

Birthdays

10/06 Angelie Pitari (DR)
 10/08 Leslie Patton
 10/08 Susan Bradley (Hskg)
 10/14 Gay Pollard
 10/14 RJ Blackaby (Plant Engr)
 10/16 Barbara Lott
 10/17 Yvonne Badura
 10/21 Eileen Skillington
 10/25 Ruby Cook
 10/30 Mary Sills
 10/30 Marlin Berland
 10/31 Donna Wallender

Wedding Anniversaries

10/07 Marlin & Debra Berland (55 Years)
 10/22 Frank & Jan Meadows (48 Years)



ELVA JACKSON

Workiversaries

10/10 Zoya Saucedo (11 Years)
 10/22 Vanessa DelCarlo (1 Year)
 10/23 Juanalisia Camacho-Wallace (1 Year)
 10/29 Jana Rojas (1 Year)

Welcome Home

Apt 507 Sharon Swartz

Apt 801 Craig Adams



Look for the Pink Ribbon on the calendar for activities related to Breast Cancer Awareness fundraisers and activities

EMPLOYEE OF THE MONTH



COLLEEN MORROW
 PC ATTENDANT

Colleen's kindness and compassion shine through in the care she provides. She encourages resident independence while always being mindful of their individual needs. Loved by residents and staff alike, we are so grateful for all she brings to Fountain Plaza! Thank you, Colleen, for making a difference every day!

MANAGEMENT TEAM

General Manager
 Marketing Director
 Business Office Mgr.
 Personal Care Director
 Social Coordinator
 Hskp Supervisor
 Plant Engineer
 Executive Chef
 DR Supervisor
 Fitness Director

Charmagne Blackaby
 James Denner
 Melissa Oar
 Leilani Kahananui
 Coming Soon
 Yesi Cortez
 RJ Blackaby
 Rudy Meza
 Zoya Saucedo
 Rachel Gibson

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



FOUNTAIN PLAZA
"All the Comforts of Home"



October

2026

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			<u>FUNDRAISING ALL MONTH</u> Employee Friday Jean Dollars Commemorative Ribbons & Super Change Jar at the Front Desk 	1 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	2 9:30 Gentle Stretch-AR 10:00 Homestead Charm Vintage Fair (FP)✍ 10:15 Prayer Group-TV 11:00 Lunch Bunch: Jaspers ✍ 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	3 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 1:00 Art Along the Rogue (HP) ✍ 2:00 Bible Study-TV 3:00 Country Drive: Agate Lake 7:00 Movie Night-TV
4 3:30 Vespers w/ Pastor Adam Ingram <i>Ashland First Baptist</i> Music by Pat & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	5 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Ageless Grace-AR 3:30 Bugs-R-Us: Bats-TV 6:00 Rummikub-AR	6 9:00 Balance-AR 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR ✍ 1:00 Chair Volleyball-AR 2:00 Pop-Up Activity-LR 2:30 Gentle Stretch-AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR	7 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Pheasant Fields Farm (TC)✍ 1:00 Cornhole-AR 2:30 Social Hour w/ Jon Galfano 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	8 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-DL 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	9 9:00 Rachel's Mystery Fitness-AR 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Catalyst Pizza Co. ✍ 1:00 Medicare Update Presentation & Consultation-TV 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	10 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 2:00 Bible Study-TV 3:00 Country Drive: Rogue River Drive✍ 5:15 Liberty Quartet Concert✍ 7:00 Movie Night-AR
11 3:30 Vespers w/ Pastor Jeff Doud <i>New Life Nazarene (w/ Communion)</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	12 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 Pumpkin Decoupage Craft -AR ✍ 6:00 Rummikub-AR	13 9:00 Balance-AR 9:30 Balance-AR 10:30 Bible Study-AR 1:00 Chair Drumming-AR 2:00 Armchair Travel: Pioneer Shores-TV 2:30 Gentle Stretch-AR 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR	14 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 Cooley 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	15 9:00 Balance-AR 9:30 Balance-AR 10:15 Coffee & Convos-AR 10:15 Ukulele Jamming-DL 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Rhythm & Dance-AR 3:10 Golf Chipping Game-AR 	16 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Margaritaville✍ 1:30 Texas Hold 'Em-AR 2:00 Pinochle-DR 6:00 Mexican Train-AR 7:00 Movie Night-TV	17 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 2:00 Bible Study-TV 3:00 Country Drive: Hillcrest Road ✍ 7:00 Movie Night-TV
18 3:30 Vespers w/ Pastor Kevin Gowland <i>New Life Nazarene</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV	19 Wear Pink Day 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: World History 6:00 Rummikub-AR 	20 9:00 Balance-AR 9:30 Balance-AR 10:30 Crafts w/ Ruth-AR ✍ 1:00 Chair Volleyball-AR 2:00 Employee Inservice-AR/TV 3:10 Left Center Right Game-AR 5:00 Hula w/ Leilani-AR Foot Care Clinic by Appointment ONLY! (RSVP by 10/19)✍	21 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 4:30 Dinner Out: Olive Garden✍ 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	22 9:00 Balance-AR 9:30 Balance-AR 10:30 Halloween Wood Painting Craft-AR✍ 10:15 Ukulele Jamming-DL 1:00 Popcorn-LR 1-4 Flu Shot Clinic-AR✍ 6:00 Faith-Based Movie-TV	23 9:00 Rachel's Mystery Fitness-AR 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Pumpkin Patch Outing w/ Employees✍ 2:00 Pinochle-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	24 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 2:00 Bible Study-TV 3:00 Country Drive: Zebra ✍ 7:00 Movie Night-TV
25 3:30 Vespers w/ Pastor Mark Lounsbury <i>Valley Bible Church</i> Music by Carolyn & Pat 6:00 Billiards-BR 7:00 Movie Night-TV 7:00 Movie Night-TV	26 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 Cocktails & Convos-AR 6:00 Rummikub-AR Pumpkin Contest Voting Begins	27 9:00 Balance-AR 9:30 Balance-AR 10:30 Bible Study-AR 10:30 Pie Bake-Off Fundraiser 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 	28 9:00 Seated Strength-AR 9:30 Seated Strength-AR 10:15 Ukulele Jamming-AR 1:00 Cornhole-AR 2:30 Social Hour w/ Jen Ambrose 5:00 Hula w/ Leilani-AR 6:00 Billiards-BR	29 9:00 Balance-AR 9:30 Balance-AR 10:15 Ukulele Jamming-DL 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Rhythm & Dance-AR 3:10 Golf Chipping Game-AR	30 9:30 Gentle Stretch-AR 10:15 Prayer Group-TV 11:00 Lunch Bunch: Killer Burger ✍ 12:00 Halloween Costume Parade-DR 2:00 Pinochle-AR 6-8 Private Resident Event-AR/TV (no Mexican Train/Movie)	31 8:30 Wii Bowling-TV 10:00 Writers & Readers Group-DL 1:00 Card/Dime Bingo-AR 2:00 Bible Study-TV 3:00 Country Drive: Meridian Road ✍ 7:00 Movie Night-TV
✍ Sign Up Required		FITNESS CLASS	TRI-COMM ACTIVITY	Refer to Tri-Community Flyer for details	CHANGE HAPPENS	Don't miss out! See your Weekly Wave for updated information and announcements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Balance 9:30 Balance	2 9:30 Gentle Stretch	3 STRETCH
4 Try taking the stairs up instead of the elevator	5 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	6 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	7 9:00 Seated Strength 9:30 Seated Strength	8 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	9 9:00 Mystery Fitness 9:30 Gentle Stretch	10 Walk all first floor hallways (or more)
11 Walk around our beautiful back yard	12 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	13 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	14 9:00 Seated Strength 9:30 Seated Strength	15 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	16 9:30 Gentle Stretch	17 Walk 2 laps or more around the fountain
18 Use the recumbent bike in the gym for 15 mins	19 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	20 9:00 Balance 9:30 Balance	21 9:00 Seated Strength 9:30 Seated Strength	22 9:00 Balance 9:30 Balance	23 9:00 Mystery Fitness 9:30 Gentle Stretch	24 Try the balance exercises posted on the wall in the gym
25 Walk all first floor hallways	26 9:00 Seated Strength 9:30 Seated Strength 2:00 Ageless Grace	27 9:00 Balance 9:30 Balance 2:30 Gentle Stretch	28 9:00 Seated Strength 9:30 Seated Strength	29 9:00 Balance 9:30 Balance 2:30 Rhythm & Dance	30 9:30 Gentle Stretch	31 Say "NO" to the candy! Maybe just one...

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. Schedule your personal training with Rachel!

BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA

A Message from Your Fitness Director

Rachel Gibson



Happy October! Keep Moving, Stay Strong!

October is a great time to focus on staying active, strong and steady on your feet. The CDC recommends that adults age 65 and older include **three important types of physical activity each week:**

Aerobic Activity: Aim for at least **150 minutes of moderate-intensity activity each week**, such as brisk walking, dancing or gym cardio equipment. If you would like help learning how to safely and properly use any of the exercise equipment in the gym, please make an appointment with me. I'm always happy to help you get started and feel more comfortable with the equipment.

Strength Training: Include **muscle-strengthening** activities at least 2 days each week, working the major muscle groups. My Seated Strength class Mondays and Wednesdays is great for this!

Balance: Make **balance activities** a regular part of your week to help maintain stability and reduce your risk of falls. My Balance class Tuesday and Thursdays can help you!

Our October 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 September drawing will be held at the Resident Council meeting on Thursday, October 1, 2026. Congratulations to our August winner, **Matt 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.***

Get to Know Your Regular Activities

MUSIC & ENTERTAINMENT

- **Armchair Travel**-Dan and Carole visit monthly to share about different places they've traveled.
- **Bugs-R-Us**-John Jackson comes monthly with topics related to nature and animals. Topic posted on the calendar.
- **Movie Nights**-bring your own blanket and/or snacks. If you have any suggestions, please share them with Activities and we'll see if we can locate them on our streaming sites.
- **Readers Theater**-this is a group that puts on shows for the residents that involves reading scripts. Think of it like a radio show! The group rehearses twice a month and puts on a show when they are ready!
- **Social Hour**-entertainers visit as you sip on alcoholic or non-alcoholic beverages. Appetizers available.
- **Ukulele Jamming**-if you've had some experience with either a ukulele or guitar, this would be for you. It's a jam session and residents learn from each other on their ukulele technique. We have some starter ukuleles that you can borrow for a few sessions to see if it's for you! Feel free to stop in to observe or sing along.

COMMITTEES

- **Resident Council**-all residents welcome to attend. Similar to a town hall meeting, this is one of the modes of communication between management and residents. This is led by the Resident Council Board.
- **Food Committee**-all residents are welcome to attend. Residents share their compliments, constructive criticism, and suggestions about food.

OTHER

- **Vespers**-non-denominational services on Sundays where you can listen to teachings led by various pastors and sing hymns. We also have Bible Study once or twice a month on Tuesday.
- **Prayer Group**-this is a smaller resident group happening each Friday.
- **Bible Study**-one study is led by Pastor Kevin from the New Life Nazarene offered every other week and another one led weekly by resident Jane Reece every Saturday. Come join both!
- **Country Drive**-hop on the bus and take a scenic ride . We rotate sign ups to give others a chance to ride.
- **Writers & Readers**-residents are welcome to share their own writings or books they've read with the group.
- **Coffee & Convos**-we gather monthly for some good coffee and conversations.
- **Cocktails & Convos**-we gather monthly for some good cocktails and conversations.

Activity Scoop

OCTOBER 2026

ACTIVITY DETAILS

- 09/30 **Food Committee** - All residents are welcome to attend. Residents share their compliments, constructive criticism, and suggestions about food.
- 10/01 **Resident Council** - All residents welcome to attend. Similar to a town hall meeting, this is one of the modes of communication between management and residents. This is led by the Resident Council Board.
- 10/02 **Tri-Community Outing: Homestead Charm Vintage Fair (RSVP 10/01)**✍ - Hosted by Fountain Plaza, see Tri-Community Flyer for more information.
- 10/03 **Tri-Community Outing: Art Along the Rogue (RSVP-10/02)**✍ - Hosted by Horton Plaza, see Tri-Community Flyer for more information.
- 10/05 **Bugs-R-Us** - Join John Jackson this month in the Theatre room and learn about Bats.
- 10/06 **Crafts w/ Ruth** ✍ - Sign up at the Front Desk to join in on the craft!
- 10/06 **Pop-Up Activity** ✍ - Stop by the living room to see what we're up to. It could be a snack, an activity, who knows... you'll need to see to find out.
- 10/07 **Tri-Community Outing: Pheasant Fields Farm (RSVP-10/06)**✍ - Hosted by Twin Creeks, see Tri-Community Flyer for more information.
- 10/09 **Medicare Update Presentation & Consultation** - Krisinda Gibson (not related to Rachel) will present on the changes to Medicare and offer consultation after the presentation.
- 10/10 **Liberty Quartet Concert**✍ - The Liberty Quartet will be performing a Gospel Concert at the Talent Friends Church at 6:00 pm. We will be departing Fountain Plaza at 5:15 pm.
- 10/12 **Pumpkin Decoupage Craft**✍ - decorate mini pumpkins using the decoupage technique of gluing fall themed tissue paper onto its surface.
- 10/13 **Armchair Travel**-Learn about different areas of the world. This month's topic is the Pioneer Shores.
- 10/15 **Coffee & Convos** - this has happily become a well-attended activity that we are moving it back into the Activity Room. Join us for coffee and some great conversation!
- 10/15 **\$Bingo** - while this is a weekly activity, this one in particular will be a fundraiser benefiting Breast Cancer Awareness Month. Residents will win items and not dollars.
- 10/19 **Trivia Battle: World History** - you will be grouped by teams and will work together to answer trivia questions or, at the very least, learn new things. It's all about the fun!
- 10/20 **Crafts w/ Ruth** ✍ - Sign up at the Front Desk to join in on the craft!
- 10/20 **Foot Care Clinic (RSVP by 10/19)**✍ - Denisse Bennefield will be here for foot care appointments. She charges \$50, and you can pay by cash or check.
- 10/21 **Dinner Out to Olive Garden (RSVP by 10/19)** - we will depart at 4:30 p.m.
- 10/22 **Halloween Wood Painting (RSVP by 10/16 to ensure supplies)** - join us as we paint on wooden canvases that have been outlined with Halloween themed pictures. Have fun!
- 10/22 **Flu Shot Clinic (Complete Paperwork Ahead)** - West Main Pharmacy will be back to provide the following optional vaccines: flu, Shingrix, COVID, pneumococcal. Stop by the Front Desk to complete the required paperwork and provide your insurance card.
- 10/23 **Pumpkin Patch Outing w/ Employees**✍ - Join our employees at Pheasant Fields Farm as they pick out their pumpkins for the pumpkin decorating/carving contest.

Activity Scoop

OCTOBER 2026

ACTIVITY DETAILS (Continued)

- 10/26 **Cocktails & Convo** - similar to our Coffees & Convo event but in the afternoon and with alcoholic and non-alcoholic beverages.
- 10/26 **Pumpkin Carving/Decorating Contest Voting Begins at 1pm.**
- 10/27 **Pie Bake-Off Fundraiser** - employees and residents are welcome to donate or make pies for the fundraiser to be sold at \$2 each. Pies lovingly made by residents and staff will be entered into the pie contest to be voted on by your Resident Council Board.
- 10/30 **Halloween Costume Parade** - Dress up and parade around at noon in the Dining Room. Residents will vote on their favorite costume!

CALENDAR UPDATES

- **Faith-Based Movie Nights:** This has been rescheduled to play every other Thursday. Please check your weekly Waves for movie showings.
- **Friday Movie Nights (TV Series: Ted Lasso):** Friday nights, we'll enjoy 1–2 episodes of a TV series. This month, we're kicking off the award-winning *Ted Lasso*, available on Apple TV+ only. Follow an optimistic American football coach as he takes on a struggling English soccer team. **Some strong language, but a heartwarming and worthwhile series!** After the first Friday, we'll gather feedback to decide if we'd like to continue.—This will continue from September. If you are interested in catching up on the episodes, please contact Charmagne!
- **Left Center Right Dice Game:** This has been updated to be offered every Tuesday.
- **Readers Theater:** The troupe is on break this month.
- **Bible Study:** One of our residents, Jane Reece, will be offering a weekly Bible Study on Saturdays.

WHO'S IN?

Sign up at the front desk if you would be interested in joining one of these groups. We will work on creating it for the calendar once interest is determined. If you have other activities to suggest, please contact Activities.

✓ **BOOK CLUB** ✓ **WALKING/EASY HIKING CLUB**

Get to Know Your Regular Activities

GAMES

- **Balloon Volleyball**-low impact seated game. You hit a balloon across a net against the other team.
- **Bingo**-free to play. Winners receive prizes such as candy, cookies, or wine!
- **Card/Dime Bingo**-bring your dimes to play this unique version of bingo. Players use decks of cards.
- **Cornhole**-the typical game of cornhole! It's low impact and fun!
- **Dollar (\$) Bingo**-pay to play. Winners win money!
- **Ladder Golf**-a fun team activity that involves tossing bolos at a target to get the most points.
- **Mexican Train**-a fun game using dominos. Don't know how to play? Come and learn!
- **Pinochle**-a card game that requires 4 players to a table. If you are a pinochle player, we'd love to have you!
- **Rummikub**-reminiscent to a game of gin but using tiles!
- **Left Center Right**—an easy dice game you can learn really quickly. Just bring \$1-\$2 worth of dimes.
- **Texas Hold 'Em**-if you've ever played any game of poker, this would be easy to learn. Beginners welcome.
- **Billiards**-anyone is welcome to play in our billiard room. Players determine the game.
- **Wii Bowling**-players use a remote control aimed at the television for a simulated game of bowling.
- **Golf Chipping**-think of ladder golf but chipping golf balls onto a target for points.

WELLNESS/FITNESS

- **One-on-One Fitness**-this is either a solo or small group workout in the Fitness Center personalized to your level of fitness and movement. Contact Rachel, our Fitness Director, for more information. This is not on the calendar as they are scheduled individually.
- **Group Fitness Classes**-see the Fitness Insert for our fitness group classes and descriptions.
- **Hula w/ Leilani**-join our PC Director as she teaches her students hula. Residents are welcome to join as students or simply view the art of hula.
- **Sound Bath Meditation**-this once-a-month wellness session is a full-body listening experience where participants are "bathed" in resonant sound waves and vibrations produced by instruments like singing bowls, gongs, chimes, and tuning forks.