

## Stonegate Email News of 1-04-08

### **Hikers wanted.**

You can still sign up for the hike through the McDowell Mountain Preserve on Saturday morning, January 12. As of Wednesday, 16 had signed up, but there is no limit. They'd like all hikers to be there by 8:15AM to sign in at Lost Dog Trail parking lot on 124<sup>th</sup> street, north of Via Linda. The hike starts at 8:30AM. An experienced guide from McDowell Sonoran Conservancy will lead the 2.5 mile, two hour walk with mild to gradual elevations. To sign up, or if you'd like to arrange to carpool, call Ann Fitzpatrick, (480) 946-2255. To learn more about the preserve, check out [www.mcdowellsonoran.org](http://www.mcdowellsonoran.org).

### **Health and wellness group.**

Those who know Regal resident and Realtor Denise Zuzak are aware that she has been closely involved with health and wellness professionals for quite some time. She is organizing a non-profit health and wellness group whose first meeting will be **7PM Thursday, January 17** at the Stonegate Community Center. Her speaker that evening will be Annie Neiwenhous, who has credentials in exercise physiology, fitness and holistic nutrition. Denise hopes you'll come. If you have questions, call her at 602.743.0427 or email her at [Denise@ZGroupRealtors.com](mailto:Denise@ZGroupRealtors.com). She'll email you a detailed information sheet.

### **Contemporary cinema discussion group.**

The group will meet at 4PM Monday, December 7 to discuss two films: *Savages* and *Charlie Wilson's War*. This is a discussion group, not a class. No charge. All Stonegate residents are welcome.

### **Current events discussion group.**

They will meet at the Community Center at 4PM Wednesday, January 9. The topic is *energy independence: personal and political ramifications*. The last meeting drew 25 people!

### **Contemporary cinema classes.**

You can still sign up for the class which meets Mondays at 4PM, starting on January 21. Led by Ed Everroad and Judy Balan, there is a \$40 charge which covers all eight meetings. **The sign-up sheet is attached.**