

# loop

[www.fh.az.gov/recreation](http://www.fh.az.gov/recreation)

@FHParksAndRec

@FountainHillsRec



**FIREWORKS DISPLAY OVER THE PARK'S BEAUTIFUL LAKE**

PG 4



**SUMMER FUN FOR THE FAMILY**

PG 5



**YOUTH AND ADULT COOKING CLASSES**

PG 7

*learn*

PG 12

**ABOUT OUR SUPPORT GROUPS, ASSISTANCE, AND WELLNESS WEDNESDAYS**

*check out*

PG 10

**YOGA AND MEDITATION CLASSES AVAILABLE**

# ONLINE REGISTRATION

With online registration you are able to browse for courses and programs offered and register for them with secure payment options.

**Online registration is available 24 hours a day!**

[www.fh.az.gov/recreation](http://www.fh.az.gov/recreation)

**How do I get started?** To get started, simply visit [www.fh.az.gov/recreation](http://www.fh.az.gov/recreation) and open an account. You will be asked to set up a unique Login Name and Password. This account can be used for all members of your household.

**If you already have a Login Name and Password, please click on the My Account button and sign in.** You will be able to access account information, such as your daily schedule, past receipts, prior transactions and much more.

**If I register online, will I know if I get into a program right away?** Yes, the registrations are in "real time". If a program has an opening, when you complete your registration you will be registered, and you will receive confirmation that your registration has been received. If a program is closed, you will be able to sign up online to be on the wait list.

**How do I know what programs are available online?** When browsing programs online, registration availability will be indicated.

**Do I have to register online?** No, we will still take registrations at Town Hall or the Community Center via fax, mail, or in person. Forms are available at kiosk onsite.

## COMMUNITY SERVICES DEPARTMENT ADVISORY COMMISSIONS

### COMMUNITY SERVICES ADVISORY COMMISSION

*Meets 4th Monday, 5:00pm at Town Hall, Council Chambers*

Ron Ruppert – Chair

Amy Arnold, Don Doty, Daniel Fecteau, Jerry Gorrell,  
Sharon Grzybowski, Sharon Morgan, Natalie Varela – Vice-Chair  
Hayden Arnold – Youth Commissioner

### MCDOWELL MOUNTAIN PRESERVATION COMMISSION

*Meets 4th Tuesday, 5:00pm at Town Hall, Council Chambers*

Bill Myers – Chair

Tom Barberic, Tom Aiello, Bill Craig, Paul Garvey,  
Scott Grzybowski, Dr. Darrienne Slater – Vice-Chair

### COMMUNITY SERVICES STAFF

Rachael Goodwin, Community Services Director – (480) 816-5135  
Jamie Salentine, Executive Assistant – (480) 816-5148  
Kimberly Wickland, Volunteer Coordinator – (480) 816-5108

### RECREATION

Linda Ayres, Recreation Manager – (480) 816-5170  
Bryan Bouk, Program Coordinator – (480) 816-5132  
Kade Nelson, Program Coordinator – (480) 816-5130

### PARKS

Kevin Snipes, Superintendent – (480) 816-5178  
Joe Beauvais, Gary Kay, Carey Mesa, Jorge Meneses – Parks Lead

### COMMUNITY CENTER

Mike Fenzel, Community Center Manager – (480) 816-5116  
Bill Haughey, Operations Coordinator – (480) 816-5188  
Dominick LaBate, Customer Service Rep – (480) 816-5200  
Cheryl Ponzo, Customer Service Rep – (480) 816-5200

### SENIOR SERVICES

Jennifer Lyons, Supervisor – (480) 816-5186  
Nita Blöse, Home Delivered Meals – (480) 816-5229  
Joann Sabath, Activities Coordinator – (480) 816-5228  
Kathleen Kruty, Senior Services Activity Coordinator – (480) 816-5226

## COMMUNITY SERVICES FACILITIES AND HOURS

### COMMUNITY SERVICES AT TOWN HALL

16705 E. Avenue of the Fountains  
Monday-Thursday, 7:00am - 6:00pm  
(480) 816-5100

### COMMUNITY CENTER

13001 N. La Montana Drive – (480) 816-5200  
Building Hours: Monday-Friday, 8:00am - 5:00pm  
Desk Hours: Monday-Friday, 9:00am - 4:00pm

### ACTIVITY CENTER AT THE COMMUNITY CENTER

13001 N. La Montana Drive – (480) 816-5200  
Monday-Thursday, 9:00am - 4:00pm  
Friday 9am - 1pm

### FOUNTAIN PARK

12925 N. Saguaro Blvd.  
6:00am - 11:00pm

### GOLDEN EAGLE PARK

15900 E. Golden Eagle Blvd.  
6:00am - 11:00pm

### FOUR PEAKS PARK

14825 N. Del Cambre Avenue  
6:00am - 11:00pm

### DESERT VISTA PARK

11800 N. Desert Vista – 6:00am - 11:00pm  
Dog Park – 6:00am - 9:00pm  
Skate Park – 7:00am - Sunset

### DESERT BOTANICAL GARDEN

11300 N. Fountain Hills Blvd. – Sunrise to Sunset

### MCDOWELL MOUNTAIN PRESERVE

Golden Eagle Trailhead – Sunrise to Sunset

### ADERO CANYON TRAILHEAD

14800 N Eagle Ridge Dr. – Sunrise to Sunset

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Get daily updates, and stay informed about recreation opportunities using social media. We're on there!

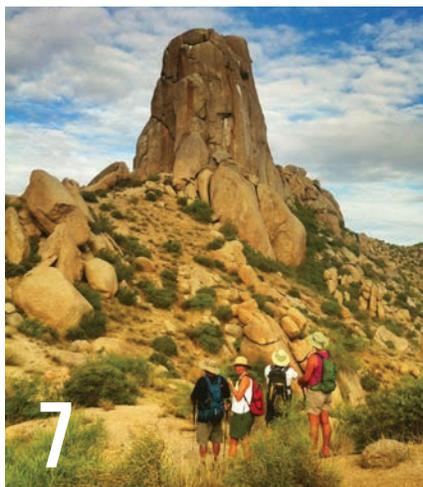
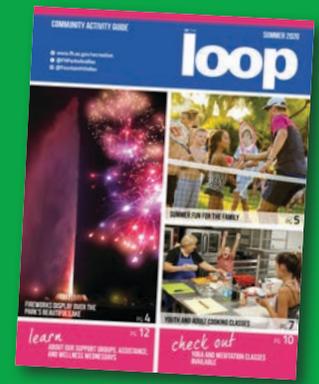


## ON THE COVER

Fourth at the Fountain Fireworks display for our annual Independence Day.

Summer Fun for the Family includes Party in the Park, Party in the Community Center and Back to School Bash in August.

Youth and Adult cooking classes taught by Chantal Sahr



### PROGRAM REFUNDS

- A FULL refund is granted when Community Services cancels any program.
- NO refunds will be granted after the start of a program except for medical reasons or relocation out of the area.
- NO refunds will be granted for trips or team sports leagues unless the spot can be filled.
- A \$10.00 administrative fee will be charged against ALL refunds to cover administrative costs. There are no administrative fees charged when the program is cancelled by Community Services.
- Credit card refunds are issued back to the card used for payment.
- Refund processing takes four to six weeks.

### FACILITY REFUNDS

- A FULL refund will be made if Community Services cancels the rental.
- In the event of inclement weather, the responsible party may re-schedule the rental at a later date.
- All changes to reservations need to be made at least 24 hours in advance. All changes to weekend reservations need to be made by the Thursday prior to the reservation.
- Refund processing takes four to six weeks.

For more detailed information on Community Services refund policies, call (480) 816-5100.

### FOUNTAIN HILLS COMMUNITY SERVICES MISSION STATEMENT

To enrich and provide an active quality of life for all residents and visitors through community engagement, stewardship of amenities and open space while enhancing the health and overall well-being of our town.



## MEMORIAL DAY CEREMONY

Monday, May 25 at 9:00am  
 Veteran's Memorial in Fountain Park  
 FREE – All Ages

Each year, the last Monday of May is set aside as a day to honor our military heroes. Originally known as Decoration Day, this annual observance will commemorate those who have lost their lives in battle, serving the United States, as well as recognize brave military men and women who serve our country.

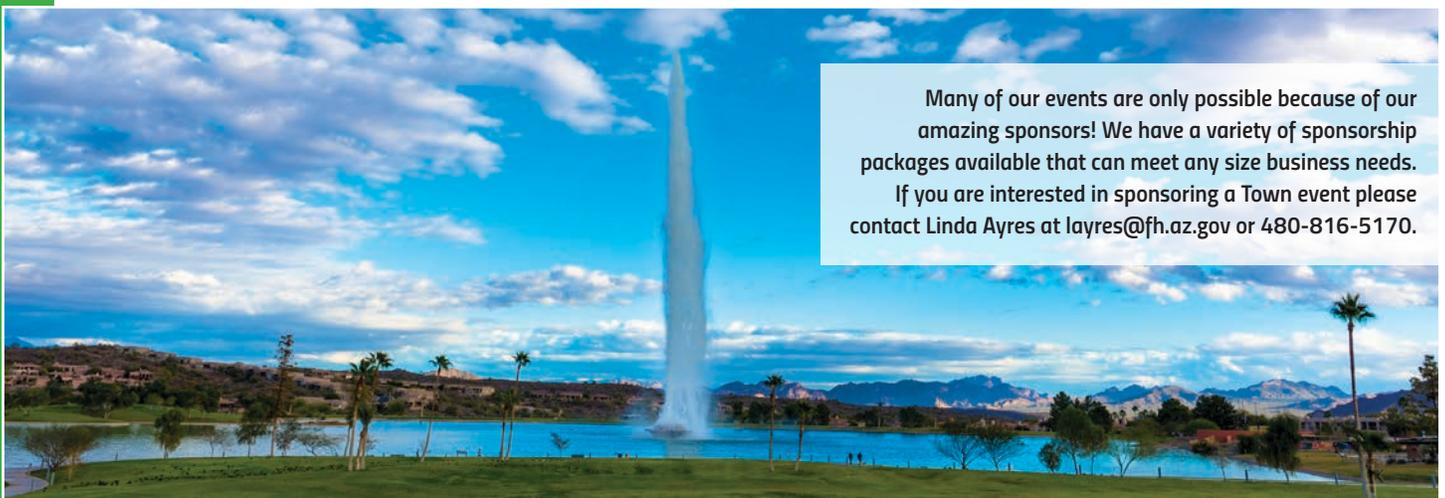
The Memorial Day ceremony is conducted by the four veterans support organizations in Fountain Hills; VFW Post 7507, American Legion Post 58, AMVETS Post 7, and Marine Corps League Detachment. Join us for the FREE event at the Veteran's Memorial located on the south side of Fountain Park.

## FOURTH AT THE FOUNTAIN

Saturday, July 4 at 6:00 - 10:00pm  
 Fireworks at 9:00pm  
 Fountain Park  
 Admission – FREE

Put on your patriotic best and join friends and neighbors at Fountain Park on Saturday, July to celebrate the good 'ol USA! This FREE celebration kicks off at 6:00pm with music, games, inflatables, and a wide variety of food trucks. Bring a blanket or chair to relax and enjoy the evening filled with fun.

The night will be capped off with a majestic fireworks display over lake in Fountain Park at 9:00pm.



Many of our events are only possible because of our amazing sponsors! We have a variety of sponsorship packages available that can meet any size business needs. If you are interested in sponsoring a Town event please contact Linda Ayres at [layres@fh.az.gov](mailto:layres@fh.az.gov) or 480-816-5170.

FAMILY FUN FOR ALL AGES



**SUMMER GAMES FOR ALL AGES**

Thursdays, June 4 - July 23 at 1:00pm  
 Fountain Hills Community Center  
 FREE – All Ages

Come and beat the heat at the Fountain Hills Community Center, come join us for a variety of board games, Wii Bowling, Just Dance, and Root Beer Floats! It's a great way to spend a Thursday afternoon and a great way to have fun with your family for a couple of hours and it is totally FREE. (No Summer Games on July 2).

**WACKY WET WEDNESDAYS**

Wednesday, June 3 at 11:00am - 1:00pm  
 Wednesday, July 8 at 11:00am - 1:00pm  
 Four Peaks Park  
 FREE – All Ages

Come beat the heat with us at Four Peaks Park. Cool off and run through the sprinklers and get sprayed by Fountain Hills Fire Dept. Make sure to wear your swimsuits and be ready to have a good time. Feel free to bring your super soakers or any water related toys. No registration required.

**FAMILY PARTY IN THE PARK**

Thursday, June 18 at 6:00 - 8:00pm  
 Golden Eagle Park  
 FREE – All Ages

The Town of Fountain Hills Community Services Department would like to invite families to participate in our FREE Party in the Park! Join us for a variety of games, activities, music, inflatables, and prizes! No registration required.

**SUMMER PARTY IN THE CENTER**

Thursday, July 16 at 6:00 - 8:00pm  
 Fountain Hills Community Center  
 FREE – All Ages

The Town of Fountain Hills Community Services Department would like to invite families to participate in our FREE Party in the Center! Join us for a variety of games, activities, music, inflatables, and prizes! No registration required.



FOR MORE INFORMATION ON TOWN EVENTS

Visit [www.ExperienceFountainHills.org](http://www.ExperienceFountainHills.org) or call (480) 816-5100

## SAFETY CLASSES

### ASHI CPR/AED

The ASHI CPR/AED is a combined CPR and AED class designed specifically for lay people. This class is an excellent choice for both the workplace and community setting. This class covers medical emergencies, sudden cardiac arrest, chain of survival, CPR/AED use, and choking.

4854	Sa	5/9	9:00 - 11:30am	14+ yrs	\$35
4856	Sa	6/6	9:00 - 11:30am	14+ yrs	\$35
4857	Sa	8/8	9:00 - 11:30am	14+ yrs	\$35

*This course is not valid for healthcare providers.*

**Instructor:** Fountain Hills Fire Department

**Location:** Fountain Hills Community Center

### NEW ASHI BASIC FIRST AID

The ASHI Basic First Aid class is to learn and develop basic first aid knowledge, skills, and the confidence to respond. This class is an excellent choice for both the workplace and community setting. This class covers: first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Receive a \$15 discount when you register for an ASHI CPR/AED Class that takes place on the same day.

4855	Sa	5/9	12:00 - 2:00pm	14+ yrs	\$35
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*This course is not valid for healthcare providers.*

**Instructor:** Fountain Hills Fire Department

**Location:** Fountain Hills Community Center

### BABYSITTER SAFETY, CPR, AND FIRST AID

Come join the fun and learn CPR, First Aid, basic emergency choking and more. Programs will cover the immediate care given to injured or suddenly ill children until competent emergency care is available. Cost includes take home materials for your in-home safety and a certification. Be sure to bring a lunch.

4858	Sa	6/20	9:00am - 12:00pm	16+ yrs	\$35
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**Instructor:** Childcare & Babysitting Safety

**Location:** Fountain Hills Community Center

### PET CPR & FIRST AID

Learn Pet CPR, Pet First Aid, basic emergency choking and more. This program is endorsed by the ASPCA. Cost includes take-home materials for your in-home pet safety and a certification.

4859	Sa	7/11	10:00am - 12:30pm	16+ yrs	\$45
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**Instructor:** American Emergency Response Training Center

**Location:** Fountain Hills Community Center

## MUSIC LESSONS

### INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

4861	Th	5/14	6:30 - 9:30pm	16+ yrs	\$30
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*There is an additional \$29 materials fee collected in class.*

**Instructor:** Craig Coffman

**Location:** Fountain Hills Community Center

### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In one class, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

4862	Th	5/21	6:30 - 9:30pm	16+ yrs	\$30
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*There is an additional \$29 materials fee collected in class.*

**Instructor:** Craig Coffman

**Location:** Fountain Hills Community Center

## ART

### PAINT STUDIO CLUB

This peer-led club is for moderate to advance painters. Participants are welcome to bring their own photographic reference still life setup. This is not an analytic or academic approach but is designed to encourage painters to paint from within and to express themselves visually. No class critiques. This club is not for beginners.

4863	Th	6/4 - 7/30	9:00am - 12:00pm	18+ yrs	\$50
4864	Tu	6/9 - 8/4	9:00am - 12:00pm	18+ yrs	\$50

**Instructor:** Peer-Led

**Location:** Fountain Hills Community Center



### BEGINNERS DROP IN PAINT STUDIO

Paint for a day or paint for a year! Open studio allows you to choose. Bring a favorite photo or paint from the provided Still Life. \$10 Drop-in fee each class Includes 3 hours of fun and instruction. \$5 Material fee for Canvas, paint, brush, etc.

4865	W	5/6 - 8/26	10:00am - 1:00pm	18+ yrs	\$10
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**Instructor:** Laura Mehlman

**Location:** Fountain Hills Community Center

## LANGUAGE & WRITING CLASSES

### BEGINNING SPANISH CLASSES

No experience necessary. Learn basic Spanish phrases and words used for traveling and in everyday spoken and written language. Pronunciation and simple vocabulary, such as greetings or ordering food, and culture. We will practice with role-playing and scripted conversations.

#### BEGINNING SPANISH I

4884	W	6/3 - 7/8	12:00 - 1:30pm	16+ yrs	\$50
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#### BEGINNING SPANISH II

4885	Tu	6/2 - 7/7	6:00 - 7:30pm	16+ yrs	\$50
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4886	W	7/15 - 8/19	12:00 - 1:30pm	16+ yrs	\$50
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**Instructor:** Carol Kubota

**Location:** Fountain Hills Community Center

### CREATIVE WRITING

No experience necessary. You can write. Learn to write poems, short stories, and travel stories. This class is for those who want to write for fun. We will share our writing and learn some interesting ways to write.

4887	W	6/3 - 7/8	10:00 - 11:30am	16+ yrs	\$50
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**Instructor:** Carol Kubota

**Location:** Fountain Hills Community Center

## HIKING & OUTDOORS

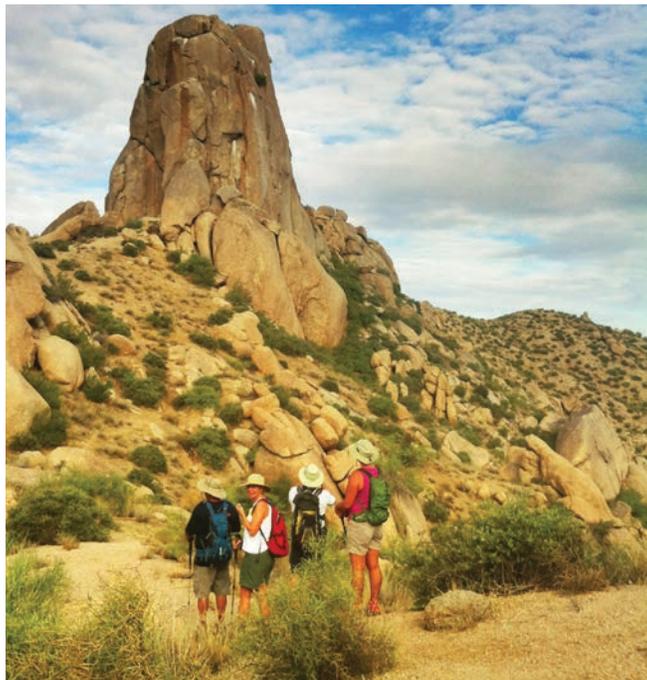
### NEW EASY TO MODERATE PHOENIX DAY HIKES

Looking for hikes in the Phoenix area that don't require steep mountain trails to enjoy? This seminar will present trails in the area that aren't as physically demanding as the popular Camelback or Piestewa Peak. The hikes covered are great choices if you are looking to get into hiking as an activity and are also fun family hikes with kids.

4888	Sa	5/9	10:00 - 11:00am	16+ yrs	\$5
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**Instructor:** Just Roughin It

**Location:** Fountain Hills Community Center



### NEW HIKES THAT BEAT THE HEAT

With temperatures in the Valley of the Sun reaching 100, it is difficult to hike except for a few hours after dawn. This seminar offers great alternatives that escape the heat of the Phoenix area. We will be talking about our favorite hikes in the higher elevations of Arizona where the temperatures are cooler in the summer and you can hike all day if you would like.

4889	Tu	6/16	6:00 - 7:00pm	16+ yrs	\$5
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**Instructor:** Just Roughin It

**Location:** Fountain Hills Community Center

## COOKING CLASSES

### COOK AROUND THE WORLD WITH CHANTAL - 4890

No passport required, just bring your apron! Class participants will join Chantal on a culinary journey around the world as they cook up recipes from different countries. All without having to leave Fountain Hills! These classes will feature recipes that will be easy to duplicate at home. Bring containers for leftovers and an apron.

4891	Tu	5/12	6:00 - 8:30pm	16+ yrs	\$30
4892	Tu	5/26	6:00 - 8:30pm	16+ yrs	\$30
4893	Tu	6/9	6:00 - 8:30pm	16+ yrs	\$30
4898	Tu	6/23	6:00 - 8:30pm	16+ yrs	\$30
4899	Tu	6/30	6:00 - 8:30pm	16+ yrs	\$30

*There is an additional \$5 materials fee collected in class.*

4891-Mexican, 4892-French, 4893-Asian, 4898-Thai, 4899-American

**Instructor:** Chantal Sahr

**Location:** Fountain Hills Community Center

## YOUTH COOKING WORKSHOPS & CAMPS - 4900

In these workshops and camps we will be making both sweet and savory recipes. The kids will be taking recipes home and duplicate them. Bring containers for leftovers and an apron.

### YOUTH COOKING WORKSHOPS

4901	Th	5/21	5:00 - 6:30pm	7 - 16 yrs	\$25
4902	Th	6/4	5:00 - 6:30pm	7 - 16 yrs	\$25
4903	Th	6/18	5:00 - 6:30pm	7 - 16 yrs	\$25
4904	Th	6/25	5:00 - 6:30pm	7 - 16 yrs	\$25
4905	Th	7/30	5:00 - 6:30pm	7 - 16 yrs	\$25

*There is an additional \$5 materials fee collected in class.*

**Instructor:** Chantal Sahr

**Location:** Fountain Hills Community Center

### YOUTH COOKING CAMPS

4906	M - Th	6/8 - 6/11	3:30 - 5:30pm	7 - 16 yrs	\$70
4907	M - Th	7/20 - 7/23	3:30 - 5:30pm	7 - 16 yrs	\$70

*There is an additional \$15 materials fee collected in class.*

**Instructor:** Chantal Sahr

**Location:** Fountain Hills Community Center

## STEM PROGRAMS

### LEGO ROBOTICS CLUB

Beginning Robo-teers will design, build and program Lego Mindstorm NXT Robots using a kit during class. Kids will use problem-solving skills for hands-on projects and robot challenges. Logic and troubleshooting skills come into play when robots maneuver, and rescue, and complete tasks robots are used for in the real world. Explore, learn, and have fun! Challenges change with every class.

4908	M	6/15	12:00 - 2:00pm	8 - 14 yrs	\$35
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**Instructor:** Brian Calaway

**Location:** Fountain Hills Community Center

### NEW MAKE ELASTIC CONTRAPTIONS

Explore STEM through hands-on activities creating unique machines such as vehicles, aircraft and devices that are powered by different types and sizes of rubber bands. Your friends will want one too when you show them your fantastic creation. Lots of exciting action involve!

4909	M	6/22	12:00 - 1:30pm	8 - 14 yrs	\$25
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**Instructor:** Brian Calaway

**Location:** Fountain Hills Community Center



## STEM PROGRAMS CONTINUED

### NEW MAKE IT! BUILD IT!

This class is a combination of making simple toys that work, building with common materials & creating items that can be launched. Students will solve beginning engineering challenges by making towers, bridges, and vehicles. They will create devices that will shoot, soar, or fly, all while learning the science of forces in nature.

4910	M	7/6	12:00 - 1:30pm	8 - 14 yrs	\$25
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Instructor: Brian Calaway  
Location: Fountain Hills Community Center

### NEW MAKE CREATIVE CREATURES

Tackle STEAM DIY projects that light-up, buzz, launch and occasionally chomp. Make creatures that glide, slingshot, and sometimes scooch. Amaze your friends with these marvelous monsters that do stuff made from common materials and some technical parts. Are you bold enough for the challenge?

4911	M	7/20	12:00 - 1:30 pm	8 - 14 yrs	\$25
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Instructor: Brian Calaway  
Location: Fountain Hills Community Center

## TEEN & TWEEN TRIPS

### SUMMER EXCURSIONS FIELD TRIPS

The town is excited to offer their first Summer Excursions Field Trip series! The cost of the trip includes transportation, entrance into the activity, and lunch. Maximum of 13 children allowed per trip.

#### TRIP MAIN EVENT

4913	W	6/10	9:30am - 3:00pm	7 - 12 yrs	\$40
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#### TRIP ESCAPE ROOM

4914	W	6/24	10:00am - 3:00pm	7 - 12 yrs	\$40
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#### TRIP ARIZONA DIAMONDBACKS GAME

4915	W	7/22	10:00am - 3:00pm	7 - 12 yrs	\$40
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#### TRIP STRATUM LASER TAG

4916	W	7/29	10:00am - 3:00pm	7 - 12 yrs	\$40
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Instructor: Fountain Hills Community Services  
Drop-Off & Pick-Up Location: Fountain Hills Community Center

## TEEN ADVENTURE TRIPS

The Fountain Hills Community Services Department is excited to offer this fun trip for teens between the ages of 13-17. The cost of the trip includes transportation, entrance into the activity, and a meal. Space is limited.

#### TRIP ARIZONA RATTLERS GAME

4917	Sa	6/27	4:00 - 9:00pm	13 - 17 yrs	\$40
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#### TRIP AZ ON THE ROCKS: INDOOR ROCK CLIMBING

4918	W	7/15	3:00 - 8:00pm	13 - 17 yrs	\$40
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AZ on the Rocks online waiver due by, Monday, 7/11. ([www.azontherocks.com](http://www.azontherocks.com))  
Instructor: Fountain Hills Community Services  
Drop-Off & Pick-Up Location: Fountain Hills Community Center



## NERF WARS AND BIRTHDAY PARTY PACKAGES

### NERF BIRTHDAY PARTIES

Fountain Hills Community Services is teaming up with Blaster Fun to offer brand new birthday party packages. All packages include 75 minutes of Nerf Wars and use of our party room/Ramada for 2 hours.

Our Economy Packages start at \$149 and include 75 minutes of Nerf and 2 hour use of the party room/Ramada. Our Deluxe Packages start at \$224 and include 75 minutes of Nerf, 2 hour use of the party room/Ramada, pizza, soda, water, paper products, utensils, and clean-up!

Visit [www.BlasterFun.com/Birthday](http://www.BlasterFun.com/Birthday) for available dates & times.



### NERF WARS

Basic blasters and eye protection will be on loan, but you may bring your own. Blasters must be stock/unmodified that are compatible with Nerf Elite darts. No blowguns allowed. If you can't fix your blaster when it jams, please don't bring it. Darts will also be provided. Please do NOT bring darts.

4919	Sa	6/6	1:00 - 2:30pm	6+ yrs	\$10
4920	Sa	7/18	1:00 - 2:30pm	6+ yrs	\$10

Minimum of 8 players (max of 24) required week before date.

Instructor: Blaster Fun  
Location: Fountain Hills Community Center

## FAMILY FUN FOR ALL AGES

### SUMMER GAMES FOR ALL AGES

Come and beat the heat at the Fountain Hills Community Center, come join us for a variety of board games, Wii Bowling, Just Dance, and Root Beer Floats!

It's a great way to spend a Thursday afternoon and a great way to have fun with your family for a couple of hours and it is totally FREE. Summer Games is from 11:30am - 1:00pm every Thursday from June 4 - July 23 (No Summer Games on July 2).

Instructor: Fountain Hills Community Services  
Location: Fountain Hills Community Center

## FAMILY FUN FOR ALL AGES CONTINUED

### WACKY WET WEDNESDAY

Come beat the heat with us at Four Peaks Park. Cool off and run through the sprinklers and get sprayed by Fountain Hills Fire Dept. Make sure to wear your swimsuits and be ready to have a good time. Feel free to bring your super soakers or any water related toys. No registration required.

W	6/3	11:00am - 1:00pm	All Ages	FREE
W	7/8	11:00am - 1:00pm	All Ages	FREE

Location: Four Peaks Park



### FAMILY PARTY IN THE PARK

The Town of Fountain Hills Community Services Department would like to invite families to participate in our FREE Party in the Park! Join us for a variety of games, activities, music, inflatables, and prizes! No registration required.

Th	6/18	6:00 - 8:00 pm	All Ages	FREE
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Location: Golden Eagle Park

### SUMMER PARTY IN THE CENTER

The Town of Fountain Hills Community Services Department would like to invite families to participate in our FREE Party in the Center! Join us for a variety of games, activities, music, inflatables, and prizes! No registration required.

Th	7/16	6:00 - 8:00 pm	All Ages	FREE
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Location: Community Center

### BACK 2 SCHOOL BASH

Celebrate the end of summer with our FREE Fountain Hills Back 2 School Bash event! We will have waterslides, a dunk tank, inflatable rides, food trucks, a DJ and more!

F	8/21	6:00 - 8:30 pm	All Ages	FREE
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Location: Four Peaks Park

## ADULT SPORTS COMPETITIONS

### BOSS OF THE TOSS CORNHOLE TOURNAMENT

All playing levels are welcome. This fun and recreational tournament will feature a raffle prize, first, second, and third place prizes, best out of ten toss, light refreshments, and music. The tournament format is double elimination.

Each player must pre-register. Registration deadline is August 24 at 6:00pm. No registration on-site the day of the tournament. Minimum of six teams required. Email Kade for rules at knelson@fh.az.gov

4926	Sa	8/29	2:00pm	16+ yrs	\$15
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Instructor: Fountain Hills Community Services Staff

Location: Fountain Hills Community Center

## SENIOR SOFTBALL

### DROP-IN SENIOR SOFTBALL

Players meet on Tuesday and Thursday mornings at Golden Eagle Park. Full fields and senior bats allowed! Come out for fun, fellowship, and friendly competition! Dates, times, and field is subject to change.

Pre-registration is NOT required. Email Kade Nelson at knelson@fh.az.gov for more information.

Tu/Th	All Year	7:00 - 10:00am	65+ yrs
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Location: Golden Eagle Park



## ADULT DANCE CLASSES

### NEW BIG BAND SWING

Reinvigorate your swing dance steps with new moves and combinations. Focus on East Coast Swing and Charleston.

4927	Th	5/7 - 6/11	6:00 - 6:50pm	18 yrs & up	\$60
4928	Th	6/18 - 7/23	6:00 - 6:50pm	18 yrs & up	\$60

### NEW DANCE STRETCH AND EXERCISE

Learn breathing techniques and how to stretch your muscles like a dancer. Improve your flexibility, balance, and posture. This low impact class includes music that trains your body to coordinate movements and expand your range of motion. Wear comfortable exercise clothes and bring a mat. Exercises can be done using a chair.

4929	Sa	5/9 - 6/13	9:30 - 10:10am	18+ yrs	\$45
4930	Sa	6/20 - 8/1	9:30 - 10:10am	18+ yrs	\$45

No class on 7/4

### BEGINNING COUNTRY

If you enjoy country music and line dancing, this is the class for you! Learn dances such as the Arizona Two Step and the Country Waltz. Then, join the fun at Handlebar J's or Buffalo Chip.

4931	W	5/13 - 6/17	6:00 - 6:50pm	18+ yrs	\$60
4932	W	6/24 - 7/29	6:00 - 6:50pm	18+ yrs	\$60

### NEW SOCIAL DANCING

Learn a variety of social dances. Each week, students learn the basic steps and patterns of a different dance. Get a taste for how dance instruction can improve your confidence on the dance floor.

4933	W	5/13 - 6/17	7:00 - 7:50pm	18+ yrs	\$60
4934	W	6/24 - 7/29	7:00 - 7:50pm	18+ yrs	\$60

Intermediate and Advanced Dancers: Join group classes already in session.

Contact dance instructor to determine which class would be appropriate for you.

Instructor: Roger Homyak - 602-545-5435 for more information

Location: Love 2 Dance Studio, 16719 E. Palisades Blvd., Unit 101

## FITNESS & WELLNESS

### ESSENTRICS, AGING BACKWARDS

Low impact dynamic stretch workout using our body weight to simultaneously lengthen and strengthen from head to toe ... all 650 muscles and condition all our bones, joints and fascia. It releases tensions and makes you feel good! Choreographed to good music. Bring a yoga mat, large towel and water.

4935	M/W	5/18 - 6/22	10:00 - 11:00am	18+ yrs	\$75
4936	F	5/22 - 6/19	10:00 - 11:00am	18+ yrs	\$37
4937	M/W	6/29 - 7/29	10:00 - 11:00am	18+ yrs	\$75
4938	F	7/10 - 8/7	10:00 - 11:00am	18+ yrs	\$37
4939	M/W	8/3 - 9/2	10:00 - 11:00am	18+ yrs	\$75
4940	F	8/14 - 9/11	10:00 - 11:00am	18+ yrs	\$37

\*No class on 5/25

Instructor: Toni Whaley, Certified Essentrics Trainer  
Location: Fountain Hills Community Center

### GENTLE BALANCING YOGA

Gentle yoga, which can reduce stress, assist with weight loss, and lower high blood pressure. Through gentle yoga, students will become more flexible, centered, present and mindful as well as improve alignment and posture, which can alleviate back, neck, hip and knee pain. Please bring a yoga mat and water.

4941	Tu	5/19 - 6/23	9:00 - 10:00am	16+ yrs	\$54
4942	F	5/22 - 6/26	9:00 - 10:00am	16+ yrs	\$54

Instructor: Cindy Holliday  
Location: Fountain Hills Community Center

### ALL LEVELS SLOW FLOW YOGA

From beginners to seasoned yogis, everyone can participate in this gentle vinyasa style class. We will focus on coordinating breath with movement, proper pose alignment and having fun with our practice! Modifications will be offered for all skill levels. Please bring a yoga mat and water.

4943	W	7/8 - 7/29	4:30 - 5:30pm	16+ yrs	\$35
4944	F	7/10 - 7/31	4:30 - 5:30am	16+ yrs	\$35

Instructor: Kim Stanley  
Location: Fountain Hills Community Center

### QIGONG (ASIAN STYLE EXERCISE SYSTEM)

Rejuvenate, strengthen, and balance your body and your mind connection! This intro class can help you stay fit & healthy at any age. Qigong can help you gain greater flexibility, a solid physical body foundation for balance and posture, and strengthen joints, core and legs. Qigong can help prevent falls.

4945	W	5/6 - 7/1*	9:00 - 10:00am	All	\$80
4946	W	7/8 - 9/2*	9:00 - 10:00am	All	\$80

\*No class 5/13 and 7/22

Instructor: Alex Casano  
Location: Fountain Hills Community Center

### ZUMBA

Latin-inspired dance workout and one of the most popular group exercise classes in the world. The aerobic/fitness interval training routines combine fast and slow rhythms to tone and sculpt the body. Grooving to the beats of salsa, flamenco, merengue, pop, and international music feels more like a dance party than a workout. Medium intensity exercise level.

4947	Th	5/7 - 6/18	8:00 - 9:00am	13+ yrs	\$56
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Instructor: Lucy Roth, Certified Zumba Instructor  
Substitute Instructor: Martha Pena, Certified Zumba Instructor  
Location: Fountain Hills Community Center

## MEDITATION

### FREE INTRO TO MEDITATION

Discover the basics of meditation such as what it is, what it isn't, and what to expect. Students will discover the five essentials of a successful practice and its benefits that will unfold for you when you learn to meditate. Participants may only register one time for this free class. Pre-registration is required.

4948	F	5/1	9:00 - 10:00am	20+ yrs	FREE
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Instructor: Virginia Ray, Certified Meditation and Mindfulness Instructor (US and India)  
Location: Fountain Hills Community Center

### MEDITATION SERIES 1

You will learn all about meditation and how to fit it into your life. This is a program that is ideal for any level – beginner or getting back on track with meditation. There are techniques that will be taught in 4 weeks that are powerful, yet simple and easy to incorporate into your life.

4949	W	5/13 - 6/10	9:00 - 10:00am	20+ yrs	\$40
4950	W	6/17 - 7/8	9:00 - 10:00am	20+ yrs	\$40

Instructor: Virginia Ray, Certified Meditation and Mindfulness Instructor (US and India)  
Location: Fountain Hills Community Center

### MEDITATION SERIES 2

Join in for meditation development. There are many ways to meditate and we all have our own reason to meditate. This class will provide the opportunity to discover a meditation that works for you.

4951	F	5/15 - 6/5	9:00 - 10:00am	20+ yrs	\$40
4952	F	6/19 - 7/17*	9:00 - 10:00am	20+ yrs	\$40

\*No class 7/3

Instructor: Virginia Ray, Certified Meditation and Mindfulness Instructor (US and India)  
Location: Fountain Hills Community Center

### YOGA NIDRA MEDITATION

This is a deep meditation practice to access the 'resting state'. It is sometimes referred to as "dynamic sleep" in which you consciously learn to relax. Natural healing begins when the mind and body are in harmony. Yoga Nidra creates this harmony. All are welcome, beginner or experienced. Bring your mats and a blanket.

4953	W	5/20 - 6/10	10:30 - 11:30am	20+ yrs	\$40
4954	W	6/17 - 7/8	10:30 - 11:30am	20+ yrs	\$40

Instructor: Virginia Ray, Certified Meditation and Mindfulness Instructor (US and India)  
Location: Fountain Hills Community Center

### NEW SOUND BATH AND MEDITATION

Sounds and tones from Crystal Bowls and Chimes guide one into a soothing meditative state, along with a guided meditation. The sound waves resonate with the body and mind to create an experience of peace, balance and bliss. Listeners usually lay on a yoga mat, blanket, bolster, and eye cover.

4955	T	5/12 - 6/2	10:30 - 11:30am	20+ yrs	\$40
4956	T	6/16 - 7/7	10:30 - 11:30am	20+ yrs	\$40

Instructor: Virginia Ray, Certified Meditation and Mindfulness Instructor (US and India)  
Location: Fountain Hills Community Center

### NEW WELCOME WELLNESS – Strategies That Work

Learn basic strategies for maintaining body, mind and spiritual health. This meditation-based course introduces new tools for healthy living each week. Every session includes guidance for how to keep practicing your skills.

4957	Tu	6/2 - 6/23	10:30 - 11:30am	20+ yrs	\$40
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Instructor: Sally Goldberg, Ph. D., Professor of Education  
Location: Fountain Hills Community Center

### NEW WELLNESS, PARENTING, AND YOU!

Learn to stay healthy one day at a time by using specific strategies. Combine breath, body, mind and spiritual awareness to achieve inner strength. All sessions will include applications for the age and stage of your child.

4958	Tu	8/18 - 9/8	10:30 - 11:30am	18+ yrs	\$40
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Instructor: Sally Goldberg, Ph. D., Professor of Education  
Location: Fountain Hills Community Center



## VOLUNTEER

Our 900+ volunteers are a special and unique group of individuals who share their time, talent, and passion making the Town of Fountain Hills a better place for everyone.

The Town of Fountain Hills is looking for special individuals to help Town Departments with their everyday workload as well as special projects. Some positions are regular and ongoing while other are one-time special events.

## VOLUNTEER OPPORTUNITIES

- Opportunities for volunteering a few hours, weeks, or years exists for individuals and groups from youth to active seniors.

## VOLUNTEER APPLICATIONS

- Available on the Town Website [www.fh.az.gov](http://www.fh.az.gov) as well as kiosks located in Town Hall and the Community Center.

## VOLUNTEER AREAS

- Home Delivered Meals
- Give a Lift Drivers
- Crisis Response Team
- Special Events
- Community Center and Town Hall Customer Service
- Administration Department Support
- Art Docents
- Make a Difference Day
- Park Trail Stewards

## VOLUNTEERING IS A WORK OF HEART

For more information contact:

Kim Wickland, Volunteer Coordinator

P: 480-816-5108

E: [kwickland@fh.az.gov](mailto:kwickland@fh.az.gov)

## HOME DELIVERED MEALS

Do you or someone you know need meal assistance? Our program provides nutritious noon-time meals to Fountain Hills residents.

### ABOUT THE PROGRAM

- Meals are prepared fresh daily by the staff at Fountain View Village
- Meals are delivered seven days a week including all major holidays
- To learn who qualifies for the Town's self-pay meal program please call (480) 816-5200
- Area Agency on Aging provides financial assistance to clients who are unable to pay for meals. For more information please contact them directly at (602) 264-4357

### ABOUT THE MEALS

- The cost of each meal is \$6.50
- Meals are delivered every day by volunteers between 11:00am and 12:30pm
- Meals consist of a hot entrée and two side dishes in an aluminum container plus a cold sack with salad, desert, fruit and milk
- A variety of seasonings are used in the preparation of the meals with minimal salt being added
- Diabetic meals are available upon request

### NEW CLIENTS

- Clients choose what days each week they want meals delivered to their home
- New clients must stay on the program a minimum of two weeks
- After signing-up, it may take several days before a new client starts receiving meals
- If you'd like to sign-up to receive meals please call the Activity Center (located inside of the Community Center) at (480) 816-5200

### VOLUNTEERS

- Teams of two volunteers deliver the meals
- Each team delivers only once per month
- Volunteers pick up the meals at Fountain View Village between 10:45am and 11:00am with a time frame of approximately 1 to 1.5 hours for delivery

### DONATIONS

Please donate to Home Delivered Meals to help subsidize and maintain the costs of meals for residents in need of meal assistance. Donations may be tax-deductible. Donor should seek advice from the accountant. Federal Tax ID #86-0650150. Thank you for your support.

Please make your check payable to Home Delivered Meals and mail your donation to: Home Delivered Meals – Activity Center, 13001 N. La Montana Drive, Fountain Hills, AZ 85268

**2020 ACTIVITY CENTER MEMBERSHIP IS AVAILABLE THROUGH DECEMBER 31, 2020. MEMBERSHIP IS \$20.00 FOR FOUNTAIN HILLS RESIDENTS AND \$30.00 FOR NON-RESIDENTS (SCOTTSDALE, MESA, RIO VERDE, AND ETC.). MEMBERS ARE ENTITLED TO PARTICIPATE IN A WIDE VARIETY OF ACTIVITIES THROUGHOUT THE YEAR.**

## SPECIAL EVENTS

### ICE CREAM SOCIAL

The Town of Fountain Hills Activity Center is hosting our annual Ice Cream Social, where you can build your own ice cream sundae with a variety of toppings and enjoy the company of your friends and neighbors. The event is free and open to the public. Spooner Physical Therapy will be providing free balance screenings. Thanks to our sponsors Schwan's, Spooner Physical Therapy and Integrated Medicine of Fountain Hills.

T	8/18	12:00 - 1:30pm	All Ages	FREE
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No Registration Required  
Location: Fountain Hills Community Center



### PIZZA PARTY

Take a break from the heat to enjoy our pizza, soda, and good conversation. The Pizza Party is free for Activity Center Members. Sponsored by Fountain View Village and Pizza Hut. Space is limited. Pre-registration is required.

4260	T	6/23	12:00pm - 1:30pm	18+ yrs
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Location: Fountain Hills Community Center



## SPECIAL PRESENTATIONS & PROGRAMS

### WELLNESS WEDNESDAYS

Dr. Norma I. Ford with The Healing Space has been providing pain relief, physical therapy and wellness for over a decade and believes in an integrative approach to patient care that considers mind, body and soul. These monthly presentations are free for Activity Center members, \$5.00 for non-members. Pre-registration is required.

#### May – Pain Relief: Head and Neck

5022	W	5/20	11:00am - 12:00pm	18+ yrs
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#### June – Pain Relief: Shoulders, Arms and Hands

5023	W	6/17	11:00am - 12:00pm	18+ yrs
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#### July – Pain Relief: Back and Hips

5024	W	7/15	11:00am - 12:00pm	18+ yrs
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#### August – Pain Relief: Legs and Feet

5025	W	8/19	11:00am - 12:00pm	18+ yrs
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Location: Fountain Hills Community Center

### TABLE TENNIS

Have you been looking for a spot to play Table Tennis? We have the program for you. There will be time to play and to learn. All skill levels are welcome. Space is limited. Pre-registration is required. Free for Activity Center members.

5027	TH	5/7 - 5/28	5:00pm - 8:00pm	18+ yrs
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Location: Fountain Hills Community Center



### SUPPORT GROUPS AND ASSISTANCE PROGRAMS

Dates & times are subject to change. All support groups and services are free and open to the public – no membership required.

Alzheimer's Support Group	1:00 - 2:30pm	2nd & 4th Thurs
Bereavement Support Group	1:00 - 2:30pm	2nd & 4th Mon
Blood Pressure Checks	12:00 - 1:00pm	1st & 3rd Tues
Caregivers Support Group	11:00am - 12:30pm	1st Mon
Healthy Living Support Group*	9:00 - 11:00am	2nd Wed
Legal Consultations**	2:30 - 3:30pm	1st Fri
Medicare Insurance Consulting**	11:30am - 12:30pm	1st & 3rd Wed
Parkinson's Support Group*	9:30 - 11:30am	1st Wed
Time 4 - U Computer Lab	9:00am - 2:00pm	3rd Wed

\*Does not meet Jun - Aug

\*\*By appointment only; sign up in the Activity Center

**PROGRAMS AND ACTIVITIES**

Dates and times are subject to change. Activity Center membership required. Many programs do not meet over the summer, so please check monthly calendar for updates.

**MONDAY**

Men's Discussion Group .....	9:00 - 10:30am
Ping Pong .....	9:00 - 11:00am
Conversational Spanish (advanced) .....	10:30am - 12:00pm
Poker (Nov - May) .....	12:00 - 4:00pm

**TUESDAY**

Peer Led Exercise .....	8:00 - 9:00am
Hi Improver/Low Intermediate Line Dancing .....	9:30 - 10:30am
Hooks & Needles .....	10:00am - 12:00pm
Mah Jongg (intermediate & adv.) .....	1:00 - 4:00pm
Movies .....	1:00 - 3:30pm
Bingo (18+ yrs) .....	1:30 - 3:30pm
Poetry Readers (1st Tues meets Jan - Apr) .....	10:00 - 11:30am
Memoir Writer's Group (2nd Tues) .....	10:00am - 12:00pm
Poetry Writers (3rd & 4th Tues meets Jan - Apr) .....	10:00am - 12:00pm
Swing Time Music (3rd Tues meets Sept - May) .....	1:00 - 3:00pm

**WEDNESDAY**

Contract Bridge (Intermediate) .....	9:00am - 12:00pm
Hand & Foot Cards .....	9:00am - 12:00pm
Fountain Pens (2nd & 4th Wed) .....	10:00 - 11:30am
Poker .....	12:00 - 4:00pm
Scrabble .....	1:00 - 4:00pm
Women Singles Group (2nd Wed) .....	1:00 - 2:00pm
Ukulele Players .....	2:00 - 4:00pm
Evening Bunco (Schedule in Activity Center) .....	6:00 - 8:00pm
Ukulele for All Levels (1st & 3rd Wed) .....	6:30 - 8:00pm

**THURSDAY**

Peer Led Exercise .....	8:00 - 9:00am
Spanish Club II .....	9:00 - 10:30am
Beginner Line Dancing .....	9:30 - 10:30am
Improver Line Dancing .....	10:45 - 11:45am
Quilts N More (1st Thurs meets Sept - May) .....	11:00am - 12:45pm
Golden Age of Radio (1st Thurs meets Sept - May) .....	1:00 - 3:00pm
Table Talk for Women .....	1:00 - 3:00pm

**FRIDAY**

Cards (pinochle) .....	9:00am - 12:00pm
Contract Bridge (Intermediate) .....	9:00am - 12:00pm
Parkinson's Exercise: Art of Moving (Meets Sept - May) .....	9:00 - 10:00am
Parkinson's Exercise: PWR! Moves (Meets Sept - May) .....	10:00 - 11:00am
Woodcarvers .....	1:00 - 3:00pm
Dominoes .....	1:00 - 4:00pm
Chess Players .....	1:00 - 4:00pm
Drop In Summer Ping Pong* (June & July) .....	1:00 - 4:00pm
Sherlock Holmes Book Club (1st Fri meets Jan - May) .....	3:00 - 5:00pm

\*No class on 6/19 & 7/3



# BOSS of the TOSS

## Cornhole

TOURNAMENT

FOUNTAIN HILLS

### BOSS OF THE TOSS CORNHOLE

All playing levels are welcome. This fun and recreational tournament will feature a raffle prize, first, second, and third place prizes, best out of ten toss, light refreshments, and music. The tournament format is double elimination. Each player must pre-register. Registration deadline is August 24 at 6:00 p.m. No registration on-site the day of the tournament. Minimum of six teams required. Email Kade for rules at [knelson@fh.az.gov](mailto:knelson@fh.az.gov).

Course Number: 4926

Sign Up for the Tournament

**Saturday**  
**August 29**  
**2:00 - 4:30pm**  
**16+ yrs**  
**Community Center**

[www.fh.az.gov](http://www.fh.az.gov) • 480-816-5100  
[www.facebook.com/fhparksandrec](https://www.facebook.com/fhparksandrec)

# BACK TO SCHOOL BASH

Join in the fun

**Dunk Tank**  
**Food Trucks**  
**Water Slides**  
**Inflatable Rides**  
**Music & Much More!**

**Friday, August 21**  
**6:00 - 8:30pm**  
**Four Peaks Park**  
**FREE!**

[www.fh.az.gov](http://www.fh.az.gov) • 480-816-5100  
[www.facebook.com/fhparksandrec](https://www.facebook.com/fhparksandrec)

## MAYOR'S YOUTH COUNCIL

### WHO WE ARE

The Mayor's Youth Council (MYC) is a dynamic group of high school students dedicated to serving their community by accomplishing its mission through volunteerism and civic participation. More than a community service organization, the MYC instills leadership skills that participants will use their entire life.



### WHAT WE DO

**Discover:** Find out what teens want through research, surveys, social media, focus groups and interviews

**Unite:** Plan events, competitions and youth forums that build community

**Serve:** Complete community service, Make A Difference Day, and Adopt-a-Street program

**Solve:** Build awareness, connect with policy makers and solve problems

**Learn:** Learn about team building and leadership through local and national conferences, workshops and retreats

**Collaborate:** Work with local leaders, including: the Mayor & Town Council, business leaders, non-profits and school administrators.

### HOW TO APPLY

- Submit an application video no longer than 90 seconds to <https://sendit.fh.az.gov/filedrop/myc> by May 30, 2020.
- Complete & return the parent acknowledgement form. Download at: [www.fh.az.gov/MYC](http://www.fh.az.gov/MYC)

### HERE'S YOUR SCRIPT

TELL US:

1. Your name, grade, & school.
2. Why do you want to be on the MYC?
3. If you could bring one thing to this Town or change one thing, what would it be?
4. What can you and a group like MYC do about it?
5. Briefly tell us about a time you were Courageous, Creative, or Hardworking.

For questions, please contact Linda Ayres at 480.816.5170 or email [layres@fh.az.gov](mailto:layres@fh.az.gov).



**CONTACT INFORMATION**

Town Website .....www.fh.az.gov  
Town Hall.....(480) 816-5100  
Community Center .....(480) 816-5200  
Community Services .....(480) 816-5100  
Fountain Hills Fire Dept .....(480) 837-9820  
Sheriff's Department.....(480) 876-1869  
Sheriff's Dispatch.....(602) 876-1011  
Public Library .....(602) 652-3000  
Activity Center.....(480) 816-5200  
Fountain Hills School District .....(480) 664-5000

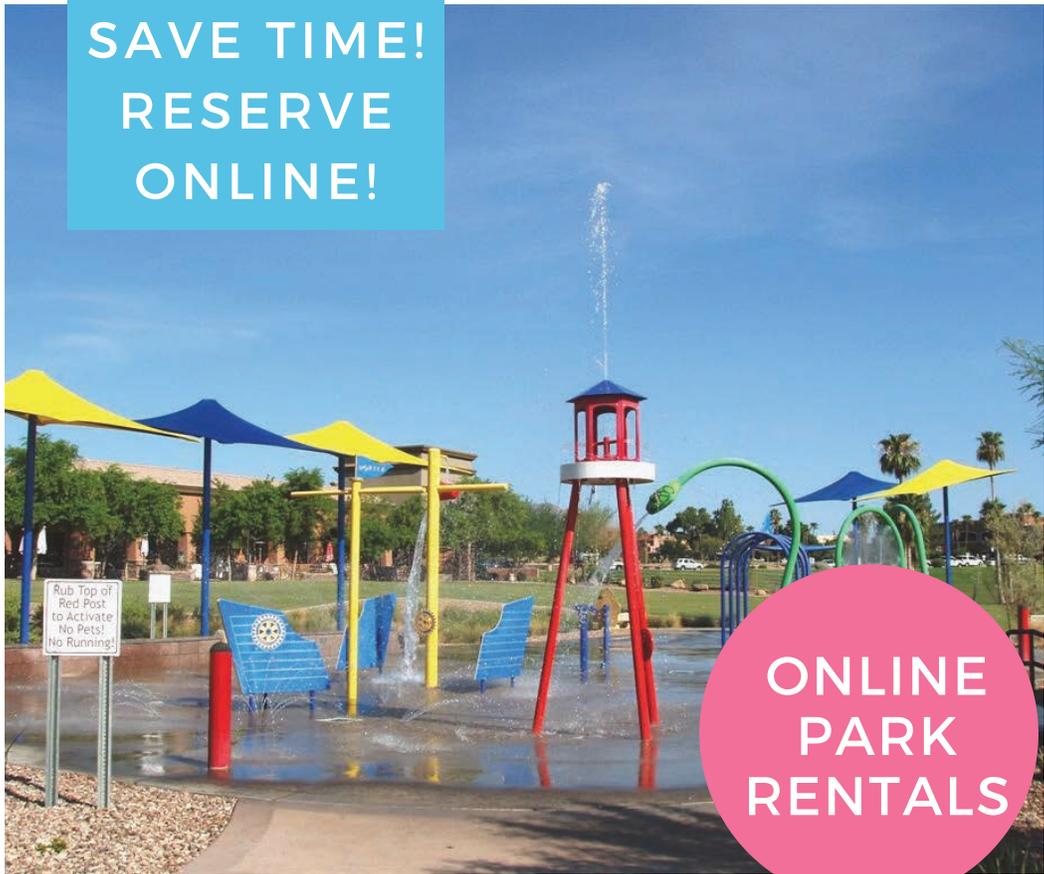


Town of Fountain Hills  
16705 E Avenue of the Fountains  
Fountain Hills, AZ 85268

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**SAVE TIME!  
RESERVE  
ONLINE!**



**ONLINE  
PARK  
RENTALS**

**RAMADA, ATHLETIC FIELDS, BASKETBALL  
& TENNIS COURTS**

- 1. Submit a Reservation Request & Pay
- 2. Staff Approves-Monday-Thursday
- 3. Obtain Your Permit & HAVE FUN!



\*Reservations for Friday-Sunday must be made on Thursday before 5pm

[www.fh.az.gov/recreation](http://www.fh.az.gov/recreation)