

# Community Programs

DESERT FOOTHILLS LIBRARY  
MARCH 2019



MARCH IS DR. SEUSS MONTH!

**MARCH 2ND @ 2 PM**

Happy Birthday,  
Dr. Seuss!

FAMILIES CELEBRATE  
DR. SEUSS'S  
115TH BIRTHDAY  
ALL MARCH LONG

**SAT MARCH 9-30**

Saturday Morning  
Storytimes

Check out our  
new website!  
Find great  
information at  
**dfla.org**

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RESOURCES TO YOU ANY WHERE YOU ARE IN THE WORLD.

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Great Books. Great Prices.

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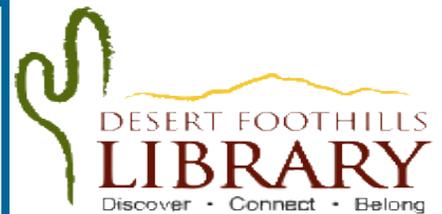
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### LIBRARY HOURS

Monday—Wednesday  
9 am—7 pm

Thursday  
9 am—8 pm

Friday  
9 am—6 pm

Saturday  
10 am—4 pm

Sunday  
11 am—3 pm



Find us on  
social media!



## Staff Showcase

## Susan Sullivan

**Your role at DFL:** Many things! 1. Passport Acceptance Agent 2. Materials Processor 3. Proofreader 4. Help process bookstore Amazon sales

**Where is your hometown?:** Galesburg, IL

**Where did you go to school?:** Pima Community College—A.A. in Computer Programming and University of Phoenix— B.S. in Information Systems



**Favorite movie?:** Four Weddings & a Funeral— Saw it for the first time on a red-eye to Ireland; great way to start the trip!

**Do you judge a book by its cover?:**

I'd like to think I don't, but...

**What's an ideal weekend for you?:** Curled up with a good book or movie, and a Cubs baseball game thrown in!

**What did you want to be when you were younger?:**

A librarian! Guess this is as close as I'll get.

**Do you sing in the car when you are alone?:**

Absolutely!

**What is the one thing you wish you knew how to do?:**

Play the piano.

**If you write an autobiography what is the title?:**

*Diehard Cubs Fan Living the Good Life in Arizona*

## Volunteer Spotlight

**How long have you been at DFL:**

20 years!

**Where did you grow up?:** Kansas City, MI and Lake Forest, IL

**What did you do in your career?:**

Interior design (You should see her fabulous style!)

**If you could have one super power,**

**what would it be?:** No suffering!

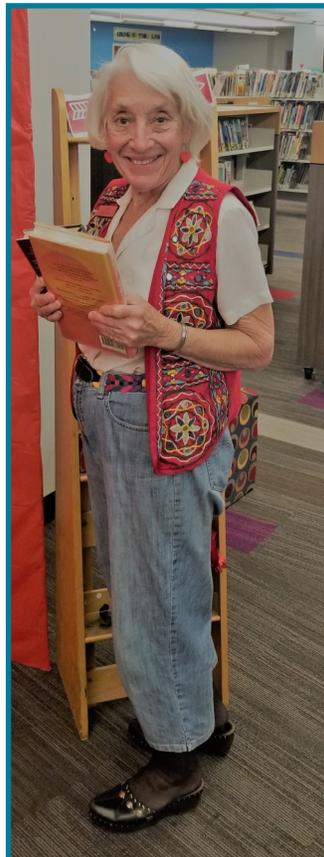
**What would be the title of your**

**memoir?:** *Life is Full of Adventures at Every Turn*

**What is your favorite part of**

**volunteering at DFL?:** Visiting with patrons and the volunteers I work with.

**What is your hidden talent?:** I made yearly travel collages!



## Peggy M.

**If you could invite three people, dead or alive, to a dinner party who would they be and why?:** Edith Wharton because I love her novels, my sister who is a great reader, and my niece who teaches graduate student English and American early 19th century woman writers. (both of them live in France!)

**What is your favorite book or movie?:**

Murdock Mysteries

**What do you love to do when you are not at the library?:**

I love to go to the YMCA to exercise and play Hand & Foot card game.

We could not bring resources, fun events, and a welcoming library without  
**OUR VOLUNTEERS.**

Come meet the amazing people who make this library great.

# YOUTH & FAMILY PROGRAMS

## March is Dr. Seuss Month!

March 2nd is Dr. Seuss's 115th Birthday! Desert Foothills Library will celebrate Dr. Seuss's Birthday throughout March 2019 with a full month of Dr. Seuss themed programs. Call (480) 488-2286 to register for all programs, drop-ins also welcome.



## Dr. Seuss Programs

### Happy Birthday, Dr. Seuss!

*Saturday, March 2 • 2:00-3:30 p.m.*

Join us for a special Seuss-tastic birthday party celebrating Dr. Seuss's 115<sup>th</sup> Birthday. Our Birthday Seuss-ebriation will kick off an entire month of Dr. Seuss events and programs including special storytimes on Saturdays March 9-30. Our party will feature performers, activities, facepainting, and cake!

At Desert Foothills Library, we care about early literacy and education and want to celebrate Dr. Seuss and his much loved stories with a birthday party and we hope to see you there! Call (480) 488-2286 to register.

### Dr. Seuss Month Storytimes

*Saturdays, March 9-30 • 10:30-11:30 am*

Each Saturday morning from March 9-30 during the month of March will feature a special guest at a Dr. Seuss themed storytime! Our guests will be reading a favorite Dr. Seuss book. Each storytime will be followed by a Seuss-mazing snack and our March 9th storytime will include breakfast.

Special guests will include:

March 9: Carefree Town Councilman Mike Krahe followed by Green Eggs & Ham Breakfast\*

March 16: Phoenix Herpetological Society

March 23: Cave Creek Firefighters

March 30: Mother Goose Reads Dr. Seuss

*\*Please call (480) 488-2286 to register for our March 9th storytime to ensure we have enough breakfast for everyone.*

### Seuss & Snacks

*Tuesday, March 12 • 4:00-5:00 pm*

Kids of all ages and families are invited to enjoy a Seuss-tastic snack and enjoy a game or activity at Desert Foothills Library. This all ages family event is sure to be a blast! Call (480) 488-2286 to register to ensure we have enough snack, drop-ins welcome.

### Family Movie Night: The Lorax

*Wednesday, March 20 • 4:30-6:15 p.m.*

Join us for an imaginative family film, The Lorax, based on the well loved Dr. Seuss children's book. Children of all ages and families welcome. This film has a PG rating and movie runtime is 93 minutes.

*Photo copyright Universal Studios.*



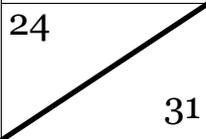
### "If I Ran the Zoo" Paw Pals Literacy

*Friday, March 29 • 11:00 am - noon*

Please call to register for this fun event for kids age 3-7. We will be practicing math and literacy skills and have a visit from Sophie, a certified therapy dog. Children are invited to spend time with her and practice reading their favorite Dr. Seuss story to her. Snack provided. Siblings are welcome. Please call (480) 488-2286 to register, or drop-in for a fun time.



# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 2:00 PM Happy Birthday, Dr. Seuss!
3	4	5 9:45 AM Storykids	6 1:00 PM Little Builders	7 10:00 AM Lapsit	8	9 10:30 AM Dr. Seuss Storytime
10	11 11:00 AM Sensory Playdate	12 9:45 AM Storykids 4:00 PM Seuss & Snacks	13	14 10:00 AM Lapsit	15	16 10:30 AM Dr. Seuss Storytime
17	18	19 9:45 AM Family Yoga Storytime	20 4:30 PM Family Movie: The Lorax	21 10:00 AM Lapsit	22	23 10:30 AM Dr. Seuss Storytime
24  31	25	26 9:45 AM Storykids	27	28 10:00 AM Lapsit	29 11:00 am Paw Pals	30 10:30 AM Dr. Seuss Storytime

## Regular March 2019 PROGRAMS

### Little Builders

Wednesday, March 6 • 1:00-2:00 pm

Join us for 1 hour of constructive free play for preschoolers to age 6. We will have a variety of building toys and manipulatives available. Building and manipulating objects expands imagination, encourages cooperation, develops problem-solving and fine motor skills, and teaches focus and patience. No registration needed.

### St. Patrick's Day Yoga Storytime

Tuesday, March 19 • 9:45-10:30 am

This family yoga storytime is perfect for St. Patrick's Day fun! No experience necessary but come dressed to move. This class, taught by our favorite mom and daughter yoga teacher duo, Crystal and Maddie, will include music, movement, and yoga poses. No registration necessary.

### Sensory Playdate:

#### Montessori Inspired Play

Monday, March 11 • 11:00 am - noon

The Desert Foothills Library offers preschoolers ages 2½ to 6 an opportunity to play with other children in an environment featuring art and sensory experiences. Activities include our water table, tactile art, board books, and pop up tent. Montessori is a method of education that encourages self-directed activity, hands-on learning and collaborative play. No registration needed.

### Storytime @ Desert Foothills Library

#### Storykids Family Storytime

Tuesdays, March 5, 12, 19, 26 • 9:45-10:30 AM

Children 2-6 and families are encouraged to join us for a 30-45 minute storytime featuring music, movement, craft & stories. Siblings are welcome. March 19<sup>th</sup> will be a special family yoga & St. Patrick's Day storytime with our favorite mom & daughter yoga teachers, Crystal and Maddie.

#### Lapsit for Babies and Toddlers

Thursdays, March 7, 14, 21, 28 • 10-10:30 AM

Geared to children 10 months to 3 years, join us for a fun 25-minute romp with music, books, rhymes, fingerplays, and bubbles.

# Dr. Seuss Month @ Desert Foothills Library

**Cave Creek and Carefree Mayors sign joint proclamation: March 2<sup>nd</sup> 2019 is Dr. Seuss Day at Desert Foothills Library.**

Carefree Mayor Les Peterson and Cave Creek Mayor Ernie Bunch signed a joint proclamation declaring March 2nd 2019 Dr. Seuss Day at Desert Foothills Library.

This proclamation recognizes Desert Foothills Library's ongoing commitment to promoting children's literacy and offering resources and programs that promote and support reading in our community.

**Children of all ages and families are invited to celebrate the 115th Birthday of Dr. Seuss with our March 2nd Birthday Party at Desert Foothills Library!**

Our March 2nd event kicks off an entire month of programs celebrating Dr. Seuss, including Saturday morning storytimes March 9-30 and several additional events.

These programs are sponsored by Arizona non-profit First Things First and local family Diana and Richard Deely.

Desert Foothills Library is grateful for the support of our sponsors and the mayors of Cave Creek and Carefree.



## PROCLAMATION

**WHEREAS**, the residents of Cave Creek and Carefree, Arizona are committed to the advancement of reading as a method for children's academic development and personal advancement; and

**WHEREAS**, Desert Foothills Library has been and continues to be an advocate for children's literacy in our communities; and

**WHEREAS**, the birthday of Dr. Seuss on March 2, 2019 is being celebrated by the Desert Foothills Library as an opportunity to further childhood reading programs in our communities; and

**WHEREAS**, Cave Creek and Carefree, Arizona join in this effort to continue to promote childhood reading by recognizing March 2, 2019 as "Dr. Seuss Day"; and

**WHEREAS**, we the Mayors of Cave Creek and Carefree, Arizona extend the best wishes of our citizens to the children of Whoville enjoying Dr. Seuss Day at the Desert Foothills Library on Dr. Seuss Day and encourage the citizens of Cave Creek and Carefree to join in this celebration of Dr. Seuss' Birthday.



Pictured from left to right:  
Board Member Joanne Rebollo, Carefree Mayor Les Peterson, Cave Creek Mayor Ernie Bunch, Executive Director David Court

*Dr. Seuss photos courtesy of Pat O'Brien*

# ADULT PROGRAMS

## SPECIAL OFFERINGS

### Yappy Hour to Benefit Puppy Luv Animal Rescue

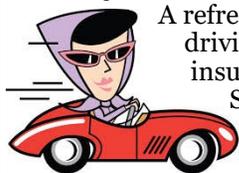
Sunday, March 3 • 11 am-1 pm

Mimosas & iced tea for humans, treats for the pups...Join us, with your dog (or just because you're a dog-lover), mingle on the Waterfall Terrace & enjoy hearing amazing live music for a good cause. We'll also be collecting donations for Puppy Luv Rescue. Here is a small list of items you could bring to donate: dog treats (soft, jerky and biscuits), cat treats, canned chicken, tuna, sardines and salmon, canned pumpkin, peanut butter, Cheerios (plain), puzzle feeders buckets that can hold 1 gallon or more (not have contained chemicals). No registration.



### AARP Driver Safety Program

Saturday, March 9 • 10 am-2 pm



A refresher course in driver safety and driving skills. Learn new driving techniques, rules of the road, defensive driving & how to minimize distractions. Materials are included. Completion of course may entitle you to auto insurance discount (check with your insurer). Bring a sack lunch. Class limit to 20. Questions: call instructor

Scott Rexinger at 480-575-3152. **Registration required:** 480-488-2286 or online at [dfla.org](http://dfla.org).

**Pay instructor at class:** \$20; or \$15 with AARP member card (checks only). Plus \$5 cash to Desert Foothills Library.

### Sri Lanka

Wednesday, March 13 • 3-4:30 pm

Lying off the southern tip of India, the tropical island of Sri Lanka has been colonized by the Portuguese, the Dutch, and British before achieving independence in 1948. Devastated by their civil war of 25 years and the tsunami of 2004, Sri Lanka is not on the road to recovery. David Reesor became interested in photography when his parents gave him a Brownie Hawkeye camera for his 8th birthday. He has gone way beyond the Hawkeye camera since then, & with his digital knowledge, he is able to put together a show that is very creative as well as instructive. **Register:** online or 480-488-2286.



### Learn How-To with Karsten's Ace Hardware (3<sup>rd</sup> Tuesdays)

Tuesday, March 19 • 2-3:30 pm



Do you binge-watch HGTV and feel motivated to find your own at home projects and fixer uppers? Each month Karsten's Ace Hardware will be providing How-To demonstrations to help you find tidbits and techniques to help around your home! **This Month:** Veggie Garden Planting. **Register:** online or 480-488-2286.

### Our Lands in Arizona Who manages them, who can use them and how?

Wednesday, March 27 • 5-8 pm

Desert Foothills Land Trust & Desert Foothills Library invite you to join us for a free presentation by State, Federal, & local agencies that manage Arizona open lands. Don't miss this opportunity to meet representatives from the State Land Department, Tonto National Forest, Bureau of Land Management & Desert Foothills Land Trust. Learn about the differences between State Trust lands, public lands, preserved lands & their recreation or use opportunities. This is your chance to get the answers during an open panel discussion driven by questions from the audience. Doors open at 5 pm for an opportunity to visit resource tables, collect information & talk one-on-one with representatives from the presenting agencies prior to the presentation. This event is free, but space is limited.

**Register to attend:** [www.dflt.org/our-lands-in-arizona](http://www.dflt.org/our-lands-in-arizona) or 480-488-6131.



### The Life of a Riverboat Captain

Friday, March 29 • 2-3:30 pm



Attendees of this presentation will learn numerous details about how towboats that move barges from location to location on America's rivers function. Information about daily life aboard towboats will be presented, & participants will see video segments & hear Tom Struve explain towboat navigation being performed from the point of view of the pilothouse. Tom spent more than two decades as a professional captain of towboats on rivers, primarily "sailing" in the Midwest. Tom loves sharing towboat and river stories and anecdotal information. **Register:** online or 480-488-2286.

### Non-Invasive, Non-Operative Alternative Treatment to Joint Replacements

by Sterling Structural Therapy

Wednesday, March 27 • 11 am-12:30 pm

Even if you have an MRI that shows complete bone on bone, you might not need surgery. Joint replacement is not the only possible answer. Find out about a new innovative approach that is non-invasive & non-pharmaceutical, an approach that can give you back range of motion and eliminate pain, without the need for surgery and get you back to a healthy active lifestyle. **Register:** online or 480-488-2286.



# ADULT PROGRAMS

## FOR THE LOVE OF BOOKS & WRITING

### Your Life is a Story with Author Duane Wiltse

Friday, March 1 • 3-4:30 pm **and** Tuesday, March 12 • 6-7 pm

While *Gittin' Western* is a true adventure of body, mind, & spirit, *Legacy* is a novel based on true events, places, people, & horses Wiltse knew in Cody, Wyoming during the 1970's and 1980's. Join Author Duane Wiltse for a lively discussion of stories of true life & his fictionalized western world. **Register:** Online or call 480-488-2286.



### Writer's Connection

Friday, March 1 • 1-3 pm (1st Fridays)

Today's world is literally at a writer's fingertips. A few keyboard strokes open the internet information gates to help you create stories that are distinctively credible & compelling. **This Month:** Dan Baldwin – A Lesson and a Warning from a Paranormal Investigator. The author will discuss writing about the world of psychic detecting, ghost communication, the realities of psychic detecting & paranormal investigation, concluding with a warning lesson on the dangers of co-authoring based on his experience. He has authored Western novels, mysteries, short story collections, and a political/crime thriller. He is also the ghostwriter of more than 50 books. **Register:** online or 480-488-2286.

### Literate Foodie Club

Monday, March 4 • 12:30-2:30 pm (1st Mondays)

Love food, books, cooking and conversation? We will explore all these and more. **Topic:** "FEAST: Recipes & Stories from a Canadian Road Trip". It's a wonderful odyssey.... Two food-and-adventure-loving friends, five months, over 22,800 miles into all ten provinces and ten territories! LOTS of fun, and lots of great (some unusual!) recipes from Canadian cooks, restaurateurs, bakers, farmers and chefs. Facilitated by Dana Rakinic.

**Questions:** danarakinic@gmail.com. **Register:** online or 480-488-2286. **Cost:** \$10.



### Memoir Writers' Group



Monday, March 11 • 10-11:30 am (2nd Mondays)

Are you writing a memoir, personal essays or creative non-fiction? Join our group to share stories and receive constructive feedback. All levels welcome. Organized by Elena Pavlova. No registration.

### Library Book Club

Thursday, March 14 • 10 am-Noon (2nd Thursdays)

Join a discussion of *Before We Were Yours* by Lisa Wingate. Everyone is welcome! No registration.



### Literary Salon

Thursday, March 21 • 10 am-Noon (3rd Thursdays)



An informal discussion of books, film, and theater. Led by a facilitator. No requirements to read or see any particular book, film, or play. Everyone is invited to share ideas and reflections on the selected theme. **Topic:** Whither Weather? We will focus on weather as an actual or metaphorical plot device in books and film -- pondering fiction and nonfiction that especially hinge on meteorological phenomena and their consequences. Consider dramatic, historical, scientific, adventure, sci-fi, and romance works: what aspects of weather make your favorites stand out? Do the best ones always feature wind or snow, or are we just glad to live here? No registration.

### Unique Libraries Are All Around Us

Friday, March 29 • 11 am-Noon

Join your Librarian Ashley for a unique program all about personal libraries! This is an interactive program to show off what type of libraries we have in our homes, work, and anywhere else! Please send photos and a description of your bookshelf to Ashley Ware at aware@dfla.org or drop it off at the library. We will have a lively discussion about our personal bookshelves and how they came to be in our lives. **Questions:** Contact Ashley at aware@dfla.org or 480-488-2286. **Register:** online or at 480-488-2286.



## WELL BEING

### Death Café

Wednesday, March 6 • 12:30-2:30 pm



Death Cafe is a gathering to talk about death and dying. The aim is to increase awareness of death to help people make the most of their (finite) lives. This global, non-profit movement began in London in 2011: to date, more than 7,000 Death Cafes have been held in 63 countries. Death Cafe does not promote beliefs, agendas, or products, nor is it a bereavement or grief support group. Come for open, respectful, interesting conversation about topics relevant to all of us but often considered "dark" or even taboo. For information go to [www.deathcafe.com](http://www.deathcafe.com). Refreshments served. **Register:** online or 480-488-2286.

# MUSIC and the SILVER SCREEN

## Music @ the Movies

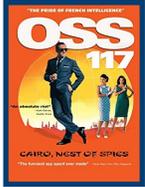
Thursday, March 7 • 2-5 pm (1<sup>st</sup> Thursdays)

Join us for a celebration of movie musicals! Hosted by music enthusiast, Annis Scott

**This Month:** *Carmen Jones* - an adaptation of Bizet's opera, *Carmen*, tells the story of the young, free spirited Carmen Jones (Dorothy Dandridge), whose great beauty is the object of many men's desires. However, Carmen sets her sights on young army officer, Joe (Harry Belafonte), who is engaged to Cindy Lou. Joe quickly succumbs to Carmen's charms, thus beginning the tragic love story. 108 minutes. No registration.



\*The following two movie events feature a post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.



## International Film: French Cinema\*

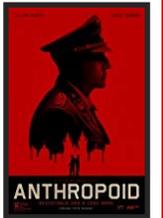
Friday, March 8 • 3-5 pm (2<sup>nd</sup> Fridays)

Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture and country and yet, at the same time, linking a thread of humanity that stretches across the globe. **This Month:** *OSS: 117 Cairo*. **Register:** online or 480-488-2286.

## Cinematic Reflections: Little Known Stories of World War II\*

Friday, March 15 • 3-5 pm (3<sup>rd</sup> Fridays)

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that war -- stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men & women who made World War II modern history's seminal event. **This Month:** *Anthropoid*. **Register:** online or 480-488-2286.



## Music Appreciation

Thursdays, March 14 and March 28 • 4-5:30 pm

Fran Rosenthal, Music Enthusiast, will educate and entertain, as she takes us on a tour of music throughout our history. **Topic:** March 14 – Italian Opera March 28 – Classical Romantic.

**Register:** online or 480-488-2286.

## Barbara LaMarr: The Girl who was too Beautiful for Hollywood - An Encore Presentation

Saturday, March 30 • 11 am-1 pm

Sherri Snyder, actress, writer, and author of *Barbara La Marr: The Girl Who Was Too Beautiful for Hollywood*, portrays silent screen legend Barbara La Marr and then lectures about her, detailing Barbara's often scandalous life from humble beginnings to tragic death at twenty-nine in 1926; her banishment from Los Angeles at 17 for being "too beautiful"; her notable careers as dancer, vaudevillian, screenwriter and actress; her impact upon cinematic history; and her fierce determination to forge her own destiny amid the constant threat of losing it all to scandal and death are spotlighted. A question and answer session & book signing follow the performance & lecture. **Register:** online or 480-488-2286.



## Monday Movies at the Library

Every Monday • 2:30 pm

New Releases, with a Foreign Film once each month! Check our website [www.dfla.org](http://www.dfla.org) for titles. No registration.



## Drive-In Movie Theater

Every Thursday • 5 pm (No movie March 7)

Do you miss parking your vehicle, grabbing popcorn & reclining back to watch the golden movies of yesteryear? Well, the Library might not be your typical drive-in movie theater but we can help with good, classic movies crafted from the early years of film up to the 1980's but nothing beyond that! Reminisce with your old favorites and enjoy great films before billion-dollar productions, Netflix, or Redbox! No registration.

## SPANISH

## Intermediate Conversational Spanish

Every Wednesday • 10:30 am-Noon

Informal chat session using various books, flashcards, etc. No instructor. No registration.



# ADULT PROGRAMS

## ONGOING HEALTH AND FITNESS



### Gentle Yoga

*Every Sunday and Wednesday • 11 am–Noon*

You are only one class away from a good mood! Slow poses begin to strengthen your heart and bones, improve balance and sharpen your mind. *Bring a yoga mat and light blanket.* **Questions:** contact Marina Kachur: [yokama14@gmail.com](mailto:yokama14@gmail.com) or 480-510-6572. **Cost:** \$8 cash, pay each class.

### Yoga Inspired Soul Play

*Every Monday • 9:15-10:30 am*

A hybrid yoga class for all levels; yoga styles infused with play-bringing us to our true inner child space. Movement of dance for body awareness of strength, balance, resilience & flexibility. Meditation - Guided visualizations, energy, & breath flow, use of voice via chant. **Questions:** Jennifer Mathews, [jen72mathews@yahoo.com](mailto:jen72mathews@yahoo.com) or 480-707-8377. **Cost:** \$8 paid to instructor at beginning of class.

### Yoga Fusion (Intermediate level)

*Every Thursday • Noon–1 pm*

This intermediate-level course starts with breathing exercises, stretching moves and then move into Vinyasa or Flow yoga, standing sequences and balance exercises. 5 minutes of Savasana ends the class. **Questions:** Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com). **Cost:** \$8 cash, pay to instructor at each class.

### Qigong/Tai Chi

*Every Friday • 9–10 am*

A discipline that can be practiced & benefits gained at any age – you are never too old! Blend Qigong and Tai Chi, with deep breathing, repeated gentle motions and stretches to improve health, balance, agility & flexibility. Wear loose clothing, bare feet. **Questions:** Bina Bou at [bina.b75@gmail.com](mailto:bina.b75@gmail.com) or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.

### Guided Meditation

*March 6, 20 • 4:45–5:45 pm (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays)*

Experience stress release and deep relaxation through a guided meditation call Yoga Nidra. *Please bring a yoga mat or blanket.* **Questions:** Payton Cooper at [studiomagic@cox.net](mailto:studiomagic@cox.net) or 480-563-1142. **Cost:** \$8 cash, pay instructor each class.

### Practical uses of Reiki

**Various Energy Modalities in Meditation, Relaxation, Healing, Health, and Overall Self-Care**

*Wednesdays, March 13, 27 • 10:30-11:30 am*

A discussion explores the energy body & how it functions & the effects this unseen energy force or body and how you use it. We will play with body energy to learn how to control it to consciously use the energy that makes up all that is you. **Questions:** Contact instructor Karen Cimaglia: [rockinvibs21@gmail.com](mailto:rockinvibs21@gmail.com) or 602-721-7714. **Cost:** \$8 cash, pay to instructor at each class.

### Natural Body Movement

*Sunday, March 17 • 1–2:30 pm (3<sup>rd</sup> Sundays)*

Classes are a gentle approach to movement. Emerge from mindfulness, learn to trust the body's sensations while increasing strength, flexibility & mental clarity. Release stress, tension & chronic pain. *Bring a light blanket.* **Questions:** Judah Page at [judah.page@gmail.com](mailto:judah.page@gmail.com) or 602-931-2865. **Cost:** \$20 cash, pay instructor each class.

## MONTHLY SUPPORT GROUPS

**Led by Hospice of the West facilitators**

**No registration.**

### Caring for the Caregiver

*Monday, March 4 • 10-11:30 am (1<sup>st</sup> Mondays)*

Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

### "The Healing Pathway" After Loss of a Spouse or Partner

*Mondays, March 11, 25 • 9:30-11 am (2<sup>nd</sup> & 4<sup>th</sup> Mondays)*

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.



## ART & SOUL

### Craft N Chat

*Mondays • 1-3 pm*

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating & good conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome! No registration.



### Art Critique presented by the Sonoran Arts League

*Monday, March 11 • 4-5 pm*

Research validates that group critiques contribute to artist development. This monthly opportunity for a group look at your work is open to all artists and the general public. Feedback will be honest & candid. Format is group talk. Our goal is to help us evolve & think about our work in a constructive manner. Bring 1-2 pieces of work that would benefit from feedback. **For more details or questions**, contact the Sonoran Arts League office at 480-575-6624 or [info@sonoranartsleague.org](mailto:info@sonoranartsleague.org).

### Contemporary Art Exhibition with cell phone/URL provided discussion by each work

*Continuing through March 22 • Library Hours*

Artists from around the Valley, members of the prestigious Sonoran Arts League, which also sponsors the Youth Art Show in the Youth area of the Library, will be presented. Use the URL next to the art to hear the artist discuss the work. Listening will show why "your 5-year old cannot do that!" Educating our community about art is our primary goal in these Library Gallery Shows.

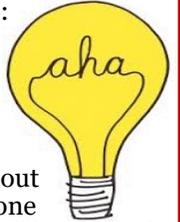


## TECHNOLOGY & DIGITAL SUPPORT

### Teen Tech Help Desk

*Saturdays, March 2, 16 • 10 am-Noon and Saturday, March 23 • 10 am-1 pm*

Get help with many of your technology needs; e-mail accounts, apps, and downloading e-books, setting up devices, Windows 10, websites and more! Bring your device or use a library computer to get your questions answered. **Contact:** Brandon: 480-695-2638 or Imogen: [imogenbrooks01@gmail.com](mailto:imogenbrooks01@gmail.com) for more information. No appointments needed; 1st-come, 1st-served.



### E-Media & Library Digital Content Help

*Every Tuesday • 10-11 am*

Downloading eBooks & eAudiobooks can be easy through the library's digital collection! Drop-in with questions about Overdrive, RB Digital, or any of the apps the library offers. We will show you how to download the apps to your phone or tablet and how to navigate the digital collection. No question is too small! Please bring your device and have your library card ready! For Apple users your Apple ID will be needed. No registration.

## FINANCE

### AARP Foundation Tax-Aide Help

*Tuesdays, March 5-April 9 • 10 am-4 pm*

**Sign up for an appointment** to have your income taxes prepared for free. **You must come in person** to sign up & receive your questionnaire. No appointments will be made by phone. Appointments are available for all Tuesdays from March 5 to April 9. This program benefits people of all ages regardless of income. **Register:** any Tuesday March 5—April 9.

### Retirement Planning Workshop by Chris Nolt of Solid Rock Wealth Management

*Tuesday, March 12 • 10:30 am-Noon*

This is an interactive workshop in which you will learn how to: bypass taxes on the sale of appreciated property, create portfolios that out-perform the market without trying to outguess it, avoid 5 common mistakes people make in retirement, maximize tax savings under the new tax reform act and generate rental income with long-term leases guaranteed by the U.S. Government. Attendees will receive a free copy of Chris' book: *Financial Strategies for Selling a Farm or Ranch*. **Register:** 480-681-0333.

### Wills & Trusts 101 - Estate Planning Workshop by Pavlik Law Firm PLC

*Saturday, March 16 • 10:30-11:30 am*

Nicole Pavlik hosts a small group setting for men and women to learn the essentials of Wills, Trusts, and Probate. Learn about Last Wills and Testaments, Probate, Trusts, Executors/Successor Trustee and Beneficiary designations. Attendees will have the opportunity to actively learn, plan and ask questions in a supportive, engaging environment. **Register:** 480-488-2286 or online.

### Practical Estate Planning by Premier Documents

*Thursday, March 21 • 6-7 pm and Tuesday, March 26 • Noon-1 pm*

Estate Planning has nothing to do with the size of a person's bank account and other assets. It has to do with having control over personal and financial decision making. Ensuing that someone you trust can step in and make decisions on your behalf. Join Premier Documents to learn more about Estate Planning in this free program. For more information go to [premieraz.net](http://premieraz.net) or call 602-371-8898. **Register:** online or 480-488-2286.

# TEEN PROGRAMS

## Volunteering @ Desert Foothills Library

Complete service hours  
Gain valuable experience  
Have fun!

### Volunteer Opportunities:

- Regular 2 hour shifts available
- Help with events
- Shelve books and organize
- Create displays and decorate
- Tutoring opportunities

**FOR MORE  
INFORMATION**  
Contact Erin Meadows  
Email [emeadows@dfla.org](mailto:emeadows@dfla.org)  
or Call (480) 488-2286

## BOOK CLUB

### Teen Book Club

Join us for our Teen Book Club meeting! Meet new friends, eat snacks, and discuss the book we are currently reading. We meet once a month on a Monday at 6 PM. Check the online calendar, email [info@dfla.org](mailto:info@dfla.org), or ask a staff member about the next book club event.

## VOLUNTEER

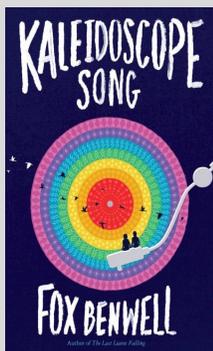
### Volunteer & Teen Task Force

Volunteering at Desert Foothills Library is a great way to give back to your community and gain service hours, as well as being a great experience! Come into the library or call (480) 488-2286 for more information about volunteering.

In addition, join our Teen Task Force to plan programs, share ideas, and cultivate our teen space. Check the calendar for upcoming meetings!

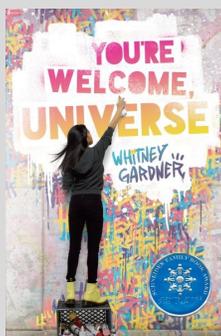


**The Cold is in Her Bones**  
One girl must uncover secrets of the past to save her friend from a terrible curse in this dark and mesmerizing story of love, revenge, and redemption.



**Kaleidoscope Song**  
A young black woman in South Africa falls in love with another woman, bonding over their love of music in this haunting story.

### Judge a book by its cover... Teen Picks for March

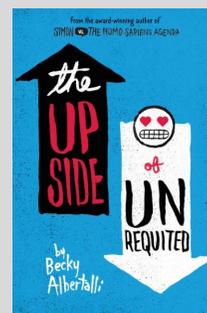


#### You're Welcome, Universe

Julia finds a slur about her best friend scrawled across the back of the Kingston School for the Deaf. When she covers it up with a beautiful (and illegal) graffiti mural, she has to face the consequences.

#### The Upside of Unrequited

Tired of crushing with no kisses, 17-year-old Molly decides to take a chance on love. Molly's 26 crushes have all been unrequited— but have they, really?



#### One of Us is Lying

When one of five students in detention is found dead, his high-profile classmates are investigated and revealed to be the subjects of the victim's latest gossip postings.

Desert Foothills Library  
38443 N Schoolhouse Rd.  
Cave Creek, AZ 85331  
(480) 488-2286  
[www.dfla.org](http://www.dfla.org)  
#EnrichingYourCommunity