



**Three Chain Maille Earrings**  
**Saturday, Jan. 16, 1:00 - 4:00 PM**

You will learn to make 3 different types of earrings with 3 different metal weaves. All Materials and use of instructor's tools included.

**\$65**

[3 Chain Maille Earrings](#)

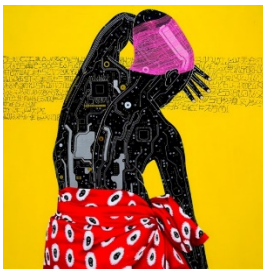


**Batik on Paper**  
**Tuesday, January 22 9:00am - 4:00pm**

This is the ancient art of Batik— a technique of hand-dyeing by using applied wax as a dye resist—with a decidedly modern twist. Learn the tools, techniques, and basics of working with wax and dye. Supplies and use of instructor's tools included.

**\$125**

[Batik on Paper](#)



**Visual Arts Lecture Series -- January 23, 4:00-5:00 pm**

**Africa 54: Contemporary African Art, by Ingrid Wood** - Focuses on the tremendous surge of interest in contemporary African Art which is now being sought after in museums and auction houses around the world. The talk explores works in various mediums and from different artists which

\$10 -- \$12 at the door.



### **Visual Arts Lecture Series -- January 30, 4:00 - 5:00 pm**

**Hudson River School by Kathryn Heffernan:** The Hudson River School of landscape painting marked the beginning of "American" art, because it was the first art movement originating in the United States. Starting in 1825, it was the most popular form of art in America for nearly 50 years and played a significant part in helping to establish our national identity. **Kathryn Heffernan** originally hails from upstate New York but has lived in Scottsdale for the past 38 years. She joined the Phoenix Art Museum's docent program in 2010.

**\$10 -- \$12 at the door**

[Visual Arts Series](#)



### ***Mindquest: 3rd Annual Healthy Brain Expo***

**For people seeking positive brain health.**

**Keep your brain young, healthy, and strong**

**Saturday, February 23, 2019**

**9:00am - 2:00pm**

Holland Community Center  
Foothills Community Foundation  
34250 N, 60th St., Bldg. B  
Scottsdale, AZ 85266

[hcc@azfcf.org](mailto:hcc@azfcf.org)

480-488-1090

Eight workshops to choose from!

You may select 3 Workshops to attend during the event

\$20 Registration prior to event\*

\$30 at the door

**Check out [www.azfcf.org](http://www.azfcf.org) for information on workshops.**

\*Early Registration recommended: Last year's Expo sold out!

[Click here for early registration](#)



## **The Art of Managing Life Changing Events: A Roadmap** **Monday, January 28, 2019 3 - 4:30 PM**

Prepare now in the event of unexpected life changes. Protect family assets, lessen decision-making burdens, update legal records and document information that governs your daily life to reduce family stress. Includes tips on how to get your affairs in order, and a 110 page, 26-section Document Organizer. Presented by Maureen Johnson, Ed.D, Author, Document Organizer, and West Hunsaker, Partner and Attorney at Law, Morris Hall PLLC

**\$65**

[Life Changing Events](#)



## **Brain Training to Build Your Story Workshop**

WHEN: Saturday, March 9, 2019 10 am-noon  
WHERE: FCF Holland Center  
COST: \$55 (includes materials and book)  
INSTRUCTOR: Phyllis Strupp, brain training expert  
CONTACT US: 480-488-1090

There is a recently discovered part of the brain that is in charge of helping you be you! This special brain asset, the “default network,” holds your personal memories, and helps you get even better with age through wisdom. However, it is also the brain area where Alzheimer’s Disease strikes, so hands-on management is essential. This session offers:

- Overview of default network basics
- Self-assessment exercise to identify default network blockages
- Toolkit to take charge of meaning, memory, motivation
- Personal Story Plan to help your life story and your default network get better with age

### **Speaker bio:**

**Phyllis T. Strupp, MBA** is an award-winning author and brain training expert, speaking to audiences around the U.S. on how to make brains and lives get better with age. She has taught brain training programs at Vi at Grayhawk for 11 years. Her background includes a “Brain Research in Education” Certificate from the University of Washington in Seattle. Her



**Desert Awareness Committee Seminar Series**  
**First Mondays at 6:30 at The Holland Center**

***Monday 2/4: Water...Use it Wisely!***

Program given by Elisa Klein of AZ Municipal Water Users Association. What is the state of water availability which supplies us with our water here in the foothills area? Learn how Scottsdale manages and conserves its water resources. Learn what we are doing to conserve water and what you can do as we look to the future. Reservations are not required. Donations are appreciated!



**AT THE HOLLAND GALLERY OF FINE ART**  
**DECEMBER 17th - JANUARY 25**

**WEAVE/WEFT/WARP**

**A unique, juried Exhibition of Woven Arts in various media.**  
**View works by some of the areas most innovative fabric,  
fiber, and woven art artists!**

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**Opening on January 25, 2019**

**Light and Beauty**

A group showcasing artists who have formed a bond through artistic expression. Each feels the call to be a bringer of "light and beauty" in his/her own way.





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Foothills Community Foundation · 34250 N 60th St. Bldg. B · Scottsdale, AZ 85266 · USA