



Town of Fountain Hills

January 2017



Happy New Year

from the Activity Center



Town of Fountain Hills Presents

SAVE THE DATE!

Activities and Volunteer EXPO

**Wednesday
January 25, 2017
2:00 - 4:00 p.m.**

Open to the public
Free Admission

Join us for refreshments

Community Center

13001 N. La Montana Dr.
www.fh.az.gov • (480) 816-5226

**Receive information on
activities and programs.
Learn about local clubs,
organizations, churches, and
volunteer opportunities.**



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*
Marti Lemieux, *Activities Coordinator*
Linda Winters, *Activities Assistant*
Nita Blöse, *Home Delivered Meals Coordinator*

Hours

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



Presentations



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.

Topics	Course	Day	Date	Time
Phoenix Art - Women Who Changed the World	2260	Wed	1/11	2-3 p.m.
Understanding the Cloud	2261	Th	1/12	2-3 p.m.
Fresh Start for the New Year	2262	Wed	1/18	2-3 p.m.
Arizona Wildlife and Plants	2263	Th	1/19	2-3 p.m.
Catch Your Breath...We Can Teach You How!!	2264	Th	1/26	2-3 p.m.
Weight Loss: Effective and safe ways to lose 20-40 pounds	2247	Th	1/26	11 a.m.-12 p.m.
How to Avoid Injury on the Tennis Courts	2246	Tue	1/31	9:15-9:45 a.m.
Human History of the McDowells	2265	Wed	2/1	2-3 p.m.
How Mankind Got to the Moon	2266	Th	2/2	2-3 p.m.
Weather Myths and Safety Tips	2267	Th	2/9	2-3 p.m.
Concussions by J. Wethe	2268	Th	2/16	2-3 p.m.
Myanmar/Burma (A Country with Two Names)	2269	Th	2/23	2-3 p.m.
Improving Mobility for your Golf Game	2279	Tu	2/28	9:15-9:45 a.m.

Presentations held at the Community Center.



Classes

Singing in the Rain

Course #2075

Thursdays – 8 week workshop

January 19, 26, February 2, 9, 16, 23, March 2, 9

10:00 a.m. – 11:30 a.m.

Space is limited ~ 15 maximum participants

The Singing in the Rain workshop series was crafted by the Area Agency on Aging to help older adults learn how to create happiness and well-being in the midst of all that life demands and its inevitable surprises. The presentation facilitator uses scientifically proven strategies that will help you feel more positive, grateful, creative, and joyful. Using group interaction, participants will learn new skills to create positive engagements in life, identify ways to increase happiness, and develop greater resilience.

Pre-registration required. Membership required.

This project has been funded by Mercy Maricopa Integrated Care.

Developed by the Area Agency on Aging, Region One's ElderVention Program.



Brain Health

Course #2073

Thursday, February 23

9:30 a.m. - 12:00 p.m.

Space is limited ~ 20 maximum participants

Your Brain is so much more than memory! In this class, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory. By starting with a discussion of the difference between 'normal aging' and something more serious and a self-assessment, Brain Health can act as your "personal trainer" by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health.

Presenter: Heather Mulder is the Outreach Program Manager for the Banner Alzheimer's Institute. In her work, she strives to reach the unique communities of Maricopa County with relevant & pertinent information about Alzheimer's disease and the supports available through the Institute.

Pre-registration required. Membership required.

Classes held at the Community Center



Class and Program

Rx Matters

Course #2454

Wednesday, February 22

10:00 a.m. – 11:00 a.m.



According to the Department of Health Services, drug related deaths in adults over 55 years of age increased annually from 94 in 2003 to 351 in 2013. In response to the statewide prescription misuse and abuse initiative, the Maricopa Elder Behavioral Health Advocacy Coalition (funded by Mercy Maricopa Integrated Care), partnered with the Arizona Criminal Justice Commission and HIDTA to develop a special education class to address the medication misuse that is happening in our older adult populations in Arizona. The goal of this class is to help older adults understand why this is an important issue that they need to pay attention to, and teach ways to help individuals avoid medication misuse and abuse.

Some important points discussed in this class: Definitions and consequences of Rx misuse and abuse, how to talk to your doctor and pharmacist (with lists of important questions to ask), how to talk to your doctor about pain, realistic pain management expectations, when you can't afford your medication, and safe storage and disposal of prescription medications.

Instructor: Dawna Allington earned her Master's Degree in Social Work from Arizona State University in 2005. Since that time, Dawna has worked in behavioral health with individuals of all age groups. For the past 2 years, Dawna has been working with The Area Agency on Aging as the lead in their prevention program as well as in the Maricopa Elder Behavioral Health Advocacy Coalition (MEBHAC). Dawna is passionate about teaching others to be their own advocates for health, happiness, and wellness.

Pre-registration required. Membership required.

Let's Rock~n~Roll!

Course #2256

Monday, February 6

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.

Classes and Programs held at the Community Center



Workshop

Diabetes Management Workshop

Course #2027

Tuesdays - 7 Week Session

9:00 - 10:00 a.m.

Participants should commit to all seven sessions

Schedule

Tuesday, February 7	Healthy Eating
Tuesday, February 14	Being Active
Tuesday, February 21	Taking Medications
Tuesday, February 28	Monitoring
Tuesday, March 7	Problem Solving
Tuesday, March 14	Health Coping
Tuesday, March 21	Reducing Risks

Diabetes can be tough to manage alone. If you have been diagnosed with diabetes or pre-diabetes, this workshop gives you an opportunity to help understand how to control diabetes and prevent long term problems. You will have an opportunity to get your questions answered as well as be updated on current ways to manage diabetes successfully.

Each session will focus on seven key areas of diabetes management and provide suggestions and tools you can use to achieve better control and improve your quality of life.

The class will not automatically make your diabetes better. What you learn and what you apply will help you to control your diabetes better. Whether you are newly diagnosed or have had diabetes for years, this group can help.

Presenter: The classes will be taught by Jim Parch, RN, with 14 years experience as a nurse and active member of the American Association of Diabetes Educators.

Pre-registration required. Membership required.

Workshops held at the Community Center

SAVE THE DATE!

Sock Hop Dance

Friday, March 3, 2017

Fountain Hills Community Center

6:00 - 9:00 p.m.



Live
Band



50's Outfit
Contest



Hula-Hoop
Contest



All Ages
Welcome



Course #1874

Pre-registration required - Space is limited

To register, stop by the Community Center or call 480-816-5200

**Admission: \$5 per adult - Free for teens and youth
(Teens and youth must be accompanied by an adult)**

Fee is Non-refundable



Refreshments and Root Beer Floats

13001 N. La Montana Dr. Fountain Hills, AZ 85268

Activity Center Closed

**Monday, Jan. 2
Monday, Jan. 16**

**New Year's Day
Martin Luther King Day**