

Birthdays

- 01/02 Betty Wilson
- 01/03 Bill Vary
- 01/04 Betty Wright
- 01/09 Katherine Henderson (FD)
- 01/10 Gracia Zubia (DR)
- 01/11 John Anderson
- 01/12 Bill Phillips
- 01/12 Charmagne Blackaby (GM)
- 01/13 Pat Vary
- 01/26 Kaily Altland (Kitchen)
- 01/28 Myra Reese
- 01/29 Mary Smith
- 01/31 Diane Miller



DON BORNS
SYLVIA CALVERT
ETHEL STONE

Happy Workiversary

- 17 Years-Susan Bradley, Housekeeper
- 11 Years-Rose Lopez, PC Attendant
- 7 Years-Andrea Torres, DR Assistant
- 7 Years-Cheyann Oden, PC Attendant
- 4 Years-Julian Avina, Server

Welcome Home

- Apt 418 Donna Hays
- Apt 803 Rick Chezik

Happy Anniversary

01/02 Robert & Pat Flora

EMPLOYEE OF THE MONTH

EMILEE MILLER

Emilee joined our team earlier this year but it feels like she's been with us much longer. She is such a great asset to our team and helps wherever we need support. She is adored by residents. She is quick to smile and is very welcoming toward others. Thank you being part of our team, Emilee!



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 |



January

2025

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 | | |



1441 Morrow Road
Medford, OR 97504
541-772-6005
www.fountainplaza.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><i>"What the new year brings to you will depend on what you bring to the new year."</i> Vern McLellan</p>	<p>1 NEW YEAR'S DAY 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Ukulele Jamming-AR 2:30 Social Hour w/ Larry Wheatley (12-String Guitar) -DR</p> 	<p>2 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Gentle Stretch-AR 3:00 Native American Flute (TC-RSVP 12/30) ✓ 3:30 Wii Bowling-TV</p>	<p>3 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-DL 12:30 Depart for "Mufasa" at Tinseltown (FP-RSVP 12/23) ✓ 1:30 Pinochle Group-AR 2:00 Rumikub-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p>4 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</p>
<p>5 3:30 Vespers w/ Pastor Bruce Smith (His Valley Church) Music by the McLarens-AR 5:20 Sunday Night Football-TV</p>	<p>6 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</p>	<p>7 9:00 Daily Calm-TV 9:30 Fitness Video-AR 11:30 Lunch Out: Hiro Sushi (TC-RSVP 01/06) ✓ 1:00 Balloon Volleyball-AR 2:30 Mobility Ball Exercise-AR 3:15 Adult Coloring-AR 7:00 TV Series: The Chosen-TV</p>	<p>8 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/ Tracy Davy (Vocal/Guitar)-DR</p>	<p>9 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:00 Cornhole (HP-RSVP 01/06) ✓ 2:30 Resident Council-AR 3:30 Handbells-AR 3:30 Wii Bowling-TV</p>	<p>10 HOUSEPLANT APPRECIATION DAY 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-DL 10:00 Chair Volleyball (HP-RSVP 01/06) ✓ 1:30 Pinochle-AR 2:00 Rumikub-AR 3:00 "How Not to Kill Your Plants"-TV 6:00 Mexican Train-AR 7:00 Movie Night-TV</p> 	<p>11 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-AR</p>
<p>12 3:30 Vespers w/ Pastor Jerry Miranda (New Life Nazarene w/ Communion) Music by Carolyn & Pat-AR 5:20 Sunday Night Football-TV</p>	<p>13 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 1:00 Lava Lanes Bowling (FP-RSVP 01/06) ✓ 2:00 Resistance Bands-AR 2:30 Readers Theater-TV 3:30 Bugs R Us: Oregon Trail-AR 5:15 Monday Night Football-TV</p>	<p>14 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:30 Bible Study-AR 12:00 Lunch Out: Orchid Gardens (HP-RSVP 01/10) ✓ 1:00 Balloon Volleyball-AR 2:00 Armchair Travel: Ancient Mexico-TV 2:30 Mobility Ball Exercise-AR 6:00 Bingo Night at CP Grange (TC-RSVP 01/09) ✓ 7:00 TV Series: The Chosen-TV</p>	<p>15 NATIONAL HAT DAY 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-DR Wear your favorite and/or craziest hat that you own!</p> 	<p>16 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Gentle Stretch-AR 3:30 Handbells-AR 3:30 Wii Bowling-TV 7:00 "Winter Wonderland" by S.O. Concert Band at Oakdale Middle School (RSVP 01/13) ✓</p> <p>FREE!</p>	<p>17 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-DL 11:00 Lunch Out: Wild River (FP-RSVP 01/15) ✓ 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p>18 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</p>
<p>19 3:30 Vespers w/ TBD Music by Carolyn & Pat-AR 5:20 Sunday Night Football-TV</p>	<p>20 MARTIN LUTHER KING, JR DAY 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Employee Inservice-AR 3:15 Resistance Bands-AR 5:15 Monday Night Football-TV</p>	<p>21 9:00 Daily Calm-TV 9:30 Fitness Video-AR 1:00 Balloon Volleyball-AR 2:30 Mobility Ball Exercise-AR 3:15 Adult Coloring-AR 7:00 TV Series: The Chosen-TV</p>	<p>22 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 Social Hour w/ Jeff Kloetzel -DR</p>	<p>23 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Gentle Stretch-AR 3:30 Handbells-AR 3:30 Wii Bowling-TV</p>	<p>24 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Prayer Group-DL 1:00 Bunco (TC-RSVP 1/23) ✓ 2:00 Rumikub-AR 5-7 Resident Appreciation Dinner-DR 7:00 Movie Night-TV</p>	<p>25 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</p>
<p>26 3:30 Vespers w/ TBD Music by Carolyn & Pat-AR 5:20 Sunday Night Football-TV</p>	<p>27 9:00 Daily Calm-TV 9:30 Balance & Stability-AR 10:30 Bingo-AR 11:00 Rogue Creamery Pit Stop 1:00 Ladder Golf-AR 2:00 Resistance Bands-TV 2:30 Readers Theater-TV 5:15 Monday Night Football-TV</p> 	<p>28 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 ✓ 3:15 Winter Craft-AR (RSVP 1/24) ✓ 7:00 TV Series: The Chosen-TV</p>	<p>29 LUNAR NEW YEAR 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 Trivia & Mimosas-AR</p> 	<p>30 9:00 Daily Calm-TV 9:30 Fitness Video-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Gentle Stretch-AR 3:30 Handbells-AR 3:30 Wii Bowling-TV 7:30 "The Lion in Winter" at CTP (TC-RSVP 1/10) ✓</p>	<p>31 NATIONAL HOT COCOA DAY 9:00 Daily Calm-TV 9:30 Seated Strength-AR 10:00 Prayer Group-DL 1:30 Texas Hold 'Em-AR 2:00 Rumikub-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p> <p>1-3pm Stop by the Living Room for a cup of hot cocoa</p> 	<p> "All the Comforts of Home" 1441 Morrow Road Medford, OR 97504 541-772-6005</p>



A Message from Your Fitness Director

Rachel Gibson

Happy New Year! We've sure had a lot of fun over the holidays. For many of us we've also had a lot of treats and sweets! There's no time like the beginning of a new year to reset our intentions and set new health and fitness goals. Just get back up and start again! Our January Fitness Punch Card is 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 a class before and get an extra punch! The more punches, the more chances to win!

Don't forget to exercise regularly and drink plenty of water. Set up a time to meet with me, and I can help you get started to your health and fitness goals! Let's have a happy and healthy 2025!


Here's a Sweet Challenge for you!

Let's start the year by limiting your sugar intake! Reducing your sugar intake has MANY benefits that include the following: Weight loss, improved blood sugar levels, better dental health, improved mood and mental clarity, better sleep, reduced inflammation, increased energy levels and clearer skin.

- Weight loss
- Improved blood sugar levels
- Better dental health
- Better sleep
- Improved mood and mental clarity
- Reduced inflammation
- Increased energy levels
- Clearer skin

Some ways to cut back on sugar...

- Limit added sugar and use alternatives to refined sugar.
- Limit sugar-sweetened beverage, including fruit juices
- Eat more fresh fruits and vegetables, fiber, and lean protein.
- Have a savory breakfast—eggs, bacon, sausage, etc.
- Be mindful of baked goods and desserts
- Avoid temptation and don't store sugary foods in your cabinets
- DRINK MORE WATER. It helps curb sugar cravings.
- Eat protein with sugar (protein pairing) - it helps reduce insulin response.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please check the Weekly Wave for any changes to the schedule.	<u>One-on-One Sessions</u> are scheduled around group classes and are usually held in the Fitness Center.	Group classes are held in the Activity Room unless otherwise noted.	1 9:30 Seated Strength 2:00 Balance & Stability	2 9:30 Fitness Video 2:45 Gentle Stretch	3 9:30 Seated Strength	4 Walk all second floor hallways or more
5 Walk 2 laps or more around the fountain	6 9:30 Balance & Stability 2:00 Resistance Bands	7 9:30 Fitness Video 2:30 Mobility Ball Exercise	8 9:30 Seated Strength	9 9:30 Fitness Video	10 9:30 Seated Strength	11 Walk for 20 minutes outside and observe the fall colors
12 Walk around our beautiful backyard	13 9:30 Balance & Stability 2:00 Resistance Bands	14 9:30 Fitness Video 2:30 Mobility Ball Exercise	15 9:30 Seated Strength 2:00 Balance & Stability	16 9:30 Fitness Video 2:45 Gentle Stretch	17 9:30 Seated Strength	18 Walk all first floor hallways (or more)
19 Use the recumbent bike in the gym for 15 mins	20 9:30 Balance & Stability 2:00 Resistance Bands	21 9:30 Fitness Video 2:30 Mobility Ball Exercise	22 9:30 Seated Strength 2:00 Balance & Stability	23 9:30 Fitness Video 2:45 Gentle Stretch	24 9:30 Seated Strength	25 Walk 2 laps or more around the fountain
26 Walk all first floor hallways	27 9:30 Balance & Stability 2:00 Resistance Bands	28 9:30 Fitness Video 2:30 Mobility Ball Exercise	29 9:30 Seated Strength 2:00 Balance & Stability	30 9:30 Fitness Video 2:45 Gentle Stretch	31 9:30 Seated Strength	

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

Gentle Stretch

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 dumb bells in this class

BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA

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.

- 01/07 **Adult Coloring** - new this month and plan to make this a regular activity. We'll gather together coloring books or pages of intricate designs, mandalas, or detailed artwork for stress reduction and creative expression. We supply the pages, color pencils, markers. No experience necessary.
- 01/10 **"How Not to Kill Your Plants" Masterclass** - join us in the TV room as we watch a 20-30 minute video on how to care for your houseplants in honor of Houseplant Appreciation Day.
- 01/13 **Bowling at Lava Lanes (RSVP 01/06)**- let's go to the bowling alley! For \$10, you get a game and shoe rental. They have bumpers for those who don't have experience. And to assist in the weight of the ball, they also have ball ramps for accessibility.
- 01/15 **National Hat Day** - wear your favorite and/or craziest hat in honor of this day!
- 01/16 **"Winter Wonderland" by Southern Oregon Concert Band (RSVP by 01/13)** - Free
- 01/21 **Adult Coloring** - you have to come and try it out!
- 01/24 **Resident Appreciation Dinner (5-7pm)** - regular menu available from 4-430 for anyone unable to attend. This dinner will be a coursed dinner designed by Chef Kelsey served by our servers alongside the managers. We look forward to seeing you all there!
- 01/27 **Rogue Creamery Pit Stop** - we'll stop by and see what they have to offer. Purchase cheeses for your own enjoyment while helping us pick out some cheeses to be served at Trivia & Mimosas on Wednesday.
- 01/28 **Cocktail Hour w/ RJ & Rachel** - stop by for some social time while Rachel and RJ serve you their cocktail of the month. Non-alcoholic beverages will be available as well.
- 01/28 **Winter Craft (RSVP 1/24)**- join us for a bit of crafting with a winter theme!
- 01/29 **Trivia & Mimosas** - for social hour, we will be playing some trivia while you sip on mimosas. Non-alcoholic mimosa will be available as well.
- 01/29 **Lunar New Year** - look for a lucky surprise on your shelves this morning in honor of the Lunar New Year!
- 01/31 **National Hot Cocoa Day** - we will have some hot chocolate waiting for you in the dining room from 1:00 p.m. to 3:00 p.m.



**Membership
Renewal or Sign Up
Due on 01/13
\$32.50**

Please bring
check or cash to
the Front Desk for
your renewal.

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. In December, we will be doing evening Christmas light tours instead.
- **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.