



Activity Center

BEING THANKFUL and GIVING at Thanksgiving

This month, the month of Thanksgiving, the Activity Center staff would like to extend our thanks to our members who we look forward to seeing everyday.

Also, in keeping with this month of being grateful and giving back, we would like to extend the opportunity for you to be especially generous to our local **Extended Hands Food Bank** and our **Home Delivered Meals Program**.

We are encouraging our members to support our November **Food Bank Drive**. Please bring non-perishable items to the Activity Center to put in the food barrel. *We hope we can fill it many times over before Thanksgiving.*

For the **Home Delivered Meals Program**, you can help subsidize and maintain the cost of the meals for residents in need of meal assistance, by stopping by the front desk and making a donation or just dropping spare change in the donation boxes located at the front desk and in the Activity Center.



THANKSGIVING
FOOD DRIVE

The Activity Center is having a Thanksgiving Food Drive for the Fountain Hills Extended Hands Food Bank.

With your support, we can make a difference for families in need.

Most Wanted:

- Canned vegetables
- Canned tuna
- Cereal
- Peanut butter & jelly
- Mac & Cheese
- Any non-perishable food items

HOME DELIVERED MEALS

For residents in need of meal assistance

Location

Located in the Community Center
13001 N. La Montana Dr.
Fountain Hills, Arizona 85268
www.fh.az.gov/dept-activity-center.aspx

Staff

Kelley Fonville, *Senior Services Supervisor*
Martí Lemieux, *Activities Coordinator*
Linda Winters, *Activities Assistant*
Nita Blose, *Home Delivered Meals Coordinator*

Hours

Monday - Friday
9:00 a.m.- 4:00 p.m.
480-816-5226
Fax 480-816-0280

Presentation

Stop by the Activity Center to pick up detailed flyers on all of our presentations or visit our website to view the flyers online by clicking the link below:

fh.az.gov/ac-presentations

- Pre-registration is required for each presentation. Space is limited.
- Free for current Activity Center members and \$5 fee for non-members.
- All presentations will be held at the Community Center.

| Presentation | Course | Day | Date | Time |
|---------------------------------------|--------|-----|--------|----------|
| What is Blogging | 2969 | Th | Nov 2 | 2-3 p.m. |
| Long Term Care-Navigating the Journey | 2971 | Th | Nov 16 | 2-3 p.m. |
| History of Arizona Canals | 2972 | Th | Nov 30 | 2-3 p.m. |

Program

Let's Rock~n~Roll!

Monday, November 6 - Course #2718

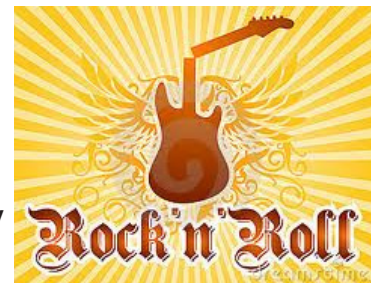
Monday, December 4 - Course #2719

1:00 - 2:30 p.m.

Come learn about the history of Rock~n~Roll music and enjoy listening to some of the classic songs played on CD's.

Program Coordinator: *Ken Jordan* will pick and discuss the most influential records of the 50's and early 60's.

Pre-registration required. Membership required.



Activity Center Closed

No senior programs

Friday, November 10

Veteran's Day &
Fountain Festival

Thursday, November 23

Thanksgiving

Friday, November 24

Holiday

Presentations and Programs held at the Community Center.

Learn a Variety of Dances

Tango Rhumba Waltz
Fox Trot Cha Cha



Thursday, December 7

11:00 a.m. - 12:00 p.m.

Course Fee: Donations accepted

Open to members and non-members

Space is limited - couples and singles welcome
No partner needed - please wear closed-toe shoes

Pre-registration required - Course #3196
Held at the Fountain Hills Community Center

Professional dance instructor Roger Homyak will lead the classes. This is an introductory class and students will learn a variety of dance styles such as waltz, fox trot, cha cha, rhumba, and tango. No partner is needed to participate since the instructor is on hand to teach students the dance steps. Come learn how to dance like the stars! For more information about dance classes offered at the Love 2 Dance Studio, call 602-545-5435.

Stop by the Community Center Monday - Friday 9 a.m. to 4 p.m. to register.

Program held at the Community Center.

Try A New Side Dish For the Upcoming Holidays



Loaded Cauliflower Casserole is unbelievably tasty and full of fantastic flavor! It tastes like loaded potatoes, but without all the carbs! Cauliflower, bacon, cheese, and green onions make a wonderful combination.

Loaded Cauliflower Casserole

What You'll Need

2 lbs cauliflower florets
8 oz shredded sharp cheddar cheese
8 oz shredded Monterey Jack
4 tablespoons heavy cream
1-1/2 cups green onions sliced
6 slices bacon, cooked and crumbled
1 clove garlic, grated
Salt and pepper to taste

How to Make It

1. Preheat oven to 350 degrees
2. Steam cauliflower florets until tender (5 min)
3. Cream together 6 oz of cheddar, 6 oz Monterey Jack, cream cheese, and cauliflower
4. Stir in sliced green onions, chopped bacon, garlic
5. Drain any liquid from cauliflower and add to cheese mixture
6. Drain any liquid and add to cheese mixture
7. Stir cauliflower and cheese mixture together
8. Taste for seasoning and add as necessary
9. For finer texture, mash with potato masher



Pour into a 2-3 quart casserole and sprinkle with remaining cheese mixture. Cover dish with foil and bake for 25 minutes. Remove foil and continue to bake until cheese is brown and bubbly.
ENJOY

