

# Birthdays

- 06/03 Harriet Gibson
- 06/03 Jess Gladson
- 06/06 James Denner (Marketing)
- 06/07 Elaine Wefel
- 06/08 Gerry Reichstein
- 06/10 Marisol Gonzales (PC)
- 06/12 Diana Gage
- 06/13 Sharon Sandberg
- 06/18 Liz Drew
- 06/19 Pat Flora
- 06/21 Shaun Lyon (Cook)
- 06/24 Joslyn Hernandez (DR)
- 06/25 Janet Clayton
- 06/29 Rosie Bopes
- 06/27 Janet Newbert
- 06/30 Rick Chezik

# Welcome Home

- Apt 208 Audra Light
- Apt 212 Scooter Greenmayer
- Apt 216 Mary Stansel
- Apt 309 Nancy Johnson
- Apt 701 Arlene Scarponi

# Loving Memory



KEN ROBERTS  
BRIAN RAINES

# Happy Anniversary

- 06/21 Vic & Liz Drew - 58 Years
- 06/22 Mike & Carolyn Campbell - 51 Years
- 06/30 John & Janice Anderson - 48 Years

## 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

### RANDALL FRANCIS BUS DRIVER



Congratulations to our Employee of the Month, Randall! As our dedicated bus driver, Randall goes above and beyond every day to ensure everyone arrives safely with a smile. His kindness, reliability, and positive attitude make a difference to both residents and staff. Thank you, Randall, for all your hard work and dedication!

MAY 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



# June

# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>FOUNTAIN PLAZA</b> "All the Comforts of Home" 1441 Morrow Road Medford, OR 97504 541-772-6005</p>	<p><b>1</b> 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 3:00 Mahjong-AR 3:30 Bugs-R-Us: Pond Life-TV</p>	<p><b>2</b> 9:00 Balance-AR 9:30 Balance-AR 1:00 Beachball Volleyball-AR 2:30 Gentle Stretch 3:15 Performance by Singers Co-AR 6:00 Hula w/ Leilani-AR</p>	<p><b>3</b> 9:00 Seated Strength-AR 9:30 Seated Strength-AR 1:30 Food Committee-AR 2:30 Social Hour w/ The Melody Makers-DR 6:00 Billiards-BR</p>	<p><b>4</b> 9:00 Balance-AR 9:30 Balance-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR 6:00 Billiards-BR</p>	<p><b>5</b> 9:30 Gentle Stretch—AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Buffalo Wild Wings 1:00 Rhythm &amp; Dance-AR 2:00 Pinochle-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p><b>6</b> 10:00 Writers &amp; Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Central Point 7:00 Movie Night-TV</p>	
<p><b>7</b> 3:30 Vespers w/ Pastor Kevin Gowland (New Life Church) Music by Carolyn &amp; Pat 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>8</b> 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:30 Bingo-AR 12:00 Depart for Indulge Cheesecake 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 2:45 Readers Theater-TV 3:00 Mahjong-AR 6:00 Rummikub-DL</p>	<p><b>9</b> 9:00 Balance-AR 9:30 Balance-AR 10:15 Coffee &amp; Convos-Back Yard 1:00 Chair Ball Drumming-AR 2:00 Armchair Travels: Pennsylvania-AR 2:30 Gentle Stretch 6:00 Hula w/ Leilani-AR</p>	<p><b>10</b> 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ Denise Freese-DR (NEW) 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>11</b> 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:00 Spanish Class-TV 2:30 Ageless Grace Fitness-AR</p>	<p><b>12</b> 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Fridas Brunch &amp; Cantina 1:00 Rhythm &amp; Dance-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p><b>13</b> 10:00 Writers &amp; Readers Group-TV 12:00 Depart to Savor Southern Oregon (TC \$55 RSVP 5/29) 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Zebra 7:00 Movie Night-AR</p>	
<p><b>14</b> 3:30 Vespers w/ Pastor Loren Myers (New Life Church) w/ Communion Music by Carolyn &amp; Pat 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>15</b> 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 2:45 Readers Theater-TV 3:00 Mahjong-AR 6:00 Rummikub-DL</p>	<p><b>16</b> 9:00 Balance-AR 9:30 Balance-AR 11:45 Depart for Kingfisher Lavander Farm &amp; Picnic (HP RSVP 6/13 Free) 1:00 Beachball Volleyball-AR 2:30 Gentle Stretch 6:00 Hula w/ Leilani-AR</p> <p><i>Foot Care Clinic by Appointment ONLY! (RSVP by 06/15)</i></p>	<p><b>17</b> 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Birthday Bash w/ Louis Faro-DR 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>18</b> 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-AR 11:00 Depart for Billiards at Lava Lanes 2:00 Father's Day Mancave Gathering-AR 6:00 Choir Practice-AR</p>	<p><b>19</b> 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Dancin Winery &amp; Vineyards 2:00 Employee Inservice-AR/TV 2:00 Pinochle-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p><b>20</b> 10:00 Writers &amp; Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Gold Hill 7:00 Movie Night-TV</p>	
<p><b>21 Happy Father's Day</b> 11-2 Father's Day Buffet-DR 3:30 Vespers w/ Pastor Bruce Smith (His Valley Church) Music by Carolyn &amp; Pat 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>22</b> 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 2:45 Readers Theater-AR 3:00 Mahjong-AR 6:00 Rummikub-DL</p>	<p><b>23 Fitness Summit Day 1</b> <u>Fountain Plaza</u> 9:00 Balance-AR 9:30 Balance-AR 12:30 Seated Strength w/ Rachel-AR 1:15 Chair Pilates w/ Ging-AR 3:30 Resin Art w/ Maria-AR 4:45 Horse Racing w/ Nancy-AR</p>	<p><b>24 Fitness Summit Day 2 Twin Creeks</b> 9:00 Sit-N-Fit w/ Brenda-TC 9:30 Fitness w/ Yesi-AR 10:00 Ultimate Seated Volleyball w/ Emanuel-TC 10:15 Ukulele Jamming-AR 11:15 Balance Basics w/ Antigone-TC 1:15 The Grounding Experience w/ Emanuel-TC 2:30 Social Hour w/Shybo Torres-DR 3:00 Quilling w/ Renelle-TC 4:15 Pebble Art w/ Pebbles-TC 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>25 Fitness Summit Day 3</b> <u>Horton Plaza</u> 7:45 Sun Salutations w/ Ging-HP 9:30 Fitness w/ RJ-AR 9:45 Morning Exercise w/ Lisa-HP 10:15 Ukulele Jamming-AR 10:30 Fitness Sampler-HP 11:45 Activities Sampler-HP 6:00 Choir Practice-AR</p>	<p><b>26</b> 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 10:45 Lunch Bunch: Parkside Cafe 1:30 Texas Hold'Em-AR 2:00 Pinochle-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV</p>	<p><b>27</b> 10:00 Writers &amp; Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Phil's Frosty-Shady Cove 7:00 Movie Night-TV</p>	
<p><b>28</b> 3:30 Vespers w/ Pastor Lee Gregory (Medford Neighborhood Church) Music by Carolyn &amp; Pat 6:00 Billiards-BR 7:00 Movie Night-TV</p>	<p><b>29</b> 9:30 Fitness Video-AR 10:00 Picnic at Touvelle Park-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 4th of July Craft w/ Ruth-AR 3:00 Mahjong-AR 6:00 Rummikub-DL</p>	<p><b>30</b> 8:15 Depart for Hellgate Jetboat Brunch Excursion (FP \$85 RSVP 6/16) 9:30 Fitness Video-AR 1:00 Sound Meditation w/ Kelly-AR 2:30 Presentation from Companions In Care-TV 6:00 Hula w/ Leilani-AR</p>	<div data-bbox="1398 1572 2455 1854" data-label="Section-Header"> <h1>June 2026</h1> </div>				
<p><b>Sign Up Required</b></p>	<p><b>FITNESS CLASS</b></p>	<p><b>TRI-COMM ACTIVITY</b></p>					

# June 2026



# A Message from Your Fitness Director

## Rachel Gibson




*June is here, bringing longer days, sunshine, and the perfect opportunity to keep our bodies moving and our spirits lifted! Whether you're joining a strength class, taking a walk with friends, or simply stretching each morning, every bit of movement makes a difference.*

*This month, let's celebrate what our bodies can do. Staying active helps us feel stronger, steadier, and more energized for all the things we love—gardening, traveling, playing with grandkids, or enjoying time with friends.*

*Remember, it's never about perfection—it's about participation. Come as you are, do what you can, and most importantly, have fun!*

Our June 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-bunch 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! The May drawing will be held at the May Resident Council meeting on June 4, 2026. Congratulations to our April winner, **Rosie Bopes!!**

*Exercising at Fountain Plaza is good for you!!  
All classes can be done seated and everyone works at their own individual fitness level. If you haven't been to a class, give it a try! You'll meet some new friends and have a little fun!!  
Additionally, you can schedule an individual session with me. Sign-ups are at the front desk for individual sessions. Always check with your physician before starting a new fitness program.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>2026</b>	<b>1</b> 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	<b>2</b> 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	<b>3</b> 9:00 Seated Strength 9:30 Seated Strength	<b>4</b> 9:00 Balance 9:30 Balance	<b>5</b> 9:30 Gentle Stretch 1:00 Rhythm & Dance	<b>6</b> STRETCH	
<b>7</b> Try taking the stairs up instead of the elevator	<b>8</b> 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	<b>9</b> 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	<b>10</b> 9:00 Seated Strength 9:30 Seated Strength	<b>11</b> 9:00 Balance 9:30 Balance 2:30 Ageless Grace	<b>12</b> 9:30 Gentle Stretch 1:00 Rhythm & Dance	<b>13</b> Walk all first floor hallways (or more)	
<b>14</b> Walk around our beautiful back yard	<b>15</b> 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	<b>16</b> 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	<b>17</b> 9:00 Seated Strength 9:30 Seated Strength	<b>18</b> 9:00 Balance 9:30 Balance	<b>19</b> 9:30 Gentle Stretch	<b>20</b> Walk 2 laps or more around the fountain	
<b>21</b> Use the recumbent bike in the gym for 15 mins	<b>22</b> 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	<b>23</b> 9:00 Balance-AR 9:30 Balance-AR 12:30 Seated Strength w/ Rachel-AR 1:15 Chair Pilates w/ Ging-AR	<b>24</b> 9:30 Fitness w/ Yesi	<b>25</b> 9:30 Fitness w/ RJ	<b>26</b> 9:30 Gentle Stretch	<b>27</b> Try the balance exercises posted on the wall in the gym	
<b>28</b> Walk all first floor hallways	<b>29</b> 9:30 Fitness Video	<b>30</b> 9:30 Fitness Video 2:30 Gentle 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. Sign-ups are at Front Desk.

**BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA**