HOLIDAY SEASON
STRESS MANAGEMENT
Wednesday, December 14 • 4:30-5:30 pm
Overwhelmed yet? We’ll discuss some holiday stressors and how to deal with them—followed by a 25 minute guided meditation, where we’ll rest on the floor with closed eyes. Or, if you prefer, you may sit in a chair.
Please bring a yoga mat or blanket.
Crafty Card Making
Saturday, December 10 • 10:30-12:30 pm
Join in the fun with Card Maker Melissa Sundt, who will have all the supplies cut and ready, and will help guide you in making Holiday cards. You’ll learn new stamping techniques and how to use all kinds of new supplies. Don’t worry if you feel you are not creative—it’s a class for everyone! Bring double-sided adhesive tape, or purchase at the class for $3. Email instructor at melissasundt@gmail.com with questions.
Registration Required by Wednesday, December 7, to allow time for preparing class supplies: 480-488-2286.
Cost: $15.00.
The Happy Hookers
Do you knit, crochet, or make another needle or table craft? Join The Happy Hookers monthly for companionable creating and conversation! No registration.
ADDITIONAL LIBRARY SERVICES
• Extensive calendar of children, teen and adult programs
• Patios for quiet outdoor gatherings
• More than 50,000 books & 5,000 audio & books & movies
• Botanic garden with the Desert Foothills Land Trust
• Meeting study rooms & reasonable rates
• Free Wi-Fi and high-speed internet
• Inter-library loan service
Details at www.dfla.org
DESERT FOOTHILLS LIBRARY
THE LITERATE FOODIE CLUB
Potluck Luncheon
December 5 • 12-2:30 pm (1st Mondays)
Love food, books, cooking and conversation? We will explore the World War II history of the culinary arts. Everyone is invited to bring a contribution of a special dish with recipe. The reading: Assignment is A Christmas Memory by Truman Capote. Facilitated by Dr. Mona. Questions? Contact danaznak@gmail.com. Limited space. Register early! 480-488-2286. Cost: $5.
MONTHLY SUPPORT GROUPS
Lett by Hospice of the West facilitators. No registration.
Caring for the Caregiver
Monday, December 5 • 5 - 10:30 am (1st Mondays)
Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5 years. Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5 years. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. Register with Andrea Korff at 480-650-5299. Cost: $75.
2-Day Refresher Course
December 14 • 9:00 am – Noon
Mahjong Club
Every Tuesday • 1–4 pm
Must have basic knowledge of the game. Limited Space.
Registration required: Andrea Korff at mandakorff@cox.net or 488-650-5199.
Cost: $4 cash/session. Pay Andrea Korff at class.
SPANISH OFFERINGS
Intermediate Conversational
Every Wednesday • 10:30 am–Noon
Informal chat session on books, flashcards, etc. Some weeks may feature a half-hour episode of the Destinos DVD series, followed by discussion in Spanish. No instructor. No registration.
Spanish Classes
New session begins January/February.
Instructor Alina Lowen is a native speaker with 30 years’ experience. Call Alina directly to discuss your appropriate class level: 480-595-5000. Limited class sizes. Registration required at least 2 days prior to class start: 480-488-2286.
Cost: $54 for 6-week series
COMPUTER/TABLET CLASSES
Windows 10 Overview
December 8 • 9:30-11 am (1st Thursdays)
Microsoft has a new Operating System! Come and let us show you what’s new and how to use it. Even if you don’t have your 10 pre-installed, you may bring your own laptop or Apple iPad.
Password Management & Security
December 15 • 9:30–11 am (3rd Thursdays)
Do you despise a million passwords? Worried about credit card fraud? Has someone called you about your computer being hacked? Is your data safe? Show up and we’ll explain all of this and more! Lecture and handout provided; no computers.
TO CUBA WITH LOVE
Wednesday, December 7 • 10-11 am
Independent and international traveler, Paula Callison, has visited over 100 countries. Through photographs and published articles, Paula will focus on tourism, art, culture, education, organic farming, and the trade embargo in Cuba. Paula has worked in Switzerland on an AIESEC traineeship, attended international conferences through her involvement with the United Nations Association, and is a member of the Sonoran Arts League. “Have Passport Will Travel” and “Journey through the Emerald Isle” are her other two photog- raphy exhibits which reflect her love of international travel.
D I G I T A L L I B R A R Y
More Events
To Cuba
Search and library hours.
More Events
Details at www.dfla.org
HEALTH & FITNESS
Guided Meditation
December 6 & 20 • 4:30-5:30 pm (1st and 3rd Tuesdays)
In this practice, we lie on the floor with closed eyes and relax in space just before sleep. Please bring yoga mat or blanket.
Registration Required: Contact Instructor Judith Zeiger: 480-760-5643 or jazeiger@gmail.com.
Cost: $5 cash to instructor at each class.
Medical Qigong Series
With Luanka Franklin
December 12 • 1–2 pm (2nd Mondays)
Learn simple, beneficial movements and techniques, and find relief from many medical conditions. See 480-488-2286.
Cost: $5 cash to instructor at class.
Gentle Yoga
Every Sunday • 11:30 am–12:30 pm
This slow-paced class focuses on breathing, gentle yoga poses, and stretching to increase flexibility & balance. Please bring a yoga mat.
Registration Required: Contact instructor Sylvia Larrado: 480-776-4743 or sylvialarrado@gmail.com.
Cost: $8 cash, pay to instructor at each class.
Qigong/Tai Chi Easy
Every Friday
REGULAR Class: 8:45–9:45 am
GENTLE Class: 10:10–10:45 am
A discipline that can be practiced and benefits gained at any age—you are never too old! This class is a blending of Qigong and Tai Chi, with deep breathing & repeated gentle movements and stretches improve health, balance, agility & flexibility. Gentle class is for anyone who wants to take it extra slow and easy. Wear loose clothing & bare feet. Registration Required: Contact instructor Bina Box: 480-284-1300 or jinga.87@gmail.com.
Cost: Prepay instructor $35 cash for 3 classes; or $10 drop-in.
M A H J O N G
4-Day Beginner’s Class Series
December 1, 2, 5 & 7 • 1-4 pm
No registration.
To learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5 years. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. Register with Andrea Korff at 480-650-5299. Cost: $75.
This month: Red White Black & Blue. Register: 480-488-2286.
To Cuba
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Cost: $54 for 6-week series
M A H J O N G
4-Day Beginner’s Class Series
December 1, 2, 5 & 7 • 1-4 pm
Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5 years. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. Register with Andrea Korff at 480-650-5299. Cost: $75.
This month: Red White Black & Blue. Register: 480-488-2286.
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4-Day Beginner’s Class Series
December 1, 2, 5 & 7 • 1-4 pm
Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5 years. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. Register with Andrea Korff at 480-650-5299. Cost: $75.
This month: Red White Black & Blue. Register: 480-488-2286.
DESERT FOOTHILLS LIBRARY

For Writers

Writers Connection Worldcrafting 101
December 1 • 7-9 pm (2nd Thursdays)
How do you write the kind of book people get lost in? Worldbuilding gives the tale an anchor into reality and a context in which to function. Join award-winning authors Chantelle Aimee Osman and Michael A. Stackpole to learn the principles of creating credible, memorable settings for your characters in any genre. Register: 480-488-2286.

Journaling Classes

Will resume in January
Bring a journal or notebook and pen. No writing experience required. Mary Lee Simpson is a certified journal facilitator & has taught therapeutic writing for nearly 20 years. Different topic each month. Register: 480-488-2286.

Music at the Movies

December 1 • 2-5 pm (1st Thursday)
Radio City Music Hall Christmas Spectacular
The Rockettes bring their choreography as The Parade of the Wooden Soldiers® and New York at Christmas along with Santa as he flies through the city, 80 min. Hosted by music enthusiast Annis Scott. No registration.

Music @ the Library

December 1 • 11 am–2 pm
Learn to speak a language online today! All you need is a free Desert Foothills Library Card to get started. Visit our Digital Library at desertserviceslibrary.org. With our comprehensive multi-media packages you will be speaking and improving your language skills with every lesson by taking part in the modern, everyday conversations that make up our Interactive Audio Course.

Details at www.dfla.org