years - Angelie Pitari, PC/DR
2 Years - Keith Dickey, Cook

Welcome Home

Apt 103 Jan DeBritto
Apt 710 Clovis Glass

EMPLOYEES OF THE MONTH

SHAUN LYON



CYONA KAHANANUI

Shaun is one of our awesome cooks and has been with us for over 2 years! He has always been a tremendous help in the kitchen and never misses a day of work. We appreciate you, Shaun!

Cyona started at the front desk a year ago and has transitioned into our Personal Care department as one of our amazing caregivers. Cyona is always so reliable and helpful in all she does. You rock, Cyona!

MANAGEMENT TEAM

- | | |
|------------------------|--------------------|
| General Manager | Charmagne Blackaby |
| Marketing Director | Steve Emerson |
| 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 |

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		

FOUNTAIN PLAZA
"All the Comforts of Home"
1441 Morrow Road
Medford, OR 97504
541-772-6005
www.fountainplaza.com



November

2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

November 2024


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 1441 Morrow Road
 Medford, OR 97504
 541-772-6005


ACCESS FOOD DRIVE
Bring your non-perishable food donations to the Front Desk through November 22

1
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 10:00 Prayer Group-DL
 1:00 Horton Plaza Holiday Bazaar
 11:00 Lunch Bunch: 4 Daughters Irish Pub
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

2
 9:00 Daily Calm-TV
 9:30 Wii Bowling-AR
 10:00 CBC Holiday Bazaar
 1:30 Card/Dime Bingo-AR
 2:30 Wordsmiths-TV
 3:00 Country Drive
 6:00 Skip-Bo-DL
 7:00 Movie Night-TV

3 Daylight Savings Time Begins
 3:30 Vespers w/ Pastor Adam Ingram (Ashland First Baptist Church)
 Music by the McLarens-AR
 5:20 Sunday Night Football-TV



4
 9:00 Daily Calm-TV
 9:30 Balance & Stability-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Resistance Bands-AR
 5:15 Monday Night Football-TV

5
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:30 Crafts w/ Ruth-AR
 1:00 Giant Jenga-LR
 2:30 Mobility Ball Exercise-AR
 7:00 TV Series: The Chosen-TV

6
 9:00 Daily Calm-DL
 9:30 Seated Strength-AR
 10:00 Ukulele Jamming-DL
 1:30 Food Committee-AR
 2:30 Social Hour w/ Shauna Alford from Rogue Music Academy (Piano/Vocal)-DR

7
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:00 Ukulele Jamming-AR
 11:00 Cicily's Pastaria & Grill (HP-RSVP 11/5)
 1:00 Popcorn-LR
 1:00 \$ Bingo-AR
 2:30 Resident Council-AR
 3:30 Wii Bowling-TV

8
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 10:00 Prayer Group-DL (RSVP 11/5)
 10:30 Veterans Flag Ceremony-OF
 1:30 Pinochle-AR
 1:30 Veterans Assembly at Wilson Elementary
 2:00 Rumikub-AR
 6:00 Mexican Train-AR
 7:00 Movie Night-TV
 TBD Tinseltown Movie: "Here" (FP-RSVP 11/5)

9
 9:00 Daily Calm-TV
 9:30 Wii Bowling-AR
 1:00 Wordsmiths-TV
 2:00 Card/Dime Bingo-AR
 3:00 SO Sound & Rogue Voices Fall-la-la into the Holidays Concert(\$20; RSVP 11/6)
 3:00 Country Drive
 6:00 Skip-Bo-DL
 7:00 Movie Night-AR

10
 3:30 Vespers w/ Pastor Ron Swanson (Journey Church w/ Communion)
 Music by Carolyn & Pat-AR
 5:20 Sunday Night Football-TV

11 Veterans Day
 9:00 Daily Calm-TV
 9:30 Balance & Stability-AR
 10:30 Bingo-AR
 11:00 Veterans Day Buffet-DR
 1:00 Ladder Golf-AR
 2:00 Resistance Bands-AR
 2:30 Readers Theater-TV
 3:30 Bugs R Us: Rocks & Minerals-AR
 5:15 Monday Night Football-TV



12
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:30 Bible Study-AR
 1:00 Giant Jenga-LR
 2:30 Mobility Ball Exercise-AR
 2:30 Armchair Travel: New England-TV
 7:00 TV Series: The Chosen-TV

13
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 10:00 Ukulele Jamming-AR
 1:00 Cornhole-AR
 1:30 Bunco Party (HP-RSVP 11/11)
 2:00 Balance & Stability-AR
 2:30 Social Hour w/ Skip Bessonette (Vocal/Guitar)-DR

14
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:00 Ukulele Jamming-AR
 12:00 Dancin Vineyards Lunch & Wine Tasting (FP-RSVP 11/8)
 1:00 Popcorn-LR
 1:30 \$ Bingo-AR
 2:30 Stretch Fitness-AR
 3:30 Wii Bowling-TV

15
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 10:00 Prayer Group-DL
 1:30 Pinochle-AR
 2:00 Rumikub-AR (RSVP 11/11)
 2:30 Pumpkin Decoupage Craft
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

16
 9:00 Daily Calm-TV
 9:30 Wii Bowling-AR
 10:00 Rogue Makers Holiday Fair at Rogue X (Free Entry) (RSVP-11/13)
 12:00 Craterian: Nutcracker Ballet (TC-RSVP 10/25)
 1:30 Card/Dime Bingo-AR
 2:30 Wordsmiths-TV
 3:00 Country Drive
 6:00 Skip-Bo-DL
 7:00 Movie Night-TV

17
 3:30 Vespers w/ Pastor Bob Stubenrauch (Mountain Church)
 Music by Carolyn & Pat-AR
 5:20 Sunday Night Football-TV

18
 9:00 Daily Calm-TV
 9:30 Balance & Stability-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Resistance Bands-AR
 2:30 Readers Theater-TV
 5:15 Monday Night Football-TV

19
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:30 Crafts w/ Ruth-AR
 1:00 Giant Jenga-LR
 1:30 Pinecone Christmas Craft (HP-RSVP 11/15)
 2:30 Mobility Ball Exercise-AR
 7:00 TV Series: The Chosen-TV

20
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 10:00 Ukulele Jamming-AR
 1:00 Cornhole-AR
 2:00 Employee Inservice-AR/TV
 2:30 Birthday Bash w/ Louis Faro-DR

21
 9:00 Daily Calm-TV (TC-RSVP 11/19)
 9:00 Seven Feathers Day Trip
 9:30 Fitness Video-AR
 10:00 Ukulele Jamming-AR
 10:30 Employee Chili Competition Fundraiser for ACCESS-LR
 1:30 \$ Bingo-AR
 2:30 Stretch Fitness-AR
 3:30 Wii Bowling-AR

22
 9:00 Daily Calm-TV
 9:00 Prayer Group-DL
 9:30 Seated Strength-AR
 11:30 Lunch Bunch: Tap & Vine (FP-RSVP 11/15)
 1:30 Texas Hold 'Em-AR
 2:00 Rumikub-AR
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

23
 9:00 Daily Calm-TV
 9:30 Wii Bowling-AR (RSVP 11/11)
 1:00 Old Time Fiddlers (p/u 2:30)
 1:30 Card/Dime Bingo-AR
 2:30 Wordsmiths-TV
 3:00 Country Drive
 6:00 Skip-Bo-DL
 7:00 Movie Night-TV

24
 3:30 Vespers w/ Pastor Adam Ingram (Ashland First Baptist Church)
 Music by Jim Maxwell-AR
 5:20 Sunday Night Football-TV

25
 9:00 Daily Calm-TV
 9:30 Balance & Stability-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Resistance Bands-TV
 5:15 Monday Night Football-TV

26
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:30 Bible Study-AR
 1:00 Cocktail Hour w/ RJ & Rachel-AR
 2:30 Mobility Ball Exercise-AR
 7:00 TV Series: The Chosen-TV

27
 9:00 Daily Calm-TV
 9:30 Seated Strength-AR
 1:00 Cornhole-AR
 2:00 Balance & Stability-AR
 2:30 Social Hour w/ Chris & Dom (Vocal/Guitar)-DR

28 Thanksgiving Day
 9:00 Daily Calm-TV
 9:30 Fitness Video-AR
 10:00 Ukulele Jamming-AR
 11:00 Thanksgiving Day Buffet
 1:00 Popcorn-LR
 1:30 \$ Bingo-AR
 3:30 Wii Bowling-AR



29
 9:00 Daily Calm-TV
 9:00 Prayer Group-DL
 9:30 Seated Strength-AR
 1:30 Pinochle-AR
 2:00 Rumikub-AR
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

30
 9:00 Daily Calm-TV
 9:30 Wii Bowling-AR
 10:30 Red Lily Vineyards (TC-RSVP 11/15)
 1:30 Card/Dime Bingo-AR
 2:30 Wordsmiths-TV
 3:00 Country Drive
 6:00 Skip-Bo-DL
 7:00 Movie Night-TV


 Sign Up Required

FITNESS CLASS

TRI-COMM ACTIVITY Refer to *Tri-Community Flyer* for details

CHANGE HAPPENS

Don't miss out! See your *Weekly Wave* for updated information and announcements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		One-on-One Sessions are scheduled around group classes and are usually held in the Fitness Center.	Group classes are held in the Activity Room, unless otherwise noted.	Please check the Weekly Wave for any changes to the schedule.	1 9:30 Seated Strength	2 Walk all second floor hallways or more
3 Walk 2 laps or more around the fountain	4 9:30 Balance & Stability 2:00 Resistance Bands	5 9:30 Fitness Video 2:30 Mobility Ball Exercise	6 9:30 Seated Strength	7 9:30 Fitness Video	8 9:30 Seated Strength	9 Walk for 20 minutes outside and observe the fall colors
10 Walk around our beautiful backyard	11 9:30 Balance & Stability 2:00 Resistance Bands	12 9:30 Fitness Video 2:30 Mobility Ball Exercise	13 9:30 Seated Strength 2:00 Balance & Stability	14 9:30 Fitness Video 2:30 Stretch Fitness	15 9:30 Seated Strength	16 Walk all first floor hallways (or more)
17 Use the recumbent bike in the gym for 15 mins	18 9:30 Balance & Stability 2:00 Resistance Bands	19 9:30 Fitness Video 2:30 Mobility Ball Exercise	20 9:30 Seated Strength	21 9:30 Fitness Video 2:30 Stretch Fitness	22 9:30 Seated Strength	23 Walk 2 laps or more around the fountain
24 Walk all first floor hallways	25 9:30 Balance & Stability 2:00 Resistance Bands	26 9:30 Fitness Video 2:30 Mobility Ball Exercise	27 9:30 Seated Strength 2:00 Balance & Stability	28 9:30 Fitness Video	29 9:30 Seated Strength	30 Relax and still your mind listening to the fountain

Balance & Stability Focuses on strengthening ankles, knees, and hip joints, crucial for maintaining stability and preventing falls. This is a seated/standing workout and walker-friendly	Resistance Bands Seated full body workout using elastic stretch bands of various resistance levels to build muscle strength. These bands are very easy on the joints	Mobility Ball Low intensity, seated exercise using a light ball to promote joint mobility while having a little extra fun	Seated Strength Full body seated (or standing) workout using dumbbells or weighted balls to promote muscle strength	Stretch Fitness Improve flexibility and mobility in this relaxing seated workout where we go through a series of stretches for your entire body	Fitness Videos Supplemental video classes done as a group that are low impact and easy to follow. We also use resistance bands and dumbbells in this class
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A Message from Your Fitness Director

Rachel Gibson



*It's a new month and another opportunity to start or continue your fitness journey! Our **November Fitness Punch Card** is now available for you to pick up at the Front Desk. I encourage you all to get one of these. You will receive a punch for each group or one-on-one class attended and will be entered into a drawing at the end of the month for a paid lunch outing! Bring a new resident who has never been to class and get an extra punch! The more punches, the more chances to win!*

Join me, get fit, and have fun!

NOVEMBER WELLNESS CHALLENGES

TO HELP START SOME HEALTHY WELLNESS HABITS

1. Pick up a Punch Card.
2. Set up a one-on-one consultation with Rachel.
3. Stay hydrated. Drink at least half your body weight in ounces.
4. Write down 3 things you are grateful for each day.
5. Walk up and down 2 hallways each day. Yours counts!