

FRIENDS IN THE HILLS

FEBRUARY 2026 ACTIVITY BULLETIN

Website: friendsinthehillsaz.org

FEBRUARY PRESIDENT'S MESSAGE

February is a reminder to love yourself fiercely and embrace your uniqueness. We are now almost 400 women strong in our membership and each of us is a unique individual with fascinating stories to tell. Please share those stories with each other as you attend the various events throughout the coming year.

I hope you will join us at this month's luncheon where we will celebrate the birthday of this amazing club as well as honor and acknowledge the hard work of our past presidents who made this club possible.

A big thank you to Ellen Groh and Debbie White our new raffle ladies! Say hello to them at the luncheons and thank them for stepping up!

We are still looking for a chairperson for the Tweeners and for the Long Time Friends. Please let me know if you are interested.

Stephanie Harris

President, FITH

SYMPATHY AND SUPPORT

If you know of any ill member or death in the immediate family of a member of Friends, please inform President Stephanie Harris at [805-368-2940](tel:805-368-2940) or email her at fith prez@gmail.com, or Martha Craner at [480-837-2183](tel:480-837-2183) or email her at marthab911@gmail.com.

Editor: Sally Gibbs

sallygibbs@cox.net

FEBRUARY LUNCHEON

2nd Wednesday, February 11

Our February luncheon will be held at the Fountain Hills Presbyterian Church Fellowship Hall, 13001 N Fountain Hills Blvd, Fountain Hills, AZ. 85268.

Fellowship Hall is towards the rear of the building.

Doors open at 11:00 AM. Lunch is served at noon. Your payment of \$30 is your reservation.

FEBRUARY LUNCHEON MENU

Catered by Phil's Filling Station

Beef Stroganoff

Egg Noodles

Salad

Seasonal Vegetables

Rolls and Butter

Valentine Cookie or Cake

NEWCOMER'S COFFEE

Nancy Jones jonesnphnx@aol.com 602-770-9829

Barbara Cardinal brc39@aol.com 847-987-2211

Hello Ladies, we are pleased to invite you to our Friends in the Hills Newcomer's Coffee. You will also be able to join our club that morning if you wish. Also, if you have a friend or neighbor who might be interested, bring her along.

DATE: **Wednesday, February 25, 2026**

TIME: **10:00 AM**

PLACE: 16450 E. Avenue of the Fountains.

Please RSVP to Nancy Jones, jonesnphnx@aol.com 602-770-9829

We look forward to seeing you at the coffee.

LUNCHEON ENTERTAINMENT

Today we are going to be entertained by two very talented ladies, Jo Ann Bourke Gerardo and Debbie Romano.

"Caring for Our Beautiful Hearts: A Heart Wellness Discussion," by Jo Ann Bourke Gerardo. Jo is a WomenHeart Champion which is a title earned after graduation from the Science and Leadership Symposium at the Mayo Clinic in Rochester, MN. She has represented the United States at the Global Heart Hub Angina Advisory Workshops. A member of the Advocacy Corps, Jo represented Arizona during Advocacy Day in 2022 and in 2024. As a woman not only living with heart disease, but thriving, Jo understands the importance of embracing all aspect of professional career as a Regional Training Manager for Shiseido Cosmetics, and as a Cosmetics and Fine Fragrance Manager for Barneys New York. Jo's luxury experience also includes artistry positions with Neiman Marcus, Saks Fifth Avenue, Nordstrom, and Bergdorf Goodman.

Debbie Romano is a certified Nutrition & Wellness Consultant, accomplished health coach, engaging speaker, and author of Healthy Heartbeats—100 Plant Based Recipes. Her work is fueled by a passion for helping others live healthier, more vibrant lives through mindful food choices and sustainable lifestyle habits.

Debbie holds certifications from the American Fitness Professionals & Associates and the T. Colin Campbell Center for Nutritional Studies at eCornell University, with advanced training in plant-based nutrition. She is the founder of Fountain Hills Healthy Heartbeats, a wellness consulting practice in Fountain Hills, Arizona, where she offers personalized coaching, workshops, and classes designed to empower individuals and communities to thrive.

A two-time recipient of the Fountain Hills Chamber of Commerce Health Services Professional of the Year Award (2020, 2024), Debbie is widely recognized for her leadership in community wellness and health education. She is also an active member of several local organizations, including the Fountain Hills Four Peaks Rotary, Community Garden, Cultural & Civic Association, Chamber of Commerce, and Friends In The Hills.

Through every client interaction, public presentation, and published recipe, Debbie remains dedicated to her mission: guiding and inspiring others on their journey to better health—"One Bite At A Time."

LUNCHEON RESERVATIONS INFORMATION

Sue Manning Reservations Coordinator

sgmmanning@gmail.com 480-226-2187

The February luncheon will be held at the Fountain Hills Presbyterian Church Fellowship Hall. The cost is \$30. All luncheon reservations must be made and paid for NO LATER THAN the **WEDNESDAY BEFORE THE LUNCHEON.**

Reservations received after the **February 4** will NOT be accepted.

If you would like to bring a guest, please contact the Luncheon Reservations Chairperson, Sue Manning.

HOW TO PAY

- Go to the website, www.friendsinthehillsaz.org luncheon.
- Mail a check (made out to "Friends in the Hills Welcome Club" or "FITH" and mail to Friends in the Hills, ATTN: Luncheon, P.O. Box 17358, Fountain Hills, AZ 85269. The deadline to reserve and pay is February 4. Cancellations must be made by 5:00 PM on Thursday February 5th or your money cannot be refunded. We will NOT be doing any carry over to the next luncheon. On-line payments will be credited to your card and checks will be returned. **NOTE:** If you want to pay forward (with cash) for the March luncheon while attending the February luncheon, please have the **exact amount**

MEMBERSHIP INFORMATION

Vicki Johnson

Phone: (316) 644-4774

Email: fithmembership@gmail.com

Membership dues for 2026 are **\$35**. Friends in the Hills membership is still a great bargain. It is time to renew for 2026 if you haven't already. If you have not renewed by the end of March, your membership profile will be deleted.

Ladies who are interested in joining our club will be emailed a link to make payment and join. Please email me at: fithmembership@gmail.com for the link. We do recommend that all new members attend the New Members Coffee to learn about the club.

The on-line Membership Directory is always up-to-date and the best source to find members.

FITH WEBSITE

Vicki Johnson

Phone: 316-644-4774

Email: fithwebmaster@gmail.com

Friends in the Hills website is <https://www.friendsinthehillsaz.org>. You can register online for some of our events and get the current and previous Bulletins on the website.

We have a YouTube Channel with videos providing how to do things on the website. The link is: <https://www.youtube.com/FriendsintheHillsAZ>

The current videos include the following:

1. Request Help from Webmaster
2. Change Password on Friends in the Hills Website
3. Renewing Dues
4. Getting the Bulletin

If you have any questions or need help getting something done on the website, please send me an email or give me a call.

BIRTHDAY BASH

We are seeking new hostesses for the Birthday Bash. Vicki Johnson and Valerie O'Keefe have really enjoyed hosting for the last two years but feel like it is time for some new ideas. Held once a quarter to recognize birthdays in that quarter, Birthday Bash is a great way to meet and get to know Friends in the Hills members in a small group setting.

If you are interested in hosting, please contact FITH President Stephanie Harris at fithprez@gmail.com. Vicki and Valerie will be happy to share what we have done and provide help for the transition.

SAGUARO BOOK CLUB

The saguaro book club will be reading the Truth about Horses by Christie Cashman for February. The club continues to be full. If you wish to be on the waitlist, please email

hwhatmough@cox.net

CIRCLE OF LONG TIME FRIENDS

Eligibility: Members who joined 2010-2014

WE NEED NEW LEADERS FOR THE CIRCLE OF LONG TIME FRIENDS.

IF YOU ARE INTERESTED, CONTACT

STEPHANIE HARRIS AT
FITHPREZ@GMAIL.COM or 805-368-2940

THE FOUNDERS- 1ST WEDNESDAY

Rosemary Bonaguidi rosemary.bonaguidi@cox.net
480-209-8601

Heidi Pearson heidipearsonaz@gmail.com
480-816-1088

Wednesday, February 4th, at 11:30 AM

GEORGE AND SONS

Ancala Village Shopping Center

11291 E. Via Linda

Scottsdale

Please email Heidi for a reservation!

BITS, BAUBLES & BEADS

(formerly Beading Buddies)

Sharron Neyer sharron2001@msn.com
562-833-9447

Jean Peterson onejeanius@gmail.com
916-710-0898

DATE: TUESDAY, FEBRUARY 17TH

Time: 1:00.

Cost: \$15.00. (all supplies included)

Address: 14814 E. Crested Crown

Hello Ladies!

Jean and I are back! We have decided to do a combo class. We will be doing sun catchers and fairy stakes; you can do one of the projects or both if time allows. If you would like to see pictures of this month's projects, just send an email and we will be happy to send pictures.

SINGLES SUPPER CLUB

February 19, at 5:30 PM **(New time!)**

Pars Persian Cuisine, 11144 N. Frank Lloyd Wright Blvd, Scottsdale, AZ 85259

Please respond by February 16, 2026.

Elaine Jellock elainejellock@hotmail.com or 570-430-1472

WEDNESDAY AFTERNOON TEA

Take a mid-week mid afternoon break with "friends."

Have drink together, chat, and even catch up.

Bring home a dinner item or two as well.

DATE: Wednesday, February 18, 2026

TIME: 3:00 PM

PLACE: **Euro Café**

RSVP to Sally Elam if you can come.

sallyinarizona@gmail.com

MONDAY MORNING COFFEE

Enjoy a morning out with our "friends."

Start your day with coffee, tea, or a whole breakfast.

The only thing to bring is a "smile or two."

See you there.

RSVP to Sally Elam if you can come.

sallyinarizona@gmail.com

DATE: Monday, February 23, 2026

TIME: 10:30 AM

PLACE: **Georgie's**

16725 E. Avenue of the Fountains

EVENING SIGNATURE SOCIALS

Cupid Called—it's Party Time!!!

Please see the invitation below for our Valentine's Celebration filled with good vibes and great company. Wear your best Valentine Style—red, pink, or sparkle encouraged!

FEBRUARY 13TH FROM 6:00—8:30

Tickets are \$45 per person and include:

- Catered dinner by Euro Pizza including Chicken Cordon Bleu, Wine glazed Salmon, Vegetable Medley, Rice Pilaf, Garden Salad, Garlic Bread Knots, and a special dessert created by our own Kathy Carmichael
- Beer and Wine
- Cupid's Arrow Signature Cocktail
- Photo Opportunities
- Gifts for the Ladies

The secret location will be sent out the week of the event.

Register on the FITH website—space is limited to 50 attendees. As always, each member may bring one guest.

Marilyn ten Hope 480-457-9277

mtenhope@msn.com

Patricia Robinson 202-489-3615

patriciacarrollrobinson@gmail.com



BUNCO

FEBRUARY 25TH AT 12:30 PM

Sue Manning sgmmanning@gmail.com

480-226-2187

AMERICAN LEGION

16837 E. Parkview Avenue

You should bring \$5 for Bunco, \$5 for the American Legion, and \$3 in one dollar bills for LRC.

DUPLICATE BRIDGE

Martha Craner marthab911@gmail.com

480-837-2183

FEBRUARY 9, AT 11:00 AM

PHIL'S FILLING STATION

16852 E. Parkview Avenue

We meet at 11:00 AM for lunch and play at noon. Cost is \$1 per person. This is a friendly game where you can compare your score against the people who played the same hands. Please contact Martha to make a reservation or to cancel.

PARTY BRIDGE—3RD MONDAY

Sally Gibbs sallygibbs@cox.net 480-734-3482

MONDAY, FEBRUARY 16, AT 11:30 AM

QUE BUENO

13207 N. La Montana Drive

We have room for 3 tables. We play bridge for 1/2 hour and then order lunch. The owner would like us to pay cash. Everyone is welcome, but you do need to sign up in advance. Contact Sally Gibbs if you are interested in playing.

EUCHRE

FRIDAY, FEBRUARY 27, AT 11:30 AM

PHIL'S

16852 E. Parkview Ave.

Come for a snack/lunch at 11:30. Play noon til 2 PM-ish.

Please RSVP to Myra Smith myra3mia@gmail.com
480-881-6198

CIRCLE OF NEW FRIENDS

ELIGIBILITY: Members who joined 2022-2025



Let's raise our glasses in celebration, and good times with your circle of new friends!

Time: 3 pm sharp—Reservations cannot be made at the restaurant for Happy Hour, so please arrive early!

RSVP to Ann at annvan@gmx.com by February 20.

TWEENERS—1ST WEDNESDAY

Eligibility: Members who joined in 2015– 2020

We are looking for new chairs for the Tweeners Group. If you are interested, contact Stephanie Harris at:

FITHPREZ@GMAIL.COM or 805-368-2940

LADIES NIGHT OUT

Monday, February 23, 2026

Vicinos Local Italian

10999 N. Frank Lloyd Wright Blvd

Scottsdale, AZ 85259

Martini Mondays, \$8

Please join us for an evening of social time. Enjoy meeting new women, having great conversation, beverages, and food. Make your reservation soon. Guests invited.

When and Where: February 23, 2026 4:00-6:00 pm

(Deadline is February 16th, Noon)

Limit 40-No refunds-NO CASH

Cost **\$12**/person for food, drinks on your own.

Menu: Pasta, Caesar Salad and Dessert

The Best Way to sign up and pay with credit card and check below:

www.friendsinthehillsaz.org

Login (go to 3 bars on top)

go to **Events** page (scroll down)

Problems with sign-up?

Contact Vicki Johnson (webmaster)

fithwebmaster@gmail.com 316-644-4774

OR

All checks to be received by Monday, February 16th, NO CASH to: Friends in the Hills, P.O. Box 17358, Fountain Hills, AZ 85268 (include your email address)

Susan Slapke and Sheri McCurdy, Chairs

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OUT TO LUNCH

Come join us for lunch at North Italia on Tuesday, February 17th.

We'll meet at noon. Limit 10 so please RSVP to me as soon as possible.

Address is 15024 N. Scottsdale Rd, Scottsdale 85254

See you there!

Myra Smith

Myra3mia@gmail.com

OFF TO THE SHOW

COME FROM AWAY

The Phoenix Theatre Company

1825 N. Central Avenue

Phoenix, AZ

Sunday, March 1, at 1:30 PM

ABOUT THE SHOW

"A story of kindness in the face of tragedy, *Come From Away* is the true story of a small Newfoundland town that welcomed 7,000 stranded travelers after 9/11. As fear and uncertainty gripped the world, the people of Gander opened their hearts, forging unexpected friendships and proving that even in a soaring score and unforgettable storytelling, this Tony Award-winning musical is a deeply moving and unexpectedly joyful celebration of human, connection, resilience, and the extraordinary power of generosity,"

If interested, email Laura Moccia at lbmoccia@gmail.com

Payment will be required prior to January 26, (cash, mail a check, or Venmo)

Cell 913-370-2237

13 Premium tickets have been reserved

Group rate ticket price is **\$85.00** (with at least a group of 10)

MOUNTAIN BIKING

Join us for our February ride on **Tuesday, February 24.** Time and location is TBD, depending on when the most gals can ride and weather. We've been riding in the Scottsdale Sonoran Preserve, which so far has worked well for us!

If interested, please contact Sally Kelly; text to 612-328-7652 or satkelly7@gmail.com!

FOUNTAIN READERS

We had some good laughs at our January meeting discussing *The Emperor of Gladness*, where the overall concensus was that no one really loved the book. So we can only go up!

And speaking of 'up'our next meeting will be on **Thursday, February 19, at 4 pm, Sally's house.** We'll discuss *Atmosphere*. I'm looking for contributions for snacks and wine!

Any questions, please contact Sally Kelly at satkelly7@gmail.com. See you them!

BOOKS IN THE HILLS

This new book club meets the fourth Wednesday of the month at 12:30 pm, September through May. We read fiction books of all genres.

Club will rotate monthly at a hostess home.

Due to large amount of interest, this book club is full at this time.

Kelly Echard 314-307-2529

MAH JONGG PLAY—EVERY THURSDAY

(Beginner / Intermediate)

Gloria Hachikian hshglo@gmail.com 847-420-0876

Sheila Hagan snhagan55@gmail.com
312-206-8730

American Legion Post

We ask players to arrive by 12:15 PM so we can begin play at 12:30 PM.

This group is oversubscribed at this time and shall remain closed until further notice.

We would love to encourage anyone interested in forming a second group of beginners/intermediates to please do so.

POKER CLUB—1ST THURSDAY

Kathleen Sauser kschireb@cox.net 480-836-1293

THURSDAY, FEBRUARY 5TH 2:00 TO 4:00

This group meets monthly at the home of Kathleen Sauser, 17345 E. Baca Drive. Please call Kathleen if you are interested in attending.

PAPER CRAFTING—LAST TUESDAY

Honi Hershey honi_h2000@yahoo.com
480-628-0680

February 24, 2026 at 2:00 PM

We are a small group with varying levels of experience from beginners to advanced who enjoy getting together each month to make greeting cards. We use stamps, ink, and paper to complete at least three projects each time. NOTE NEW PRICE is \$15 per session. The fee that covers the project and supplies. Each session usually meets on the last Tuesday of the month at 2:00 PM. Space is sometimes limited. You may call or email Honi if you are interested in participating, to get more information, or to be placed on their email list.

SHORT HIKE

Co-Chairs for the Short Hike

Missy Putnam missy.putnam@icloud.com
414-379-7700

Kathy Helms khelms833@gmail.com
602-509-5879

The February hike will be the third Tuesday instead of the usual Wednesday this month due to the leaders conflicts.

Tuesday, February 17—Fraesfield Trailhead

This 3-mile loop hike will start at the Fraesfield Trailhead near 136th St and Rio Verde Dr in Scottsdale. We'll hike along the side of Fraesfield Mountain on the Whiskey Bottle trail, then return via the Dixileta and Black Hill trails. There will be 100 feet of elevation gain and about th3/4 mile of somewhat rocky terrain; the rest of the trail is wide and smooth. This is a less traveled area with sweeping vistas of the mountains and desert. The optional lunch afterwards will be at Arrivederci in Fountain Hills. Please email Kathy Helms at khelms833@gmail.com if you would like to sign up for the hike and let her know if you'd like to go to lunch.

18 HOLES OR SCRAMBLE GOLF

EVERY MONDAY

Cass Ritchey fithgolf@gmail.com 480-580-7992

Starfire Golf Club, Scottsdale

Every Monday, 7:50 AM

We will golf every Monday at 7:50 AM at Starfire Golf Club. The 18-hole was designed by Arnold Palmer and offers golfers a fun round! All levels are welcome, but you must be able to keep up with the pace of play.

Please use our golf email: fithgolf@gmail.com to be placed on our email list, or if you have any questions. Additional information can be found on our website.

SIP & SWIRL WINE—2ND TUESDAY

Linda Tornabene

Judy Crosby judy.crosby@gmail.com
480-225-6927



February 10th, 2026, 4:00—6:00 PM

Grapeables Fine Wines

12645 Saguaro Boulevard

(Fountainside Plaza)

NOTE: Sign-up begins with the receipt of the newsletter. Attendance is still being limited to 30, so book ASAP to be on the list. If you do not contact **JUDY** and receive confirmation—you should not attend.

We know that plans change, but please let us know if you are not going to be able to make it once you've been signed up and/or confirmed. No-shows wanting to attend the next month will be put on the waitlist.