

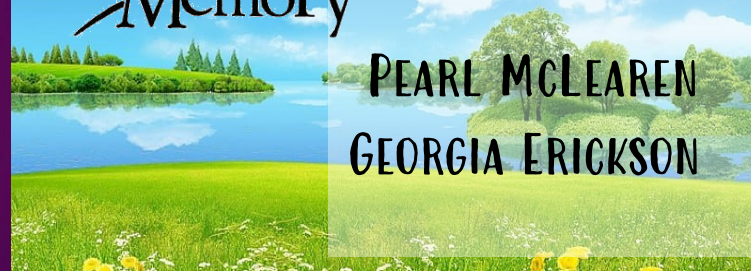
Birthdays

- 04/01 Arnold Wallander
- 04/02 Elva Jackson
- 04/05 Micah Hajak (Dish Steward)
- 04/05 Mike Eddy (Driver)
- 04/06 Bill Scofield
- 04/07 Jane Reece
- 04/08 Noella Dabrowski
- 04/09 Betty VanLente
- 04/13 Mary Goltz
- 04/14 Ruth Dean
- 04/17 Zoila Orozco (Cook)
- 04/18 Don Paul
- 04/19 Rachel Gibson (Fitness Dir)
- 04/20 Norma Melchor (Server)
- 04/23 Deanna Strock (Receptionist)

Welcome Home

Apt 210 Cathy Ward
Apt 709 Barbara Inglis

Loving Memory



PEARL MCLEAREN
GEORGIA ERICKSON

Happy Workiversary

26 Years — Ronnie S. - Hskping
2 Years — Norma M. - D.R

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

IN THE SPOTLIGHT

employee of the month

ALBA BALERO

DINING ROOM



Alba is always super kind, welcoming, and has a smile on her face. She makes it a point to say hello to every resident and staff member as she comes in and leaves each day. her friendly spirit truly brightens Fountain Plaza! Thank you, Alba, for spreading positivity wherever you go!

MARCH 2026

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

FOUNTAIN PLAZA

"All the Comforts of Home"



April

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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1 April Fools
 9:30 Seated Strength-AR
 10:15 Ukulele Jamming-AR
 1:30 Food Committee-AR
 2:30 Social Hour w/Skip Bessonette (Guitar)-DR
 6:00 Billiards-BR

2
 9:30 Balance-AR
 10:15 Ukulele Jamming-AR
 12:30 Popcorn-LR
 1:00 \$ Bingo-AR
 2:30 Resident Council-AR

3
 9:30 Seated Strength-AR
 10:15 Prayer Group-TV
 11:00 Lunch Bunch: Mall Food Court
 1:00 Rhythm & Dance w/ Rachel-AR
 2:00 Easter Egg Hunt-BP
 2:00 Pinochle-AR
 6:00 Mexican Train-AR

4
 10:00 Wordsmiths-TV
 1:00 Card/Dime Bingo-AR
 3:00 Country Drive
 7:00 Movie Night-TV

5 Easter
11-2 Easter Buffett-DR
 3:30 Vespers w/ Pastor Carlton Harvey (New Life Nazarene) Music by Carolyn & Pat
 6:00 Billiards-BR
 7:00 Movie Night-TV

6
 9:30 Fitness w/ Maria-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Paint your Heart Out-AR (Learn some Basic Painting w/ Brian!)
 3:30 Bugs-R-Us: Worms & Composting-TV
 6:00 Rummikub-DL

7
 9:30 Fitness w/ Yesi-AR
 10:30 Crafts w/ Ruth-AR
 1:00 Balloon Volleyball-AR
 2:00 Make Sushi Rolls w/ Kelsey-AR

8
 9:30 Fitness w/ Melissa-AR
 10:15 Ukulele Jamming-AR
 1:00 Karaoke & Drinks-AR—Bring your list of Songs!
 2:30 Social Hour w/ Dom Fontana-DR
 6:00 Billiards-BR
 7:00 Movie Night-TV

9
 9:30 Fitness w/ James-AR
 10:15 Ukulele Jamming-AR
 12:30 Popcorn-LR
 1:00 \$ Bingo-AR

10
 9:30 Fitness w/ Charmagne-AR
 10:15 Prayer Group-TV
 11:00 Memo's Kitchen
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

11
 9:30 Depart for the Pear Blossom Parade
 10:00 Wordsmiths-TV
 1:00 Card/Dime Bingo-AR
 3:00 Country Drive: Pear Orchards
 7:00 Movie Night-AR

12
 3:30 Vespers w/ Pastor Darrell Wiltrout (Trail Christian Fellowship) w/ Communion Music by Carolyn & Pat
 6:00 Billiards-BR
 7:00 Movie Night-TV

13
 9:30 Fitness w/ RJ-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 3:00 Readers Theater Performance-AR
 6:00 Rummikub-DL

14
 9:30 Fitness w/ Kelsey-AR
 10:30 Bible Study-AR
 1:00 Chair Drumming-AR
 2:00 Armchair Travel: Eastern Mediterranean-TV
 2:30 Learn Mahjong w/ Wyatt-AR

15
 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

16
 9:30 Balance-AR
 10:15 Ukulele Jamming-AR
 10:15 Coffee & Convos-800 Hall
 1:00 Popcorn-LR
 1:00 \$ Bingo-AR
 2:30 Ageless Grace Fitness-AR

17
 9:30 Seated Strength-AR
 10:15 Prayer Group-TV
 11:00 Lunch Bunch: Dave's Hot Chicken
 1:00 Rhythm & Dance w/ Rachel
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

18
 10:00 Wordsmiths-TV
 1:00 Card/Dime Bingo-AR
 3:00 Country Drive: Table Rock
 7:00 Movie Night-TV

19
 3:30 Vespers w/ Pastor Jeff Doud (New Life Nazarene) Music by Carolyn & Pat
 6:00 Billiards-BR
 7:00 Movie Night-TV

20
 9:30 Seated Strength-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Employee Inservice-AR
 6:00 Rummikub-DL

21
 9:30 Balance-AR
 10:30 Crafts w/ Ruth-AR
 1:00 Balloon Volleyball -AR
 2:00 Gentle Stretch-AR
 3:00 Pour Painting-AR
 6:00 Hula w/ Leilani-AR
 Foot Care Clinic by Appointment ONLY! (RSVP by 02/16)

22
 9:30 Seated Strength-AR
 10:15 Ukulele Jamming-AR
 1:00 Resident vs Employee ladder Golf-AR
 2:30 Social Hour w/ Square Dancing Performance -DR
 6:00 Billiards-BR
 7:00 Movie Night-TV

23
 9:30 Balance-AR
 10:15 Ukulele Jamming-AR
 10:15 Coffee & Convos-600Hall
 1:00 Popcorn-LR
 1:00 \$ Bingo-AR
 2:30 Ageless Grace Fitness-AR

24
 9:30 Seated Strength-AR
 10:15 Prayer Group-TV
 11:00 Lunch Bunch: Cicily's Italian
 1:30 Texas Hold'Em-AR
 2:00 Pinochle-DL
 6:00 Mexican Train-AR
 7:00 Movie Night-TV

25
 10:00 Wordsmiths-TV
 1:00 Card/Dime Bingo-AR
 3:00 Country Drive: Sterling Creek Rd
 7:00 Movie Night-TV



26
12:15 Depart for the Oregon Cheese Festival (TC \$15 RSVP 4/12)
 3:30 Vespers w/ Pastor Paul Hagedorn Music by Carolyn & Pat
 6:00 Billiards-BR

27
 9:30 Seated Strength-AR
 10:30 Bingo-AR
 1:00 Ladder Golf-AR
 2:00 Ageless Grace Fitness-AR
 6:00 Rummikub-DL
 Movie Outing to Tinseltown: "Michael" (FP \$9 RSVP 4/20) Time TBA

28
 9:30 Balance-AR
 9:30 Depart for Seven Feathers Casino
 10:30 Bible Study-AR
 1:00 Sound Meditation w/ Kelly
 2:00 Gentle Stretch-AR
 6:00 Hula w/ Leilani-AR

29
 9:30 Seated Strength-AR
 10:15 Ukulele Jamming-AR
 1:00 Cornhole-AR
 2:30 Social Hour w/ Tracy Davy
 5:45 Depart for Seussical the Musical (HP \$5 RSVP 4/22)
 6:00 Billiards-BR
 7:00 Movie Night-TV

30
 9:30 Balance-AR
 10:00 Coffee Outing: Royal Coffee Roasting
 10:15 Ukulele Jamming-AR
 1:00 Popcorn-LR
 1:00 \$ Bingo-AR
 2:30 Ageless Grace Fitness-AR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk two laps or more around fountain			1 9:30 Seated Strength	2 9:30 Balance	3 9:30 Seated Strength 1:00 Rhythm & Dance	4 STRETCH
5 Try taking the stairs up instead of the elevator	6 9:30 Fitness w/Maria	7 9:30 Fitness w/Yesi 1:00 Balloon Volleyball	8 9:30 Fitness w/Melissa	9 9:30 Fitness w/James	10 9:30 Fitness w/Charmagne	11 Walk all first floor hallways (or more)
12 Walk around our beautiful back yard	13 9:30 Fitness w/RJ	14 9:30 Fitness w/Kelsey 1:00 Chair Drumming	15 9:30 Seated Strength	16 9:30 Balance 2:30 Ageless Grace	17 9:30 Seated Strength 1:00 Rhythm & Dance	18 Walk 2 laps or more around the fountain
19 Use the recumbent bike in the gym for 15 mins	20 9:30 Seated Strength	21 9:30 Balance 1:00 Balloon Volleyball 2:00 Gentle Stretch	22 9:30 Seated Strength	23 9:30 Balance 2:30 Ageless Grace	24 9:30 Seated Strength	25 Try the balance exercises posted on the wall in the gym
26 Walk all first floor hallways	27 9:30 Seated Strength 2:00 Ageless Grace	28 9:30 Balance 2:00 Gentle Stretch	29 9:30 Seated Strength	30 9:30 Balance 2:30 Ageless Grace		2026

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!