

Birthdays

07/03 Mary Stansell
 07/04 Barbara Formanek
 07/04 Cora Irvine
 07/06 Eddie Johnson
 07/06 Roxane Webb
 07/07 Bob Flora
 07/07 Zoya Saucedo (D.R Mgr.)
 07/09 Christina Arangio
 07/14 Jeannie Gladson
 07/14 Jan Meadows
 07/15 Ann Grossman
 07/15 Donna Egan
 07/17 Dick Young
 07/17 Juanalisia C. (Dish Steward)
 07/20 Chuck Curty
 07/21 Matt Johnson
 07/21 Nicole Hicks (PC Attendant)
 07/24 Maryann Warlick
 07/28 Cathy Ward
 07/29 Rita Paul
 07/29 Michael Witzil (Cook)
 07/30 Nancy Mower



IN THE SPOTLIGHT employee of the month



JUNE 2026

ANDREA TORRES DINING ROOM ASSISTANT MANAGER

Congratulations to Andrea Torres, our Dining Room Assistant Manager, for being recognized as Employee of the Month! Andrea consistently goes above and beyond and exceeds expectations every day. She is always willing to step in wherever help is needed whether that means covering shifts on her days off, supporting other departments, or jumping in to cook breakfast when an extra cook is needed. Her reliability, positive attitude, and dedication make a difference to both our team and residents. Thank you, Andrea, for all that you do!

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	Rudy Meza
DR Supervisor	Zoya Saucedo
Fitness Director	Rachel Gibson

FOUNTAIN PLAZA

"All the Comforts of Home"



July

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 Seated Strength-AR 9:30 Seated Strength-AR 1:30 Food Committee-AR 2:30 Social Hour w/Classic Sounds-DR 6:00 Billiards-BR 7:00 Movie Night-TV	2 9:00 Balance-AR 9:30 Balance-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR 6:00 Choir Practice-AR	3 9:30 Gentle Stretch—AR 10:15 Prayer Group-TV 12:00 Lunch Bunch: TinTin Buffet✍️ 1:00 Rhythm & Dance-AR 2:00 Fireworks-OF 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	4 10:00 Writers & Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Lake Creek✍️ 7:00 Movie Night-TV
5 3:30 Vespers w/ Pastor Mark Lounsbury (Valley Bible Church) Music by Jim Maxwell 6:00 Billiards-BR 7:00 Movie Night-TV	6 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 3:30 Bugs-R-Us: Desert Animals-TV	7 9:00 Balance-AR 9:30 Balance-AR 10:15 Coffee & Convos-500 Hall 1:00 Chair Ball Drumming-AR 2:00 Armchair Travels: Pennsylvania-AR 2:30 Gentle Stretch 3:00 Learn to Play: Left Center Right 6:00 Hula w/ Leilani-AR	8 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ David Christian-DR 6:00 Billiards-BR 7:00 Movie Night-TV	9 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 rhythm & Dance-AR 3:00 Readers Theater-AR	10 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Legends Pizza✍️ 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	11 10:00 Writers & Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Sterling Creek Rd✍️ 7:00 Movie Night-AR
12 3:30 Vespers w/ Pastor Adam Ingram (Ashland First Baptist) w/ Communion Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	13 9:00 Seated Strength--AR 9:15 Depart for Italio Gardens & Nursery (HP RSVP 07/09)✍️ 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 2:45 Readers Performance-AR	14 9:00 Balance-AR 9:30 Balance-AR 10:30 Bible Study-AR 11:00 Surprise POP UP! -LR 1:00 Residents vs Employee Beachball Volleyball-AR 2:00 Armchair Travel-TV 2:30 Gentle Stretch 3:00 Learn to play: Left Center Right	15 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 1:00 Depart for Del Rio Winery✍️ 2:30 Birthday Bash w/ Louis Faro 6:00 Billiards-BR 7:00 Movie Night-TV	16 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Rhythm & Dance-AR 3:00 Spanish Class-TV 4:00 Depart for Dinner at Shoji's (FP RSVP 07/10)✍️	17 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Original Roadhouse Grill✍️ 1:30 Texas Hold'Em-AR 2:00 Pinochle-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV	18 10:00 Writers & Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Callahan's✍️ 7:00 Movie Night-TV
19 3:30 Vespers w/ Pastor Carlton Harvey (New Life Nazarene) Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	20 Hoedown Kick-Off! 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:30 Employee Meeting-AR 2:30 Hoedown Kick-Off W/ Skip Bessonette-DR	21 Hoedown Week! Foot Care Clinic by Appointment ONLY! (RSVP by 06/15)✍️ 9:00 Balance-AR 9:30 Balance-AR 11:00 Bake Sale-LR 1:00 Potato Sack Races-DR 2:30 Social Hour w/ Richard Gyro-DR 6:00 Hula w/ Leilani-AR	22 Hoedown Week! 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:00 Horse Races-FP 10:15 Ukulele Jamming-AR 1:00 Watermelon Eating Contest-AR 2:30 Social Hour w/ Tracy Davy-DR 6:00 Billiards-BR 7:00 Movie Night-TV	23 Hoedown Week! 9:00 Balance-AR 9:30 Balance-AR 10:00 Corn Shucking-BP 10:15 Ukulele Jamming-AR 2:00 Hoedown Carnival-LR	24 Hoedown Open House! 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 2-4 Hoedown Open House-DR 5:30 Depart for the Art Gala ✍️ (TC \$45 RSVP 07/03) 6:00 Mexican Train-AR 7:00 Movie Night-TV	25 10:00 Writers & Readers Group-TV 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Ashland✍️ 7:00 Movie Night-TV
26 3:30 Vespers w/ Pastor Ron Swanson (Journey Church) Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	27 9:00 Seated Strength--AR 9:30 Seated Strength-AR 10:00 Picnic at Cantrall Buckley✍️ 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR	28 9:30 Fitness Video-AR 10:30 Bible Study-AR 1:00 Sound Meditation w/ Kelly-AR 2:30 Gentle Stretch 3:00 Learn to play: Left Center Right-AR 6:00 Hula w/ Leilani-AR	29 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ Grant Ruiz 6:00 Billiards-BR 7:00 Movie Night-TV	30 9:00 Balance-AR 9:30 Balance-AR 10:00 Pontoon Boat at Lost Creek Lake \$45✍️ 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Rhythm & Dance-AR 3:00 Spanish Class-TV	31 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 10:45 Lunch Bunch: Casa Vieja Mexican Restaurant✍️ 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	 FOUNTAIN PLAZA <i>"All the Comforts of Home"</i> 1441 Morrow Road Medford, OR 97504 541-772-6005

A Message from Your Fitness Director

Rachel Gibson



Happy July!!

Summer is in full swing, and there's no better time to stay active, enjoy the sunshine, and celebrate the freedom that comes with healthy living. Whether you join us for Strength, Balance, Stretching, Ageless Grace, Rhythm & Dance, or personal training sessions, every step, stretch and smile contributes to a stronger, healthier you.

This month, let's focus on moving with purpose, staying hydrated, and enjoying the many benefits of an active lifestyle. Remember, fitness isn't about being perfect — it's about staying consistent and doing what you can do each day to support your health and independence. As we celebrate Independence Day, we're reminded that maintaining our strength, balance, and mobility helps us preserve one of life's greatest gifts: the freedom to continue doing the things we love.

Thank you for making our fitness community such a fun, welcoming, and inspiring place. I look forward to seeing you in class throughout July! Wishing you a safe, healthy and happy month.

Our July 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 July 2, 2026. Congratulations to our April winner, **Nick Johnson!!**

*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
2026			1 9:00 Seated Strength 9:30 Seated Strength	2 9:00 Balance 9:30 Balance	3 9:30 Gentle Stretch	4 STRETCH 
5 Try taking the stairs up instead of the elevator	6 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	7 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	8 9:00 Seated Strength 9:30 Seated Strength	9 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	10 9:30 Gentle Stretch	11 Walk all first floor hallways (or more)
12 Walk around our beautiful back yard	13 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	14 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	15 9:00 Seated Strength 9:30 Seated Strength	16 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	17 9:30 Gentle Stretch	18 Walk 2 laps or more around the fountain
19 Use the recumbent bike in the gym for 15 mins	20 9:00 Seated Strength 9:30 Seated Strength	21 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	22 9:00 Seated Strength 9:30 Seated Strength	23 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	24 9:30 Gentle Stretch	25 Try the balance exercises posted on the wall in the gym
26 Walk all first floor hallways	27 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	28 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	29 9:00 Seated Strength 9:30 Seated Strength	30 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	31 9:30 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