

Happy Birthdays!

09/01	Ronnie Scofield (Hskg)
09/02	Jo Hannon
09/07	Gloria Jean Thompson
09/07	Suzie Florian
09/12	Jana Rojas (DR)
09/14	Michael Pella
09/18	Sue Austin
09/20	Larry Works
09/21	Maria Perez (On-Call)
09/24	Rocio Enriquez (DR)
09/25	Marlene Ridgley
09/28	David Ravencroft
09/30	Richard Davis
09/30	Scooter Greenmayer

Happy Anniversary

09/30 Don & Rita Paul - 59 Years

Happy Workiversary

09/03	Sonia Parrilla (2 Years)
09/16	Yesi Cortez (13 Years)
09/29	Maria Perez (5 Years)



Apt 207

Anna Teemer

Apt 804

Ruby Cook



Membership Renewal
For Plan Year
10/01/26 to 09/30/27
\$85 per household
Checks Payable to
Mercy Flights

CURRENT FP MEMBERS
Drop off your payment at the Front Desk.
NEW MEMBERS
Pick up an enrollment form at the Front Desk and return with payment.

MEMBERS UNDER OWN PLAN
Continue with your current plan. When it expires, contact our Activity Department to enroll under our group plan at our group discounted rate (pro-rated for the remainder of the plan year)



WYATT WAELCHLI FRONT DESK RECEPTIONIST

Wyatt started his Fountain Plaza journey in our Dining Room as a server and has since become a valued member of our Front Desk team. He is reliable, efficient, and always looking for ways to help—whether supporting residents, guests, or his fellow team members.

Thank you, Wyatt, for always stepping up and making a difference! **We appreciate you!**

MANAGEMENT TEAM

General Manager	Charmagne Blackaby
Marketing Director	James Denner
Business Office Mgr.	Melissa Oar
Personal Care Director	Leilani Kahananui
Social Coordinator	Coming Soon
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"



September

2026

TRANSPORTATION

Mon	All Appointments
Tues	All Appointments
Wed	All Appointments
Thurs	All Appointments
Fri	All Appointments
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
 FOUNTAIN PLAZA <i>"All the Comforts of Home"</i> 1441 Morrow Road Medford, OR 97504 541-772-6005	PERSONAL TRAINING <i>Contact Rachel, our Fitness Director, to schedule more personalized training sessions and/or to become more familiarized with the Fitness Center.</i>	1 9:00 Balance-AR 9:30 Balance-AR 10:15 Coffee & Convos-500 Hall 1:00 Chair Drumming-AR 2:30 Gentle Stretch-AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR	2 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:30 Food Committee-AR 2:30 Social Hour w/ Gary Richards 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	3 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-AR 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR	4 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Ollie's Pizza✍️ 2:00 Pinochle-AR 3:10 Left Center Right Game-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	5 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 12:15 Tri-Comm 24th Annual Taste of Harry & David ✍️ <i>By 09/01</i> 3:00 Country Drive: Shale City ✍️
6 3:30 Vespers w/ Pastor Jim Maxwell <i>New Life Nazarene</i> 6:00 Billiards-BR 7:00 Movie Night-TV	7 LABOR DAY 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:45 Readers Theater-AR <i>Take a break. No fitness today.</i>	8 9:00 Balance-AR 9:30 Balance-AR 10:30 Tri-Comm Brunch: Tartine ✍️ <i>By 09/04</i> 10:30 Bible Study-AR 1:00 First Aid/CPR-AR 2:00 Armchair Travel-TV 3:10 Left Center Right Game-AR	9 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:30 Cornhole-AR 2:30 Social Hour w/ Melody Makers-DR 5:00 Hula w/ Leilani-AR	10 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 3:10 Golf Chipping Game-AR 6:00 Faith-Based Movie-TV	11 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 2-4 Fountain Plaza's 35th Anniversary Party: Oscar Awards Theme! 6:00 Mexican Train-AR 7:00 Movie Night-TV	12 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Sterling Creek ✍️ 7:00 Movie Night-AR
13 GRANDPARENTS DAY 3:30 Vespers w/ Pastor Darrel Wiltrout <i>Trail Christian Fellowship</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	14 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: Rocks-TV 	15 9:00 Balance-AR 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR ✍️ 1:00 Chair Drumming-AR 2:30 Gentle Stretch-AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR Foot Care Clinic by Appointment ONLY! (RSVP by 09/14) ✍️	16 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 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	17 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 3:10 Golf Chipping Game-AR 6:00 Faith-Based Movie-TV	18 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Tekkamaki Sushi ✍️ 1:30 Texas Hold 'Em-AR 2:00 Pinochle-DR 3:10 Left Center Right Game-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	19 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Gold Hill ✍️ 7:00 Movie Night-TV
20 3:30 Vespers w/ Pastor Lee Gregory <i>Medford Neighborhood Church</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	21 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:30 Employee Inservice-AR 2:30 Readers Theater Performance-AR	22 9:00 Balance-AR 9:30 Balance-AR 10:30 Bible Study-AR 1:00 Chair Volleyball-AR 2:30 Gentle Stretch-AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR	23 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ Scott Nelson 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR Tri-Comm Coast Trip Departure ✍️ <i>By 09/01</i>	24 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 3:10 Golf Chipping Game-AR 6:00 Faith-Based Movie-TV	25 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Railroad Park Picnic (Free Entry) ✍️ 2:00 Pinochle-AR 3:10 Left Center Right Game-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	26 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 3:00 Country Drive: Woodrat Mountain ✍️ 7:00 Movie Night-TV
27 3:30 Vespers w/ Pastor Bruce Smith <i>His Valley Church</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV 7:00 Movie Night-TV	28 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 Trivia Battle: Classic Movies-AR	29 9:00 Balance-AR 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR ✍️ 1:00 Sound Meditation w/ Kelly-AR 2:30 Gentle Stretch -AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR	30 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ Fernando & Friends-DR 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR			

A Message from Your Fitness Director **Rachel Gibson**



September: A Fresh Start!

As summer begins to wind down and we welcome the beautiful month of September, it's a wonderful time for a fresh start and a renewed commitment to our health and well-being.

*Remember, **every movement counts!** Whether you join us for a fitness class, take a walk, work on your balance, or simply stretch and move throughout your day, you are doing something wonderful for your body and mind. Don't forget to **exercise your BRAIN**, too, in my **Ageless Grace** class, Mondays at 2:30 p.m.!!!*

*Let's make September a month of **movement, strength, balance, and fun!** Come join us, bring a friend, and keep moving toward your healthiest and happiest self.*

Here's to a strong and active September!!

Our September 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 August drawing will be held at the Resident Council meeting on September 3, 2026. Congratulations to our July winner, **Betty Van Lente!**

***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
		1 9:00 Balance 9:30 Balance 1:00 Chair Drumming 2:30 Gentle Stretch	2 9:00 Seated Strength 9:30 Seated Strength	3 9:00 Balance 9:30 Balance	4 9:30 Gentle Stretch	5 STRETCH
6 Try taking the stairs up instead of the elevator. Hold on to the rails.	7 LABOR DAY Take a break. No fitness today.	8 9:00 Balance 9:30 Balance	9 9:00 Seated Strength 9:30 Seated Strength	10 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	11 9:30 Gentle Stretch	12 Walk all first floor hallways (or more)
13 Walk around our beautiful back yard	14 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	15 9:00 Balance 9:30 Balance 1:00 Chair Drumming 2:30 Gentle Stretch	16 9:00 Seated Strength 9:30 Seated Strength	17 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	18 9:30 Gentle Stretch	19 Walk 2 laps or more around the fountain
20 Use the recumbent bike in the gym for 15 mins	21 9:00 Seated Strength 9:30 Seated Strength	22 9:00 Balance 9:30 Balance 1:00 Chair Volleyball 2:30 Gentle Stretch	23 9:00 Seated Strength 9:30 Seated Strength	24 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	25 9:30 Gentle Stretch	26 Try the balance exercises posted on the wall in the gym
27 Walk all first floor hallways	28 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	29 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	30 9:00 Seated Strength 9:30 Seated Strength			

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 Fitness Center. Contact Rachel for more info.

BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA