

Don't just survive... **THRIVE!**

Socialization and living with purpose are two of the most important things we can do for our health and quality of life as we age.

We are pleased to provide numerous opportunities each and every week to do just that!

For more information, contact Life Enrichment at 480-290-7014 or view our monthly calendar by visiting our Activities page on our website at

www.fellowshipsquarehistoricmesa.org



Independent & Assisted Living
Memory Care
Supportive Services

A non-profit Christian Care community.



**FELLOWSHIP
SQUARE**
HISTORIC MESA

35 W. Brown Rd
Mesa, AZ 85201
480-834-0600

www.fellowshipsquareseniorliving.org

Clubs

Choir, Gardening, Book Club, Sewing, Model Airplanes

Fitness

Balance Assessments and personal training, group balance classes, tai chi, chair yoga, water aerobics, senior olympics and more!

Activities

Themed dinner parties, restaurants, theater and area attraction outings. Bingo, cards, games, Funny Money auctions, Trivia, Arts & Crafts, Woodworking

Learning

Guest speakers - experts on history, dementia, nutrition, financial planning, scam prevention.

Volunteer

Building Captains, Country Store, Rose Care, Activity Leaders, Marketing Ambassadors



We want YOU to join the fun!

Above offerings are just a sample and may change for reasons such as resident interest or seasonality.

If you don't see what you're interested in - suggest it and we'll see if we can make it happen!