

FRIENDS IN THE HILLS

SEPTEMBER 2026 ACTIVITY BULLETIN

Website: friendsinthehillsaz.org

Editor: Sally Gibbs

sallygibbs@cox.net

SEPTEMBER PRESIDENT'S MESSAGE

Welcome back to our snowbirds! Hope everyone has enjoyed their summer and is ready to get back into all the fun activities that Friends has to offer.

Our luncheons will be returning to the Fountain Hills Presbyterian Church Fellowship Hall this month and we have an exciting presentation from representatives of Spooner Physical Therapy. Get ready to move!

We have a volunteer to lead our short hiking group this year! Thank you, Debbie Wollenberg!

We have also found a volunteer to take on the job of maintaining our photo gallery on our website! Thank you, Debra Van Horsen!

Mark your calendars for our Holiday Party which will take place on December 12th at Eagle Mountain Golf Resort. \$55 per person and room for more than 100! Watch for further details in the bulletin in the months to come.

Hope to see you around!

Stephanie Harris

FITH President

EXTENDED HANDS FOOD BANK FOOD DRIVE

We will be having our yearly food drive for the Extended Hands Food Bank at our October luncheon. Please remember to bring food items or donations in the form of cash or checks to the luncheon on October 14.

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 fithpres@gmail.com, or Martha Craner at [480-837-2183](tel:480-837-2183) or email her at marthab911@gmail.com.

SEPTEMBER LUNCHEON

Our September luncheon will be held on Wednesday, September 11 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.

SEPTEMBER MENU

Meat and Cheese Lasagna

Mixed Vegetables

Salad

Bread

Tiramisu

MEMBERSHIP INFORMATION

Vicki Johnson

Phone: (316) 644-4774

Email: fithmembership@gmail.com

Membership dues for July 2026 through October 2026 are **\$20**. Membership dues will drop to **\$0** on November 1 for the remainder of 2026 but we request that new members pay the **\$35** dues for 2027 when they join. Friends in the Hills membership is still a great bargain.

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. There is a Newcomers Coffee in September. That is the best way for new members to learn about the club.

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

OUR SPEAKERS FOR SEPTEMBER

**John Kline, PT, DPT, FAFS, CSCS,
Clinic Director**

**and Abby McElroy from
SPOONER PHYSICAL THERAPY
will be coming to speak to us about
Chair Exercise**

I strive to provide exceptional care for every patient who walks through my door. To do so, understanding the entire biomechanical chain and how different body regions influence one another. My dedication to continuous learning has led me to complete numerous advanced education courses, ranging from specialized training in cervical spine treatment and headache management to in-depth studies on foot and ankle biomechanics and orthotic prescription.

I further deepened my expertise by becoming a Fellow of Applied Functional Science through the Gray Institute, and I hold advanced certifications in vestibular rehabilitation and dry needling. Drawing from my experience as a collegiate athlete and my current passion for running, I integrate my Certified Strength and Conditioning Specialization to help patients not only recover but also move and feel better than ever. My goal is to ensure every individual can confidently return to their desired activities with strength, efficiency, and resilience.

Outside the clinic, I spend my free time running, biking, and supporting the Sun Devils and Arizona Cardinals.

Also my Personal Trainer, Abigail McElroy, is coming too!

Abby is an Arizona native returning to the Phoenix area from Flagstaff after studying Fitness and Wellness at Northern Arizona University. Before joining Spooner Fountain Hills, she worked as a personal trainer, helping clients build confidence through movement and sustainable health habits.

Abby's passion for fitness began early, fueled by her involvement in sports throughout middle and high school. Her interest deepened when close family members faced health challenges leading her to explore the powerful role of movement in both prevention and healing. Today, she's a firm believer that exercise is essential to living a vibrant, healthy life, and she's passionate about helping others move, feel, and live better every day.

Outside the clinic or gym, you'll find Abby soaking up time with friends and family – likely hiking, exploring the outdoors, or discovering a new local coffee shop. She's also a foodie at heart who loves experimenting in the kitchen and finding new flavors around town.

LUNCHEON RESERVATIONS INFORMATION

Sue Manning Reservations Coordinator

sgmmanning@gmail.com 480-226-2187

The September 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 **FRIDAY BEFORE THE LUNCHEON**.

Reservations received after the **September 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 September 4. Cancellations must be made by 5:00 PM on Friday, September 4th 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 October luncheon while attending the September luncheon, please have the **exact amount**

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

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, September 16, 2026**

TIME: **10:00 AM**

PLACE: 13044 N. Northstar Dr., Fountain Hills.

Please RSVP to Barbara Cardinal,

brc39@aol.com 847-987-2211

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 help 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

We also have handouts on how to accomplish the following things on the website:

1. How to Reset or Change Your Password
2. How to Register for Ladies Night Out
3. How to Renew Your Membership Dues
4. Managing Registrations in Membership Works (for activity chairs)

If you're having trouble opening the Bulletin, you can download Adobe Acrobat Reader for free at:
<https://get.adobe.com/reader/>

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

THE FOUNDERS– 1ST WEDNESDAY

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

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

Wednesday, September 2nd, at 11:30 AM

LING & LOUIE'S ASIAN BAR AND GRILL

Shea Blvd @ 94th Street

Please email Heidi for a reservation!

BIRTHDAY BASH

Margarete Ripps msripps@yahoo.com

Gina Waldo ginawaldo@gmail.com

Get ready for cake, presents, and plenty of FUN! Come celebrate your birthday with Friends in the Hills! Each year we host four special birthday celebrations. Join us on **September 30th from 4:00–6:00 PM** as we celebrate everyone with birthdays in **July, August, and September**—now at a new Happy Hour time! Registration for the September Birthday Bash is now open.

Sign up and pay through the Friends website under Members Login/Events. Your \$5.50 ticket includes delicious appetizers, beverages, and of course, birthday cake! To add a little extra excitement, please bring a \$10 wrapped gift and take part in our always-fun gift exchange.

Come laugh, celebrate, and enjoy a festive Happy Hour with friends—we can't wait to celebrate YOU!

SINGLES SUPPER CLUB

September 17, 2026

George and Sons

11291 E. Via Linda

Scottsdale, AZ

Please contact me before September 14, 2026

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

**ALSO, THERE WILL BE NO SUPPER CLUB
IN OCTOBER OR NOVEMBER, AS I AM OUT
OF TOWN.**

BITS, BAUBLES & BEADS

(formerly Beading Buddies)

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

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

Welcome back!

Save the date: **September 22 (Tuesday)**

Time: 1:00

As mentioned in a previous bulletin we are making the teapots.

Cost: \$15—includes all supplies for this class with the exception of the teapots which will range in price from \$5 to \$10. You may bring your own but call me in advance and let me know what type of teapot you are bringing; there are certain criteria for the making of this craft. You are also welcome to secure your teapot in advance as there are some great vintage ones to choose from. No experience is necessary for the class as you will learn in 5 minutes how to do them. Don't say "I'm not crafty" as Jean and I can help you.



WEDNESDAY AFTERNOON TEA

SEPTEMBER 16, 2026

3:00 PM

Join us for "Afternoon Tea!" Coffee and more!

Bring home a dinner item or two as well.

PLACE: **Euro Café**

12625 N Saguaro Blvd

RSVP to Sally Elam if you can come.

sallyinarizona@gmail.com

MONDAY MORNING COFFEE

SEPTEMBER 28, 2026

10:30 AM

Join us for a morning out with "friends."

Have some coffee, tea, or a whole good breakfast.

PLACE: **Phil's Filling Station**

16852 E. Parkview Avenue

RSVP to Sally Elam if you can come.

sallyinarizona@gmail.com

BUNCO

SEPTEMBER 30TH AT 11:30 PM

Sue Manning sgmmanning@gmail.com
480-226-2187

PHIL'S FILLING STATION

16852 E. Parkview Avenue

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

DUPLICATE BRIDGE

Martha Craner marthab911@gmail.com
480-837-2183

SEPTEMBER 14, 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, SEPTEMBER 21, 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, SEPTEMBER 25, AT 11:30 AM

CAFÉ BLISS

16425 E PALISADES BLVD, STE 101,
FOUNTAIN HILLS, AZ

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

Please RSVP so I get a count of who will play.

Myra Smith myra3mia@gmail.com

If you don't play and want to learn, contact Myra.

EVENING SIGNATURE SOCIALS

We are excited to announce our '26-27' Signature Social schedule. Save the dates and be on the lookout for registration information in the bulletin as we get closer to each event. *****Please note the spring party date and theme have been changed due to unforeseen circumstances!**

- *Ghouls with the Gatsbys on Sunday, October 31st, 6:00—8:30*
- *Mardi Gras on Saturday, February 6th, 6:00—8:30*
- *Enchanted Garden Soiree on Saturday, April 10th, 6:00—8:30*

As always, members may bring 1 guest of their choice!

Cheers!

Marilyn ten Hope 480-457-9277
mtenhope@msn.com

Patricia Robinson 202-489-3615
patriciacarrollrobinson@gmail.com



Ladies Night Out

**Parkview Taphouse
16828 E. Parkview Ave.
Fountain Hills**



\$ 8

(Lemon Drop, Regular and Cosmos)

Monday, September 28th, 2026

Please join us to for an evening to gather with friends, meet new people and great conversation, beverages, and food. Bring a friend, but give us her name.

When and Where:

Monday, September 28th (deadline is

September 21st, Noon) NO REFUNDS

4:00 – 6:00 pm

Cost \$12/person for food, drinks on your own, \$8 Martinis/Margaritas

Various Heavy Appetizers

How 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

All checks to be received by Monday, September 21st to: Friends in the Hills, P.O. Box 17358, Fountain Hills, AZ 85268 (include your e-mail address and guest name)

Susan Slapke and Sheri McCurdy, Chairs

And as always....Mingle, Mingle...Mingle

CIRCLE OF NEW FRIENDS

Forth Friday Monthly Meetup
Eligibility 2022-2026



Please join us this month for lunch at Paul Martin's. And if we're lucky with cooler temperatures they have a beautiful patio.

RSVP to Ann by September 18 at

annvan@gmx.com

OUT TO LUNCH!

Hi everyone....we'll start the season with lunch at **Seoul Burger** on Tuesday, 9/15 at noon.

Address is 17149 Amhurst Dr., Fountain Hills, AZ 85268. Please RSVP to mel Limit as always is 12.

Myra3mia@gmail.com

FOUNTAIN READERS

We are currently full at this time

For any questions regarding the wait list, please contact Sally Kelly at satkelly7@gmail.com.

BOOKS IN THE HILLS

The Books in the Hills will resume on Wednesday, September 16th. The book club is full, but if you'd like to be put on a wait list, please email Kelly Echard: kjechard@att.net

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, SEPTEMBER 3RD 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

Martha Craner at marthab911@gmail.com.
480-773-0566

September 29, 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.



**Saturday, 12/12/26, 5:00—9:00,
Eagle Mountain Golf Resort**

\$55.00 per person

Cash Bar

**Appetizers served throughout the Evening,
Dancing and More!**

SIP & SWIRL WINE—2ND TUESDAY

Linda Tornabene

Judy Crosby judy.crosby@gmail.com

480-225-6927



September 8th, 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. Please note that no-shows without advising **Judy** prior to this event will not be able to attend the following month. We generally have a waitlist so thank you for understanding!

OFF TO THE SHOW!

SHORT HIKE-3RD WEDNESDAY

Debbie Wollenberg

Debbie.wollenberg116@gmail.com

847-903-2178

WE WILL BE ON HIATUS UNTIL THE FALL!

**WE WILL BE ON HIATUS UNTIL COOLER
WEATHER—OCTOBER OR NOVEMBER.**

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.

SAGUARO BOOK CLUB

The club continues to be full. If you wish to be on a wait list, please email

hwhatmough@cox.net