

Birthdays

- 02/03 Iffat Ara
- 02/04 Yesenia Cortez (Hskp Mgr)
- 02/05 Beth Summit
- 02/06 Colleen Morrow (PC)
- 02/08 Nick Johnson
- 02/09 Donna Ray Hays
- 02/11 Ray Moffitt
- 02/16 Ted Rivenbark
- 02/16 Toshiko Gagne
- 02/18 Shirley Newland (DR)

Loving Memory
SALLY DERNEDDE
CAROL TOLLEFSON
GERALD HARRIS
SHARON CHAPPELEAR

Happy Workiversary

- 23 Years — Shirley N. DR
- 19 Years — Melissa O. Busi Off Mgr.
- 4 Years — Maria P. PC
- 4 Years — Shaun L. Kitch
- 3 Years — Grace P. DR
- 2 Years — Colleen M. PC
- 1 Year — Jessica T. Kitch

TRANSPORTATION

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

 8:30-5:00

 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

Welcome Home

Marlene Ridgeley Apt # 205
 Mary Ann Beeler Apt #215

IN THE SPOTLIGHT employee of the month



FEB 2026

ZOILA ORZCO KITCHEN

Zoila is an incredible part of our team, serving as both a cook and prep cook, and always stepping up wherever she's needed—even filling in the dish pit without hesitation. She is reliable, hardworking, and brings a positive attitude every day. Zoila's sense of humor and constant smile make the kitchen a happier place for everyone. We truly appreciate all that she does!

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 |



February

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3:30 Vespers w/ Pastor Bruce Smith (His Valley Church) Music by The McLarens-AR 6:00 Billiards-BR 7:00 Movie Night-TV	2 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 3:30 Bugs-R-U: Australian Animals-TV	3 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR✍️ 1:00 Chair Drumming-AR 2:00 Gentle Stretch-AR 3:00 Root Beer Floats & "Begins with.." Game -AR 6:00 Hula w/ Leilani-AR	4 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:30 Food Committee-AR 2:30 Social Hour w/ Gary Richards (Guitar)-DR 6:00 Billiards-BR	5 9:30 Balance-AR 10:15 Ukulele Jamming-AR 11:00 Nature's Medicine w/ Chef Kelsey-TV 12:30 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR	6 9:30 Seated Strength-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Silver Dragon✍️ 11:15 Bible Reading-TV 1:00 Rhythm & Dance w/ Rachel-AR 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	7 10:00 Wordsmiths-TV 1:30 Card/Dime Bingo-AR 3:00 Country Drive: Ashland✍️ 7:00 Movie Night-TV
8 Superbowl Sunday 2:00 Vespers w/ Pastor Ron Swanson (Journey Church) w/ Communion Music by Carolyn & Pat-AR 3:30 Superbowl Party-TV 6:00 Billiards-BR	9 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 2:45 Pressed Flower Heart Dish Craft w/ Maria & Andrea-AR Max of 10 ✍️	10 9:30 Balance-AR 10:30 Bible Study-AR 1:00 Balloon Volleyball-AR 2:00 Armchair Travel: Pirates-TV 2:00 Gentle Stretch-AR 6:00 Hula w/ Leilani-AR	11 Wear Valentine Colors! 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Valentines Social w/ Jeff Kloetzel (Guitar)-DR 6:00 Billiards-BR 7:00 Movie Night-TV	12 9:30 Balance-AR 10:15 Ukulele Jamming-AR 12:30 Popcorn-LR 1:00 Logos Charter School Valentines Drop Off 1:30 \$ Bingo-AR 2:45 Ageless Gace Fitness-AR 3:15 Men's Group: Decorate Mini Valentine Cards-AR✍️	13 Singing Telegram Delivery! 9:30 Seated Strength-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Red Lobster✍️ 11:15 Bible Reading-TV 1:00 Rhythm & Dance w/ Rachel-AR 2:00 Pinochle-AR 5:45 Depart for Hockey Game✍️ (FP-\$7 RSVP 02/09) 6:00 Mexican Train-AR 7:00 Movie Night-TV	14 Valentine's Day! 10:00 Wordsmiths-TV 1:30 Card/Dime Bingo-AR 3:00 Country Drive: Zebra✍️ 4:00 Valentine's Dinner 7:00 Movie Night-AR <div style="text-align: center;">  </div>
15 3:30 Vespers w/ Pastor Kevin Gowland (New Life Nazarene) Music by Jim Maxwell-AR 6:00 Billiards-BR 7:00 Movie Night-TV	16 9:30 Seated Strength-AR 10:30 Bingo-AR 1-4 Employee CPR/First Aid Training-AR 12:00 Depart for Dairy Queen✍️ 2:00 Color by Numbers (Color pencils) -TV	17 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR✍️ 1:00 Chair Drumming-AR 2:00 Gentle Stretch-AR 2:30 Wii Bowling-TV 3:00 Northern Lights Painting-AR✍️ 6:00 Hula w/ Leilani-AR <div style="text-align: center;"> <small>Foot Care Clinic by Appointment ONLY! (RSVP by 02/16)✍️</small> </div>	18 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Resident vs Employee Cornhole-AR 2:30 Birthday Bash w/ Louis Faro (Piano)-DR 6:00 Billiards-BR 7:00 Movie Night-TV	19 9:30 Balance-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Ageless Grace Fitness-AR 3:15 Finish The Song Lyric Game-AR	20 9:30 Seated Strength-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Tekkamaki Sushi✍️ 11:15 Bible Reading-TV 1:00 Rhythm & Dance w/ Rachel 2:00 Employee Inservice-AR 2:15 Depart for Sportsmen's & Outdoor Recreation Show (TC-RSVP 02/13 FREE) 6:00 Mexican Train-AR 7:00 Movie Night-TV	21 10:00 Wordsmiths-TV 10:30 Depart for Lunar New Year Celebration in Jacksonville (HP- RSVP 02/17) 1:30 Card/Dime Bingo-AR 3:00 Country Drive: Agate Lake✍️ 7:00 Movie Night-TV
22 3:30 Vespers w/ Pastor Lee Gregory Medford Neighborhood Church Music by Doreen Gregory 6:00 Billiards-BR	23 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace Fitness-AR 3:15 Afternoon Meditation (Daily Calm 10 Min)-TV 5:00 Depart for Galentine's Bingo at the Expo \$25 RSVP 02/13✍️	24 9:30 Balance-AR 10:30 Bible Study-AR 12:00 Shopping at the White City Goodwill✍️ 1:00 Balloon Volleyball -AR 2:00 Gentle Stretch-AR 2:30 Wii Bowling-TV 3:00 Get To Know Your Neighbor-AR 6:00 Hula w/ Leilani-AR	25 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Sound Meditation w/ Kelly 2:30 Social Hour w/ Oregon Old Time Fiddlers-DR 6:00 Billiards-BR 7:00 Movie Night-TV	26 9:30 Balance-AR 10:00 Coffee Outing: Forage Coffee Company (3 Max)✍️ 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:45 Ageless Grace Fitness-AR 3:15 Afternoon Meditation (Daily Calm 10 Min)-TV	27 9:30 Seated Strength-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Luna Mexican Restaurant✍️ 11:15 Bible Reading-TV 1:30 Texas Hold'Em-AR 2:00 Pinochle-DL 6:00 Mexican Train-AR 7:00 Movie Night-TV	28 10:00 Wordsmiths-TV 1:30 Card/Dime Bingo-AR 3:00 Country Drive: Sams Valley✍️ 7:00 Movie Night-TV



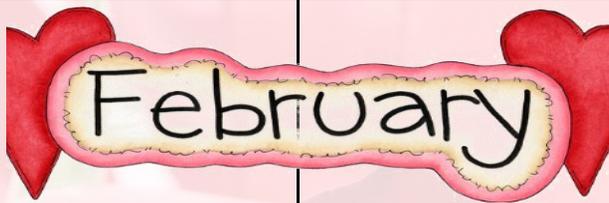
FOUNTAIN PLAZA
"All the Comforts of Home"
 1441 Morrow Road
 Medford, OR 97504
 541-772-6005

February 2026



Singing Telegrams
 Surprise someone with a song! Fill out a singing telegram card at the Front Desk, choose a song, and write who it's for! \$5 includes a rose, box of chocolates, and the Telegram!

Valentine Cards 50 Cents in the Gift Shop
 We invite you to share a photo of you and your Valentine/spouse for us to display in our living Room cabinets. Please bring it to Activities office or Front Desk.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2026						
1 Try taking the stairs up instead of the elevator	2 9:30 Seated Strength 2:00 Ageless Grace	3 9:30 Balance 1:00 Chair Drumming 2:00 Gentle Stretch	4 9:30 Seated Strength	5 9:30 Balance	6 9:30 Seated Strength 1:00 Rhythm & Dance	7 Walk all first floor hallways (or more)
8 Walk around our beautiful back yard	9 9:30 Seated Strength 2:00 Ageless Grace	10 9:30 Balance 1:00 Balloon Volleyball 2:00 Gentle Stretch	11 9:30 Seated Strength	12 9:30 Balance 2:45 Ageless Grace	13 9:30 Seated Strength 1:00 Rhythm & Dance	14 Walk 2 laps or more around the fountain
15 Use the recumbent bike in the gym for 15 mins	16 9:30 Seated Strength	17 9:30 Balance 1:00 Chair Drumming 2:00 Gentle Stretch	18 9:30 Seated Strength	19 9:30 Balance 2:45 Ageless Grace	20 9:30 Seated Strength 1:00 Rhythm & Dance	21 Try the balance exercises posted on the wall in the gym
22 Walk all first floor hallways	23 9:30 Seated Strength 2:00 Ageless Grace	24 9:30 Balance 1:00 Balloon Volleyball 2:00 Gentle Stretch	25 9:30 Seated Strength	26 9:30 Balance & Stability 2:45 Ageless Grace	27 9:30 Seated Strength	28 STRETCH

Balance

Focuses on strengthening ankles, knees, and hip joints, crucial for maintaining stability and preventing falls. This is a seated/standing workout and walker-friendly

Ageless Grace

Ageless Grace is a fun, seated, brain and body fitness program that uses exercise to improve cognitive function and physical health. No shoes required!

Rhythm & Dance

Get your body moving and grooving in this class with fun music and dance moves! Moves can be done seated or on your feet! Let's dance!!

Seated Strength

Full body seated (or standing) workout using dumbbells, balls or resistance bands 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

One-on-One Sessions

Are scheduled around group classes and are usually held in the Gym

BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA

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!