

ENCORE FIELD TRIPS (con't)

HALL OF FLAME FIRE MUSEUM

The National Historical Fire Foundation is a museum dedicated to the historical preservation of firefighting equipment used through the years around the world. Seating is limited to 50. Registration closes January 2nd. Tickets are \$30 for admission and lunch of Schlotzsky Deli sandwiches. Lunch will be served at the Community Center prior to departure.

#3409 FRI 1/23 11:30am-4:00pm

Location: Meet at Fountain Hills Community Center; All trips bus transportation provided by Encore for More!

BARLEENS VARIETY SPECTACULAR DINNER MATINEE SHOW

The Barleens cast delivers a high-energy mix of country, rock 'n' roll, blues, pop, folk, classical and opera – paired with a delicious dinner. Check out their website at www.barleensdinnershow.com. Seating is limited to 50. Registration closes January 29th.

Tickets are \$52 for show and meal.599 TH 2/19

9:45am-4:15pm

CLASSES & WORKSHOPS

ESSEINTRICS

Essentrics is a zero-impact stretching and strengthening technique that rebalances the body's full range of motion. It helps to relieve pain by stimulating the body's natural healing mechanisms. Bring a yoga mat, large towel, stretch band and water.

Instructor: Claudio Waltos.

#3507	M, W, F (12 sessions)	12/1-12/26	10:15am-11:15am
#3842	M, W, F (11 sessions)	1/5-1/30	10:15am-11:15am
#3843	M, W, F (10 sessions)	2/2-2/27	10:15am-11:15am
#3844	M, W, F (13 sessions)	3/2-3/30	10:15am-11:15am

CC Membership Is Not Required. Pre-registration Required. Space is limited.

Cost \$96/12 sessions; \$88/11 sessions; \$80/10 sessions; \$104/13 sessions

Beginner ESSEINTRICS

A fun and easy-to-follow seated Essentrics class designed for individuals with mobility issues. You may find you improve overall health, flexibility, range of motion, and strengthen muscles. At the same time, reducing risk of injury to joints.

Instructor: Claudio Waltos.

#3508	W, F (7 sessions)	12/3-12/24	11:30am-12:00pm
#3845	W, F (8 sessions)	1/7-1/30	11:30am-12:00pm
#3846	W, F (7 sessions)	2/4-2/27	11:30am-12:00pm
#3847	W, F (7 sessions)	3/4-3/27	11:30am-12:00pm

CC Membership Is Not Required. Pre-registration Required. Space is limited. Cost \$52/8 sessions; \$45.50/7 sessions

SIMPLE YOGA BREATHING & STRETCHING

New to yoga? Yoga-curious? Then this is the class for you! Whether seated in a chair, standing, or lying on your yoga mat, "Simple Yoga Breathing and Stretching" can result in more energy, sounder sleep, better digestion and elimination, easing of aches and pains, enhanced flexibility, and greater lung capacity. Designed and led by Denise Rucci, a certified yoga instructor with 20 years of experience, this twice-a-week practice will delight and surprise you at how easily you experience the results!

#3676	TU, TH	12/2-12/30	10:00am-11:00am
#3677	TU, TH	1/6-4/30	10:00am-11:00am

CC membership is required. Pre-registration Required. Space is limited.

MEDITATION

All classes are led by Virginia Long, a Certified Meditation and Mindfulness & Yoga Nidra (US and India). Chairs provided. If you prefer the floor, bring your own mat.

SOUND EXPERIENCE MEDITATION

This method of meditation brings together modern science and ancient wisdom of sound. It is a vibration practice that balances all parts of you; physical, emotional, intellectual, and mental. When you are out of balance, discomfort happens. By fine tuning the body with sound, you activate natural healing abilities. Lay back and enjoy the ambient sounds, tones, and vibrations to bathe your body from the inside out. The natural tones resonate in harmony with the body, cleansing the "issues in the tissues."

#3498	F (4 sessions)	12/5-12/19	10:30am-11:30am
#3839	F (4 sessions)	1/2-1/23	10:30am-11:30am

CC Membership Is Not Required. Pre-registration Required. Space is limited. Cost \$50/4 sessions.

CLASSES & WORKSHOPS (con't)

WATERCOLOR WORKSHOP

With years of experience teaching all ages, instructor Carrie Godwin creates a welcoming environment where you can develop your artistic skills at your own pace. Whether you're a beginner or an experienced artist, this class is designed to build your confidence and enhance your skills in a relaxed, supportive environment. Join us and let your creativity flow! Please bring your own paint supplies.

#3523	TH(5 sessions)	11/6 – 12/11	1:30pm – 4:00pm (wait list)
#3796	TH(8 sessions)	1/8 – 2/26	1:30pm – 4:00pm

CC Membership is not Required. Pre-registration Required. Space is limited. Cost \$75/5 sessions; \$120/8 Sessions

MATTER OF BALANCE

Learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risk at home; exercise to increase strength and balance. Must attend all classes. Instructors are Doctoral students from health professions affiliated with AZ Coalition for Fall Prevention and sponsored by the School of Health Sciences at A.T. Still University, Mesa, AZ.

#3756	F	1/16 - 3/6	1:00pm - 3:00pm
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CC Membership Required. Pre-registration Required. Space is limited. Class will not meet 2/20.

GREAT DECISIONS

Great Decisions is America's largest discussion program on world affairs. Each week, participants will read a chapter in the Great Decisions Briefing Book, watch a video (in class) and meet in a local Discussion Group to discuss the most critical global issues facing America today. Registration for this class closes February 1, 2026.

#3684	TH	2/5 - 3/26	1:00pm - 3:30pm
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CC Membership Required. Pre-registration Required. Space is limited.

PRESENTATIONS

Journey through Tanzania and Zanzibar with Dennis Robertson, M.D.

#3736	TH	1/15	2:00pm-3:00pm
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Scam Alerts 2026: The New Tricks You Need to Know with Tamara Barnett, Maricopa County Attorney's Office

#3649	TH	1/22	2:00pm-3:30pm
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Salt River Horses by Dr. John Mack

#3683	TH	1/29	2:00pm-3:00pm
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Heat Proof Desert Landscaping with AZ Plant Lady

#3426	TH	2/5	2:00pm-3:30pm
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NASA's Search for Water Beyond Earth by Dennis Robertson, NASA Ambassador

#3734	TH	2/19	2:00pm-3:00pm
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A Peculiar Savage Beauty by author Jessica McCann

#3422	TH	2/26	2:00pm-3:00pm
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Nature as Therapy by Toni Vallee

#3690	TH	3/5	2:00pm-3:30pm
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SPECIAL PRESENTATIONS

These special interest presentations are free and open to the public.

Memory Café – Special 3-Part Series with Dr. Karen Willfahrt, NMD, RN

Feeding Your Brain & Body

TH	11/13	9:30am-10:00am
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The Heart-Spirit Connection

TH	12/11	9:30am-10:00am
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Holistic Living for Lifelong Wellness

TH	1/8	9:30am-10:00am
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SPECIAL PRESENTATION SERIES

Spooner Physical Therapy: Injury Screenings (New at the Community Center)

Spooner Physical Therapy brings a fresh, hands-on approach to your health and wellness! Their team will now offer **monthly one-on-one Injury Screenings** January through April.

- **Personalized attention:** Each 15-minute session focuses on your specific concern.
- **Professional insight:** Meet directly with a Spooner physical therapist for expert feedback.
- **Preventive care:** Learn how to address minor aches before they become bigger issues.
- **Convenient and accessible:** Held at the Community Center on the **fourth Tuesday of each month**, with up to 3 participants per session.

Pre-registration needed. Community Center membership required.

#3740	TU	1/27	9:15am-10:00am
#3741	TU	2/24	9:15am-10:00am
#3742	TU	3/24	9:15am-10:00am
#3739	TU	4/28	9:15am-10:00am

Encore Speaker Series:

The Story of Fountain Hills by Michael Gant

#3693	WED	11/12	1:00pm-2:15pm
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Arizona Trains, Stages, and Steamboats by Jim Turner

#3665	WED	1/21	1:00pm-2:15pm
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Jerome- Too Stubborn to Die by Jay Mark

#3666	WED	2/18	1:00pm-2:15pm
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The Bold, Brave, Gutsy Women of Arizona's Past by Jan Cleere

#3667	WED	3/18	1:00pm-2:15pm
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The Vanishing Trading Posts by Chris Glenn and Sandy Sunseri

#3668	WED	4/15	1:00pm-2:15pm
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AZ Trails

General Travel Updates – What's New and What has Changed in Travel

3669	WED	1/7	2:00pm-3:00pm
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Travel Styles – Including Solo Travel

3670	WED	2/11	2:00pm-3:00pm
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How Travel Changes as We Age

3671	WED	3/4	2:00pm-3:00pm
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SUPPORT GROUPS AND ASSISTANCE PROGRAMS

Blood Pressure Checks	12:00pm – 1:00pm	1 st Tues	
Caregiver's Support Group	11:00am – 12:30pm	1 st Mon	
Memory Café & Support Group	9:30am – 11:00am	2 nd Thurs	
Alzheimer's Support Group	10:30am – 11:30am	4 th Thurs*	*December 18
Parkinson's Support Group	11:00am – 12:30pm	1 st Wed	
Medicare Insurance Consulting*	10:00am – 2:00pm	2 nd & 4 th Fri	Oct 15 th -Dec 7 th every Tues & Fri
Legal Consultations*	2:30pm – 4:00pm	1 st Fri	*Oct-May
Tech Time w/Mark	9:00am – 11:00am	1 st Thurs	

DATES & TIMES ARE SUBJECT TO CHANGE

All support groups and services are free and open to the public – no membership required.

***By appointment only; sign up in the Community Center**

PROGRAMS AND ACTIVITIES

Dates and times are subject to change. Community Center membership required.

Many programs do not meet over the summer, so please check the monthly calendar for updates.

MONDAY

Back Fit w/Pilates	8:00am – 9:00am		
Geri-fit® Fall Prevention	9:00am – 10:00am		
Table Tennis/Ping Pong	9:00am – 11:30am		
Men's Discussion Group	10:00am – 11:30am		
Conversational Spanish (Advanced)	10:30am – 12:00pm		
Duplicate Bridge (Table Fee)	11:45am – 4:00pm		
Poker	12:30pm – 4:30pm		
American Sign Language Meetup Group	12:00pm – 1:30pm		*Oct-May
High Beg/Low Impr Line Dancing	1:00pm – 2:30pm		
Mah Jongg (Beginners) (not a class)	1:00pm – 4:00pm		
Cribbage	1:00pm – 2:30pm		
Pinochle	1:00pm – 4:00pm		
Aerobic Chair Exercise	5:00pm – 6:00pm		
Hand & Foot Cards	5:00pm – 7:45pm		
Mystery Book Club	6:30pm – 7:30pm	2 nd Mon	

TUESDAY

Peer Led Exercise	8:00am – 9:00am		
Aerobic Chair Exercise	8:00am – 9:00am		
Video Gentle Yoga	9:00am – 9:30am		
Women's Poker	9:00am – 11:00am		
Intermediate Line Dancing	9:30am – 11:00am		
Hooks & Needles	10:00am – 12:00pm		
Memoir Writer's Group	10:00am – 12:00pm	2 nd Tues	
Open Paint Studio	10:00am – 1:00pm		
Simple Yoga	10:00am – 11:00am		
American Sign Language Meetup Group	11:00am – 12:00pm		*Oct-May
Advanced Line Dancing	11:30am – 1:00pm		
Social Bridge	12:00pm-4:00pm	1 st & 3 rd Tues	
Mah Jongg (Intermediate)	1:00pm – 4:00pm		
Movies	1:00pm – 4:00pm		
Bingo (18+ Years)	1:00pm – 3:30pm	Sales begin at 11:30am	
Swing Time Music	1:00pm – 3:00pm	3 rd Tues	*Oct-June
Table Tennis/Ping Pong	5:30pm – 7:30pm		
Ukulele for Beginners	6:30pm – 8:00pm	1 st & 3 rd Tues	*Oct-April

WEDNESDAY

Back Fit w/Pilates	8:00am – 9:00am		
Intermediate Bridge	8:30am – 12:00pm	Play begins at 8:30am	
Video Gentle Yoga	9:00am – 9:30am		
Open Paint Studio	10:00am – 1:00pm		
Poker	12:30pm – 4:30pm		
Scrabble & Rummikub	1:00pm – 4:00pm		
Hand & Foot	1:00pm – 3:00pm		
Euchre	1:00pm – 3:30pm		
Spanish for Beginners	1:00pm – 3:00pm	Registration Required (wait list)	
Open Jam Session	2:00pm – 4:00pm		
Mini-Series Movie	5:00pm – 7:00pm		
Evening Bunco	5:45pm – 7:45pm		
Photography Enthusiasts	5:45pm - 7:45pm	2 nd Wed	

THURSDAY

Peer Led Exercise	8:00am – 9:00am		
Aerobic Chair Exercise	8:00am – 9:00am		
Video Yoga/Pilates	9:00am – 9:30am		
Tech Time w/Mark	9:00am – 11:00am	1 st Thurs	

THURSDAY (con't)

Beginner Line Dancing	9:30am – 11:00am
Open Paint Studio	10:00am – 1:00pm
Intermediate Spanish Club	10:00am – 11:30am
Simple Yoga	10:00am – 11:00am
Quilts N More	11:00am – 12:30pm
Mid/High improver line dancing	1:00pm – 2:30pm
Hand & Foot Cards	1:00pm – 3:00pm
Golden Age of Radio	1:00pm – 3:00pm
Table Talk for Women	1:00pm – 3:00pm
Poker	4:00pm – 7:45pm
Movies	5:00pm – 7:30pm
Open Paint Studio	5:00pm – 8:00pm
Evening Beginner Line Dancing	5:00pm – 6:30pm

Registration opens November 3rd

1st Thurs *Sept-May

1st Thurs *Oct-June

FRIDAY

Back Fit w/Pilates	8:00am – 9:00am
Intermediate Bridge	8:30am – 12:00pm
Aerobic Chair Exercise	9:00am – 10:00am
Pinochle	9:00am – 12:00pm
Traditional Mah Jongg	12:30pm – 3:45pm
Siamese Mah Jongg	12:30pm – 3:45pm
Documentary Series	1:00pm – 3:00pm
Table Tennis/Ping Pong	1:00pm – 3:45pm
Mexican Train Dominoes	1:00pm – 3:45pm
Woodcarvers/Open Tabletop Art	1:00pm – 3:45pm
Board Games/Rummikub	1:00pm – 3:45pm

Play begins at 8:30am

Yahtzee, Left Right Center, Monopoly, Trivia Pursuit

Loads of Fun: Games, Dancing, Art, Discussions

Mah Jongg

Duplicate Bridge



Men's Discussion



Line Dancing



Watercolor class





March Mah Jongg Madness in Centennial Circle!



Join us for an exciting morning of tiles, strategy, and fun as we host
March Mah Jongg Madness in our beautiful Centennial Circle!

Don't miss this chance to mix and mingle with fellow Mah Jongg enthusiasts.
 Seats are limited — register early, call or stop by the Community Center

- **Friday, March 6th, 9:00am-12:00pm; Course #3757**
- **\$20 per person fee**
- **\$5.00 discount if purchased by February 7th**
- **Additional \$5.00 discount for 2026 members of Fountain Hills Community Center**

- Beginner** (Note- Must know how to play, this is not a teaching class)
- Intermediate**
- Advanced-** but not for money
- Money Table-** \$5.00 Pie Limit- Bring \$5.00 in change with you

****Players wishing to play together should arrive together****

Sponsored by the
 Town of Fountain Hills Community Center
 480-816-5200 ~ www.fountainhillsaz.gov/rec



📍 COMMUNITY CENTER TOWN OF FOUNTAIN HILLS

Arizona State University's **Osher Lifelong Learning Institute** and the **Fountain Hills Community Center** are proud to collaborate in offering enriching opportunities to learn, explore, and grow. Osher courses are led by exceptional instructors, distinguished professors, industry experts, and passionate scholars, who bring knowledge, experience, and curiosity to every class.

TRAVEL & POP CULTURE: PLACES FEATURED IN YOUR FAVORITE MOVIES & TV SHOWS

📅 Wednesday, March 11

🕒 1:00 - 2:30 PM

➔ Course #3810

💰 Registration Required | Community Center Members Only

Course Details

From *Jaws* to *The Graduate*, *James Bond* to *The Birds*, *Midnight Express* to *Breaking Bad*, take a journey with a leading travel journalist to explore the places around the world where some of the most iconic movies and TV series were filmed. We'll also visit the childhood haunts of Elvis Presley, The Beatles, and Buddy Holly, and uncover a British pop star's surprising connection to the Alamo.

Instructor Info

Dan Fellner, longtime Arizona State University faculty associate, is an accomplished travel writer and journalism instructor, with over 160 published articles appearing in outlets such as *USA Today* and *The Washington Post*. Fellner teaches courses in journalism, public relations, international media, and travel writing, bringing real-world global experience to every presentation.

How to Register

