



Email Update

www.azfcf.org ~ 480-488-1090

All events and classes held at FCF - Holland Community Center located at 34250 N. 60th St. Building B, Scottsdale, AZ 85266.

All theater performances are held at Cactus Shadows Fine Art Center located at 33606 N. 60th St. Scottsdale, AZ 85266
(unless otherwise noted)



Foothills Community Foundation thanks YOU for the giving of your time with our committees, for attending our weekly events and monthly programs, and for your much appreciated donations. We wish you all a wonderful season of thanks.

HOLLAND COMMUNITY CENTER

The Healthy Brain Expo

Keep your brain young, active and strong
For people seeking positive brain health



IT'S FINALLY HERE...THE HEALTHY BRAIN EXPO IS THIS SATURDAY....we only have limited space remaining.

Call us today to register! 480-488-1090 or go online at www.azfcf.org.

WORKSHOP CHANGE

"The Scientific Research on Preserving Brain Health" workshop has been cancelled as presenter Angelina Cooper has an unexpected travel delay. Lindsay Thomas, from HonorHealth, will present a workshop to replace this one. A workshop title has not been determined at press time.

Workshops

Train Your Brain!

Phyllis Strupp, MBA, Brain Training Expert

Emotional Intelligence - The Science of Performing Your Best Under Pressure

Bobi Seredich, Southwest Institute for Emotional Intelligence

Gentle Yoga

Kathryn Turnwald, Yoga Instructor

Meditation – Now and Zen

David Scheiner, DC

You may
attend 3
workshops

Nutrition: Key to a Healthy Brain

Terri Taylor, RD, CSO, Virginia G. Piper Cancer Center, HonorHealth Longevity Institute

Tai Chi Benefits to the Brain

Bina Bou, Certified Instructor, Institute of Integral Qigong Tai Chi

The Importance of Protecting and Nurturing your Brain

Lucy Ranus, RN, BSN, Barrow Prevention & Outreach, Dignity Health, St. Joseph's Hospital and Medical Center

The Science of Mindfulness

Teri Pipe, PhD., RN, Dean of College of Nursing & Health Innovation and Chief Well-Being Officer, ASU

The Scientific Research on Preserving Brain Health

Angelina N. Cooper, MS, CCRP Clinical Program Manager, Neuro/Spine Research at HonorHealth Longevity Institute



\$20 Adults/\$15 Seniors/\$10 Students

Registration and website at WWW.AZFCF.ORG

Produced by MindQuest



Saturday November 12, 2016 HEALTHY BRAIN EXPO COMES TO THE DESERT FOOTHILLS!

Learn how to train your brain, eat right for good nutrition, be emotionally resilient, practice mindfulness, and hear about current scientific research on preserving brain health in the interactive experiential workshops. The Healthy Brain Expo is hosted by the Foothills Community Foundation's MindQuest Speakers Series that will feature nine workshops and many exhibit booths. This half-day event is focused on positive aspects of engaging your brain to keep you young, active, and strong.

[Buy Tickets Now](#)

T.G.I.F.
TASTERS
CLUB



BLENDING OILS AND VINEGARS

Friday, November 18, 3:00 - 5:00 p.m.

This 'T.G.I.F. Tasters Club' program features the best barrel aged balsamic vinegars and citrus or herb fused olive oils. You will sample unique flavors to enhance all levels of your dining experience. Merle Lehman, Gourmet Blends AZ, will teach you about boosting flavors in foods and where to purchase products in local markets.

[Register by November 18th](#) by noon or walk-ins welcome!

Also - December 9th we're excited to have Lisa Reinhardt, founder of Wei of Chocolate, share her expertise in chocolate and transformative experiences in traveling the Himalayas for 11 years. How does that relate back to chocolate? Come find out! It's sure to be a tasty Tasters Club.

Olive Oils and Vinegars



Friday November 18, 2016 Can you distinguish which olive oils are better for salads? Or what vinegars boost the flavors of certain fruits? Merle Lehman of Gourmet Blends AZ will not only teach you this but will steer you to products in our local grocery stores and specialty markets. You will also sample some olive oil and vinegars.

[Buy Tickets Now](#)

Chocolate and Meditation



Friday December 9, 2016 Eat chocolate every day guilt free. Wei of Chocolate founder Lisa Reinhart shares how her 11 year journey through the Himalayas where she learned about meditation and her compilation of research of what differentiates healthy chocolate from candy can be a path to health and wellness. Join Lisa for a delicious exploration of the health benefits of chocolate and meditation!

[Buy Tickets Now](#)

A vertical poster for the Arizona Sage Art Market. The background is a dark red color with a subtle diagonal line pattern. At the top left, there is a yellow circular seal with a scalloped edge containing the text "2nd Annual Free Admission". To the right of the seal is a botanical illustration of a sage plant with green leaves and small purple flowers, with the text "Arizona Sage Art Market" written below it in a cursive font. In the center, there are two yellow decorative brackets, one above and one below the text "Holiday Gift Shopping" and "LOCAL ARTISTS". Below "LOCAL ARTISTS" is the text "Unique and Affordable". At the bottom of the central section, there is a list of art mediums: "Exquisite Jewelry - Glass Works - Bronze - Mixed Media - Fiber Art - Oils - Acrylics - Photography". A yellow rectangular box at the bottom contains the dates and times: "Friday, December 2, 4-7 PM" and "Saturday, December 3, 9-5 PM". Below this box, the address is listed: "FCF - Holland Community Center", "34250 N. 60th St., Bldg. B", "Scottsdale, AZ 85266".

2nd Annual
Free Admission

*Arizona Sage
Art Market*

Holiday Gift Shopping

LOCAL ARTISTS

Unique and Affordable

Exquisite Jewelry - Glass Works - Bronze - Mixed Media
Fiber Art - Oils - Acrylics - Photography

Friday, December 2, 4-7 PM
Saturday, December 3, 9-5 PM

FCF - Holland Community Center
34250 N. 60th St., Bldg. B
Scottsdale, AZ 85266

**SHOP FOR AFFORDABLE FINE ART HOLIDAY GIFTS
CRAFTED BY JURIED LOCAL ARTISTS**

**BELOW IS JUST A SAMPLE OF FINE ART FROM LOCAL
ARTISTS WHO WILL BE AT THE ARIZONA SAGE ART
MARKET**



FRIDAY, NOVEMBER 11th
2:00 - 4:30 pm

The Vanishing

(Netherlands, NR; 105 minutes)

Rex and Saskia, a young couple taking a road trip to France, stop at a gas station and rest stop where Saskia disappears without a trace. Rex obsessively struggles to find out what happened to her. Three years later he begins to receive letters from a man claiming to have kidnapped her.

International Film Series at the Holland Community Center

Select Fridays monthly 2-4:30pm hosted by Gary Zaro



MYSTERY AND SUSPENSE THRILLERS

Films and schedule on
www.azfcf.org

FREE ADMISSION
FOOD AND BEVERAGE CONCESSIONS FOR SALE

Christ the Lord Lutheran Church
Living Music Performance Series presents....

Chang-Yong Shin

November 12 at 4:00 p.m.

A piano virtuoso and winner of multiple global competitions. Special appearance through the Curtis Institute of Music.

Tickets at door are \$30.00.

Reserve Now - Limited Seating
For more information: CALL 480-488-2081 or VISIT www.ctlcarefree.org

Christ the Lord Lutheran Church
9205 East Cave Creek Rd.

Carefree, AZ 85377

Music Encounters....free concert for you!

November 21 at 10:00 a.m. - 11:15 a.m.
Instrumentalists from the Phoenix Symphony

Admission is free but a basket is passed for donations. If you want to be on the mailing list for the concerts (every 4th Monday of the month October - May, except December) please send your name and email address to Susan Pringle (susique@aol.com).

Mountain View Presbyterian Church
8050 E. Mountain View Road
Scottsdale

STAR PARTY

November 17, 2106
6:00 p.m.

FCF-HCC is partnering with host Paradise Valley Community College at Black Mountain and Phoenix Astronomical Society. Join Jenny Weitz, PVCC residential astronomy faculty, in an interactive lecture preparing you for the star party.

PAS provides high-powered telescopes and other instruments for viewing. All star parties are weather permitting.

INFO: 602-561-5398
RSVP: events@pasaz.org

34250 N 60th Street, Scottsdale, AZ 85266

Essential Oils and Preventative Healthcare

Thursday, December 8, 2016
6:30 - 8:30 pm

This 2-hour class will include the multiple possibilities and uses for essential oils. Come look at healthcare from a preventative perspective. With seasonal allergies, food allergies, skin sensitivities, pet allergens, toxins and chemicals in our immediate environments, alternative care methods are becoming more and more relevant. You will

Watercolor Painting with Donna Anastasi

Two exciting watercolor classes are coming in January.

Instructor Donna Anastasi came to the desert in 2010 and her love for the desert Southwest has grown over these years. Her need to create art has been a driving force throughout her life.

She has studied watercolor painting under Maryland artist, Brenda Kidera and has achieved Signature Artist status with the Baltimore Watercolor Society and Sonoran Arts League in Cave Creek. Her art consists of a

learn about the importance of preventative care, what essential oils are, uses for essential oils, the 'how-to's' for application/dilution, and where to find them.

Class Outline:

*Introduction of instructor, her health journey, and oils

*Usage breakdown and sampling of common oils

*A variety of ways oils can be applied

*Sharing and questions

\$25.00 registration fee (includes some take-home samples)

Instructor: Heather Cambanes is an Essential Oils distributor, educator, and entrepreneur with her own catering business. She has been living and studying preventative healthcare for over ten years.

[Click here to register](#) or call 480-188-1090.

variety of subjects, including pet portraits, human portraits, still life and florals.

Watercolor Painting for the Fun of It. An Introduction to Watercolors

4 Weeks - Wednesdays
9AM - 12PM
January 3-24, 2017

[Click here for details](#)

Intermediate Watercolors Session 1: Painting Sunsets

5 Weeks - Wednesdays
1PM - 4PM
January 3 - 31, 2017

[Click here for details](#)

Intermediate Watercolors Session 2: Creating a Painting of Cut Glass in Watercolor

5 Weeks - Wednesdays
12PM - 3PM
February 14 - March 14, 2017

[Click here for details](#)

2016 ADOPT-A-FAMILY

Make a Difference this Holiday Season

Help to make it a happier holiday season by adopting one of the 400+ families that come to the Food Bank each month.

For more information contact:

Foothills Food Bank & Resource Center
6038 E Hidden Valley Drive, Cave Creek
480-488-1145

Or email adoptafamily@foothillsfoodbank.com





Are you interested in a new volunteer experience? FCF is looking for you! Are you a social media marketing guru? Do you like planning events? Do you have connections in the community to help with securing donations for our annual fundraiser? Have you ever wanted to usher at a theater? These are just some of the many spots we have open for people like you! Join our team of volunteers today. Call us at 480-488-1090 to sign up or receive more information.

HOLLAND GALLERY OF FINE ART

NEW EXHIBIT



Two friends, Pat Cain & Marty Gibson will exhibit their different approaches to abstract painting.

October 29 - November 26, 2016

They will discuss their various works at a
Reception Nov. 12, 4:30 - 6:30 pm

Located at the Foothills Community Foundation
34250 North 60th Street, Building B, Scottsdale, 95252

HOLLAND GALLERY *of* FINE ART

NEW IN THE ALLEY GALLERY

Toby L. Zabel has been an artist for over 30 years. Toby is an 'earth-person' and appreciates the beauty of flowers and trees, fruits and vegetables, and mountains and rivers. The colors and perfection of things that grow motivates Toby to put them on canvas. Come see Toby's spectacular oils now showing in our Alley Gallery.

ART OPENING EXHIBIT - Free Admission

SATURDAY, NOVEMBER 12
4:30 - 6:30 PM

Wine & Cheese
Meet the Artists
Enjoy the Exhibit

UPCOMING 2016 EXHIBITS

December 17 - January 26: MOUNTAIN TOP EXPERIENCE

Four artists scale new heights and create a vision... a view from the top. Featuring Karen Brace Adams, Dennis Kleidon, Elizabeth Randall Moore and Judith Visker.

The poster for the 'MOUNTAIN TOP EXPERIENCE' exhibition features a dark, textured background. At the top, the title 'MOUNTAIN TOP EXPERIENCE' is written in white, sans-serif capital letters. Below the title, the venue 'Holland Gallery of Fine Art' and address '34250 N. 60th Street, Building B, Scottsdale, Arizona 85266' are listed on the left, and the dates 'December 16-21, January 3 - 27, 9:00 AM - 4:00 AM' and 'Opening Reception: January 14, 4:30 - 6:30 PM' are listed on the right. Below the text, four small square images of artworks are displayed in a row. Each image is accompanied by the artist's name and the title of the work.

Artist	Artwork Title
Dennis Kleidon	Tales of Essence II
Judith Visker	Amazing World
Elizabeth Moore	Moon Over the Mountain
Karen Brace Adams	Blue Bayou

Art for Sale. Stop into the Holland Community Center and check out our Alley Galley cases filled with new art for sale.

DESERT FOOTHILLS THEATER

Nunsense



Friday November 11, 2016 to Sunday November 20, 2016 Sponsored by Bobbie Breeden

When the Little Sisters of Hoboken discover that their cook (Sister Julia, Child of God) has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. They decide that the best way to raise the money is to put on a variety show. So they take over the school auditorium, which is currently set up for the eighth grade production, and mayhem ensues.

[Buy Tickets Now](#)

Holiday Cabaret @ The Holland Center



Sunday December 18, 2016 Our Holiday Cabaret tradition continues this year with the fabulous T.A. Burrows in a brand new holiday show. This year we have a new venue...the FCF-Holland Center. Ticket price includes a glass of wine, appetizers and the show. Doors open at 6:30PM, seating is first-come, first served. The performance starts at 7:30PM. Full dinner will not be available at this event.

[Buy Tickets Now](#)

AUDITIONS!

Mon., Dec. 5, 2016 Auditions for *Unnecessary Farce!*

- Adult-cast production for actors ages 18+
- Please prepare a 1-minute comedic monologue. Headshots and resumes required.
- See character descriptions and further information on show [here](#).
- Rehearsals begin January 3
- Production dates: February 3 - 12, 2017

Mon., Dec. 12, 2016 Auditions for *Gypsy*

- Adult-cast production, however there are roles for actors ages 8 and up. There is also a teen ensemble. Please prepare 16 bars each of two contrasting songs
- See character descriptions and further information on show [here](#).
- Rehearsals begin February 7, 2017.
- Production dates: March 31- April 9, 2017

[CLICK HERE FOR AUDITION SIGN-UP](#)

DFT Presents AbbaFab



Sunday January 29, 2017 This multimedia production is a tribute to some of the greatest music produced in the 1970's and 1980's including monster hits such as Waterloo, Fernando, Honey Honey, Dancing Queen and countless others. From the earliest hits to Mamma Mia, ABBAFAB will take you on an ABBA journey that is unmatched.

There's no doubt that the ABBAFAB vibe is infectious!

Their vocals and musicianship are second to none. ABBA fans love it and new ABBA fans are created at every show. ABBAFAB consistently plays to SRO audiences across the USA and abroad and offers a truly unique experience you will not soon forget.

[Buy Tickets Now](#)

DFT Presents One of These Nights



Sunday February 26, 2017 ONE OF THESE NIGHTS promises exactly that....an unforgettable night featuring the music of the Eagles. The show features the band's greatest hits like – all presented in a highly entertaining production with uncanny accuracy.

[Buy Tickets Now](#)

FCF relies on your support!

Foothills Community Foundation is 100% community funded. Donations to the Foundation help serve the Desert Foothills Community in multiple ways. Your contribution is the fundamental source of funding requisite to operate our programs and support the community as a whole. You help provide quality theater performances and participation opportunities for adults and youth; provide programming and educational series allowing for insightful learning and discussion on a variety of topics; and support a community center which provides extensive activities to the community at large.

[Donate Now](#)



FOLLOW US ON FACEBOOK

Foothills Community Foundation uses [Vendini](#) for ticketing, marketing, and box office management.

Foothills Community Foundation - 34250 N. 60th Street, Bldg. B, Scottsdale, AZ, 85266, (480) 488-1981
Vendini, Inc. - 660 Market Street, San Francisco, CA, 94104, 1 (800) 901-7173