

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)



Spook-tacular!

**Programs, events and classes open for you to attend
and try out!**

HOLLAND COMMUNITY CENTER

The Healthy Brain Expo

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



November 12, 2016

9:00 AM - 1:30 PM

WORKSHOPS AND EXHIBIT TABLES
REGISTRATION AND WEBSITE AT WWW.AZFCF.ORG

FCF-HOLLAND COMMUNITY CENTER,
34250 N. 60TH ST., BLDG. B, SCOTTSDALE, AZ 85266

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

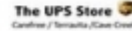
Lucy Ranus, RN, BSN, Barrow Prevention & Outreach, Dignity Health, St. Joseph's Hospital and Medical Center

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

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](#)

PLAY COW PIE BINGO

The 2nd Annual Cow Pie Bingo for P.I.E. (Partners in Education) will be held on November 5 during Wild West Days from 1-2 PM at Harold's Corral, 6895 E Cave Creek Rd., Cave Creek.

Here's how you play!

- purchase a ticket for only \$10, which gives you a 2' x 2' square on the 560 square arena grid at Harold's
- "Lucita", the cow, roams the arena for up to one hour. Everyone roots for "Lucita" to 'deposit' on thier square.
- If Lucita leaves a 'deposit' on your square, you win \$500 (or 20% of the take - whichever is less).

Proceeds benefit Partners in Education (P.I.E.) to provide Teacher Vision Grants in local schools. Only 560 tickets to be sold. Tickets sold at the FCF Office, Holland Community Center, 34250 N 60th St, Bldg B, Scottsdale, AZ 85266



Holiday Gift Shopping

LOCAL ARTISTS

Everything priced under \$300

*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. 80th St., Bldg. B
Scottsdale, AZ 85266**

More Information AZPCF.ORG or 480-488-1090

SHOP FOR HOLIDAY GIFTS
BELOW IS JUST A SAMPLE OF FINE ART FROM LOCAL ARTISTS
WHO WILL BE AT THE ARIZONA SAGE ART MARKET



Gourd - Jan Downey





Ceramic Hearts - Casey Cheuvront

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

TUESDAY, NOVEMBER 1
8:30 - 10:30 AM

Morning Joe with "TED"

Bring your own 'joe' to our TED style discussion group hosted by Mark Sweeney. Video topic this week is U.S. Politics (theory not partisan). Walk-ins welcome. \$2 fee to attend.



**Morning
Joe with
TED**

*Stop by for intriguing TED videos
and hosted discussion over coffee!*

Azfcf.org

FCF
FOLK COMMUNITY CONNECTION

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

Chang-Yong Shin

November 12, 2016 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

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 learn about the importance of preventative care, what essential oils are,

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 variety of subjects, including

uses for essential oils, the 'how-to's' for application/dilution, and where to find them. pet portraits, human portraits, still life and florals.

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.

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

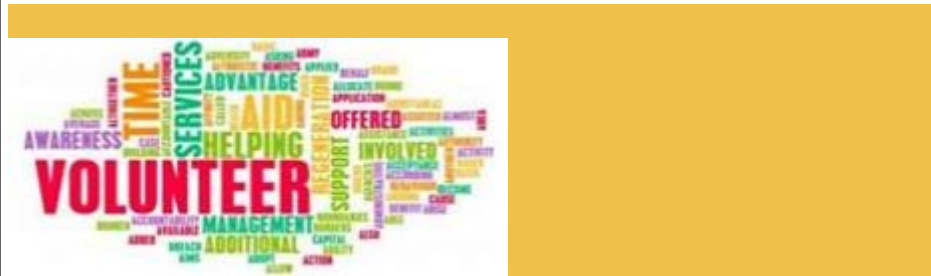
[Click here for details](#)

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](#)



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 get more information. [Click here for more information.](#)

HOLLAND GALLERY OF FINE ART

NEW EXHIBIT

Driven to Abstraction



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

You are invited to the art opening reception!

SATURDAY, NOVEMBER 12

4:30 - 6:30 PM

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.



Nicolette Bonstetter

The Sonoran Art League for the FIRST time in 20 years has opening the art studios east! It's exciting news for me! I was an art history, art methods/studio teacher and painting is why I am SANE (smile), so having my studio open is fantastic!

This November for six days I will have five other artists joining me in my studio. A brand new glass artist, a juried contemporary jeweler whose work I wear daily, an amazing juried cutting edge print and bookmaker, a juried potter whose work will knock your socks off, a juried painter whose color will stun you! and myself, also a juried member.

We want to invite you all to come.

The hours are 10:00-5:00 and the dates are, Nov. 18-19-20 and Nov. 25-26-27.

We will have the Arizona Flute players performing during the day at various times and of course we will have munchies.

My studio is 37367 North 97th Way, Scottsdale, 85262 Phone 402-417-5614
Come Join us!

Paid Advertisement

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.

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

FINAL WEEKEND FOR FLAT STANLEY

[Click here for tickets](#) or call 480-488-1981!

New production of Nunsense and season tickets also online now!

The Musical Adventures of Flat Stanley Jr.



Friday October 7, 2016 to Sunday October 16, 2016

The beloved children's book written by Jeff Brown is a literary and pop cultural phenomenon, delighting readers all around the world. And now, everyone's favorite two-dimensional hero has a new life in The Musical Adventures Of Flat Stanley JR; a show filled with catchy songs and non-stop adventure.

[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

[Unsubscribe](#)