GREETINGS FROM OUR STAFF

Jennifer Lyons
Community Center Manager

Joann Sabath & Kathleen Kruty
Activities Coordinators

Nita Blose
Home Delivered Meals Coordinator

Community Center
13001 N La Montana Drive
Fountain Hills, AZ 85268
480-816-5200
www.fountainhillsaz.gov

Hours:
Monday - Thursday 8 a.m. - 8 p.m.
Fridays 8 a.m. to 4 p.m.

COMMUNITY SERVICES
CONNECT | PLAY | EXPLORE
Community Center will be closed for maintenance July 4th - July 8th

First at the Fountain

JULY 1, 2022 | 7:00-9:30PM

7:30-9:00PM ROCK LOBSTER BAND | 9:00PM FIREWORKS

FOOD TRUCKS | EVENT T-SHIRTS & GLOW PRODUCTS FOR SALE

FOUNTAIN PARK ADDRESS: 12925 N SAGUARO BOULEVARD, FOUNTAIN HILLS, AZ 85268

FOR MORE INFORMATION REGARDING THE EVENT, PLEASE VISIT WWW.EXPERIENCEFOUNTAINHILLS.ORG

WHAT TO BRING
• WATER
• LAWN CHAIRS OR BLANKETS
• OUTSIDE FOOD IS ALLOWED

WHAT NOT TO BRING
• NO GLASS
• NO ALCOHOL
• NO CONSUMER FIREWORKS OR SPARKLERS
• PETS DISCOURAGED
# July 2022

**Programs & Activities**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Peer Led Exerc.</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>9:00a Geri-Fit Fall Prov</td>
<td>9:00a Aerobic Chair Exer.</td>
<td>9:30a Geri-Fit Abs</td>
<td>9:00a Geri-Fit Abs</td>
<td>9:30a Geri-Fit Abs</td>
</tr>
<tr>
<td>9:00a Table Tennis</td>
<td>9:30a Intern. Line Dance</td>
<td>9:00a Geri-Fit Grt Gen.</td>
<td>9:00a Aerobic Chair Exer.</td>
<td>9:00a Aerobic Chair Exer.</td>
</tr>
<tr>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Hooks &amp; Needles</td>
<td>9:00a Int. Bridge</td>
<td>9:00a Canasta</td>
<td>9:00a Inter. Bridge</td>
</tr>
<tr>
<td>10:30a Conv Spanish</td>
<td>10:00a Memoir Writing</td>
<td>9:30a Basic Beg Line Dnc</td>
<td>10:00a Spanish II</td>
<td>10:30a Geri-Fit Stretch</td>
</tr>
<tr>
<td>11:45a Duplicate Bridge</td>
<td>12:00p Ice Cream Social</td>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Alz Support Grp</td>
<td>10:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>12:00p Poker</td>
<td>1:00p Bingo</td>
<td>12:00p Poker</td>
<td>1:00p Improver Line Dance</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:00p Cribbage/Pinochle</td>
<td>1:00p Mah Jongg</td>
<td>1:00p Scrabble</td>
<td>1:00p Table Talk</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:30p Beg Mah Jongg</td>
<td>1:00p Movie</td>
<td>1:00p Women Singles*</td>
<td>1:00p Hand &amp; Foot Cards</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>5:30p Hand&amp;Foot Cards</td>
<td>6:00p Open Table Tennis</td>
<td>2:00p Open Jam Session</td>
<td>5:00p Movie Night</td>
<td>1:00p Chess</td>
</tr>
<tr>
<td>6:30p Mystery Boot Club</td>
<td>6:30p Geri-Fit Exercise</td>
<td>6:30p Euchre</td>
<td>6:30p Geri-Fit Exercise</td>
<td>6:30p Geri-Fit Exercise</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Peer Led Exerc.</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>9:00a Geri-Fit Fall Prov</td>
<td>9:00a Aerobic Chair Exer.</td>
<td>9:30a Geri-Fit Abs</td>
<td>9:00a Geri-Fit Abs</td>
<td>9:30a Geri-Fit Abs</td>
</tr>
<tr>
<td>9:00a Table Tennis</td>
<td>9:30a Intern. Line Dance</td>
<td>9:00a Geri-Fit Grt Gen.</td>
<td>9:00a Canasta</td>
<td>9:00a Aerobic Chair Exer.</td>
</tr>
<tr>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Hooks &amp; Needles</td>
<td>9:00a Int. Bridge</td>
<td>9:00a Canasta</td>
<td>9:00a Inter. Bridge</td>
</tr>
<tr>
<td>10:30a Conv Spanish</td>
<td>10:00a Memoir Writing</td>
<td>9:30a Basic Beg Line Dnc</td>
<td>10:00a Spanish II</td>
<td>10:30a Geri-Fit Stretch</td>
</tr>
<tr>
<td>11:45a Duplicate Bridge</td>
<td>12:00p Ice Cream Social</td>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Alz Support Grp</td>
<td>10:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>12:00p Poker</td>
<td>1:00p Bingo</td>
<td>12:00p Poker</td>
<td>1:00p Improver Line Dance</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:00p Cribbage/Pinochle</td>
<td>1:00p Mah Jongg</td>
<td>1:00p Scrabble</td>
<td>1:00p Table Talk</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:30p Beg Mah Jongg</td>
<td>1:00p Movie</td>
<td>2:00p Open Jam Session</td>
<td>1:00p Hand &amp; Foot Cards</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>2:00p Trad Chinese Medicine</td>
<td>6:00p Open Table Tennis</td>
<td>6:00p Euchre</td>
<td>6:00p Bunco</td>
<td>6:00p Movie Night</td>
</tr>
<tr>
<td>5:30p Hand&amp;Foot Cards</td>
<td>6:30p Geri-Fit Exercise</td>
<td>5:30p Euchre</td>
<td>6:30p Geri-Fit Exercise</td>
<td>6:30p Geri-Fit Exercise</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Peer Led Exerc.</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
<td>8:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>9:00a Geri-Fit Fall Prov</td>
<td>9:00a Aerobic Chair Exer.</td>
<td>9:30a Geri-Fit Abs</td>
<td>9:00a Geri-Fit Abs</td>
<td>9:30a Geri-Fit Abs</td>
</tr>
<tr>
<td>9:00a Table Tennis</td>
<td>9:30a Intern. Line Dance</td>
<td>9:00a Geri-Fit Grt Gen.</td>
<td>9:00a Canasta</td>
<td>9:00a Aerobic Chair Exer.</td>
</tr>
<tr>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Hooks &amp; Needles</td>
<td>9:00a Int. Bridge</td>
<td>9:00a Canasta</td>
<td>9:00a Int. Bridge</td>
</tr>
<tr>
<td>10:30a Conv Spanish</td>
<td>10:00a Memoir Writing</td>
<td>9:30a Basic Beg Line Dnc</td>
<td>10:00a Spanish II</td>
<td>10:30a Geri-Fit Stretch</td>
</tr>
<tr>
<td>11:45a Duplicate Bridge</td>
<td>12:00p Ice Cream Social</td>
<td>10:00a Geri-Fit Stretch</td>
<td>10:00a Alz Support Grp</td>
<td>10:00a Geri-Fit Stretch</td>
</tr>
<tr>
<td>12:00p Poker</td>
<td>1:00p Bingo</td>
<td>12:00p Poker</td>
<td>1:00p Improver Line Dance</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:00p Cribbage/Pinochle</td>
<td>1:00p Mah Jongg</td>
<td>1:00p Scrabble</td>
<td>1:00p Table Talk</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>1:30p Beg Mah Jongg</td>
<td>1:00p Movie</td>
<td>2:00p Open Jam Session</td>
<td>1:00p Hand &amp; Foot Cards</td>
<td>1:00p Geri-Fit Stretch</td>
</tr>
<tr>
<td>5:30p Hand&amp;Foot Cards</td>
<td>6:00p Open Table Tennis</td>
<td>6:00p Euchre</td>
<td>6:00p Bunco</td>
<td>6:00p Movie Night</td>
</tr>
<tr>
<td>6:30p Geri-Fit Exercise</td>
<td>6:30p Euchre</td>
<td>5:30p Euchre</td>
<td>6:30p Geri-Fit Exercise</td>
<td>6:30p Geri-Fit Exercise</td>
</tr>
</tbody>
</table>

* Pre-registration needed  
Activities subject to change  
Community Center membership required
Traditional Chinese Medicine
by Victoria Mogilner
Certified Acupuncturist & Chakra specialist

Mondays (4-week class)
May 16th-Aug. 22nd
2:00 pm-3:00 pm
Course #1083-1086; Please pre-register

Restore, Revitalize & Replenish. Topics include Chinese Medicine and acupressure points for stress, immune system and better sleep. Learn how to use Chinese medicine to self-heal your mental, physical, emotional & spiritual well being and unlock the dormant healing powers within you.

Durable Medical Equipment Loan Program

We take donations of, and loan out, crutches, wheelchairs, canes, walkers and knee scooters only.

Call the Community Center to check inventory.

Table Tennis

Mondays 9 am-11 am
Tuesdays 6 pm-8 pm
Fridays 1 pm-4 pm

All skill levels are welcome!
Community Center membership required

Lockboxes for Seniors

This program provides lockboxes for senior citizens and homebound individuals that can be used by first responders to gain access to their home in the event of an emergency.

Please call Sheri Patton
480-836-8600
to arrange delivery of a lockbox
$25 donation

Sponsored by:
ANNUAL ICE CREAM SOCIAL

Please join us and build your own sundae!

Tuesday, July 12th
12:00-1:30 pm
Free - Open to the public
Hosted by the Community Center

Free balance screenings by Spooner! Call to sign up!

Sponsored by

SPOONER PHYSICAL THERAPY

SCHWAN'S HOME DELIVERY
Our Annual Pizza Party was held Tuesday, June 14th with 50 members in attendance. Thanks to our sponsor Home Instead Senior Care and our own musical members for providing a fun sing-along with songs such as Beer Barrel Polka, Red River Valley and Happy Wanderer.
CARE CARD Crafts & Coffee

Join us as we create Care Card Crafts for our Home Delivered Meals Clients

Wednesday, August 10th
9:00 a.m. - 10:30 a.m.
Stained Glass Window Clings

Wednesday, September 7th
9:00 a.m. - 10:30 a.m.
Fall Leaf Wreath Card Craft

Wednesday, November 9th
9:00 a.m. - 10:30 a.m.
Jingle Bell Ornament Craft

Wednesday, December 7th
9:00 a.m. - 10:30 a.m.
Holiday Tree Card Craft

Craft Supplies and Refreshment Provided
Held in the Community Center Lounge
MAKE A DIFFERENCE DAY 2022

Make a Difference Day is a great opportunity for the entire community to come together and give 4 hours of Volunteer service to vulnerable, elderly and homebound residents with a variety of interior and exterior projects.

Saturday, October 22nd
8:00 a.m. - 12:00 p.m.

- Individual and Group Opportunities
- Interior and Exterior Projects
- Youth and Adult Opportunities
- Residential and Town Projects
- Pre-registration is Required

Volunteer Pre-registration is Required

www.fountainhillsaz.gov/madd

Questions: (480) 816-5108 or kwickland@fountainhillsaz.gov