

TEEN TECH HELP DESK

Saturday, June 10 • 10 am–2 pm



Having trouble understanding your smartphone or computer? Do you need help setting up accounts or using websites/apps? Let our tech-savvy teen volunteer help you with these and other technology-related questions. Just bring your device to our Special Collections room or use a library computer to get your question answered. No appointments needed; first-come, first-served. Questions? Contact Brandon Holmes: 480-695-2638 or azbh999@yahoo.com.

MUSIC @ THE MOVIES

June 1 • 2–5 pm (1st Thursdays)

Burlesque: A small town singer, Ali (Christina Aguilera), moves to the big city for her chance at stardom where she is enchanted by Burlesque, a glamorous nightclub packed with dancers, sizzling music, and an owner (Cher) in need of a star. Jam-packed with visually stunning musical numbers and an all-star cast. 120 min. Hosted by music enthusiast Annis Scott. No Registration.



2017 Desert Foothills Library PHOTOGRAPHY CONTEST

Entries have been turned in and are being judged!

1st, 2nd and 3rd Places will be awarded, determined by a 60, 30 and 10% division of the entry fee monies.

Exhibition dates:

July 3-21 • Library hours

Reception/Award Ceremony:

July 8 • 4:30-6 pm

Pick up photographs: July 22 •

Noon-4 pm

Please direct all questions to Jerry Sieve at sieveimages@gmail.com.



LOOKING for a Fulfilling VOLUNTEER OPPORTUNITY?



Join the Desert Foothills Library & make a real impact! Volunteers are needed at the library & Chapter 2 Books. Shifts are generally 3-4 hours and available for all days of the week; Volunteers will be fully trained. Apply to Library Manager Terri Engebretson at tengebretson@dfla.org or 480-488-2286.



ASK AT THE FRONT DESK!!

CUISINE FOR HEALTH

Thursday, June 22 • 10–11 am



Learn how to adjust your diet when it has to be modified. Get back on track, be healthier and get the specific nutrients that fit each unique individual case. Colitis, cancer, allergies, heart related complications - there are ways to help those conditions/diseases and have good quality of life. Chef Celine with "Cuisine by Celine" will share a few tips and simple solutions to help you navigate through the maze of diets, nutrients, meal planning and more so you find your way to great flavors and enjoyable dishes! **Register:** 480-488-2286.

HEALTH & FITNESS

Guided Meditation

June 13 • 4:30–5:30 pm (2nd Tuesday this month)

In this practice, we lie on the floor with closed eyes & relax in the space just before sleep. *Please bring yoga mat or blanket.*

Registration required: Contact instructor Judith Zeiger: 480-760-5645 or jazeiger@gmail.com.

Cost: \$6 cash to instructor at each class.



NEW! Gentle Yoga

Every Sunday • 11 am–Noon



You are only one yoga class away from a good mood! Yoga for Every Body: through a slow flow of controlled poses you'll begin strengthening your heart and bones, improving balance and sharpening the mind. *Please bring a yoga mat.*

Registration required: Contact instructor Marina Kachur: 480-510-6572 or mkachuro1@hotmail.com.

Cost: \$8 cash, pay instructor at each class.

Restorative Yoga

Every Thursday • Noon–1 pm

Great for beginners! Improve your ease of movement, flexibility, breathing and meditation. *Please bring a yoga mat.*

Registration required: Contact instructor Elizabeth Boisson: 480-363-5275 or evboisson@yahoo.com.

Cost: \$8 cash, pay to instructor at each class.



MONDAY MOVIES

@ THE LIBRARY

Every Monday • 3–5 pm

New Releases, with a Foreign Film once each month! Check our website www.dfla.org for titles.

THERE'S MORE TO DRY EYE THAN MEETS THE EYE

Friday, June 23 • 3-4 pm



Do your eyes burn, itch, water or feel tired at the end of the day? Are your eyes red and irritated? These are all symptoms of dry eye. Because we live in the desert, our eyes are more vulnerable to dryness. Unfortunately, dry eye disease is a chronic condition that can affect quality of life. Learn about the different types of dry eye, why artificial tear drops may not always be the best solution, and what other treatment options are available. **Register:** 480-488-2286.

MONTHLY SUPPORT GROUPS

Writing Circle...Just for Caregivers

June 1 & 15 • 9:30 – 11 am (1st & 3rd Thursdays)

Join us on a bi-monthly writing journey that will nurture your heart and spirit; as we write, connect, heal and grow in a safe and supportive circle of like-hearted caregivers. Absolutely no writing experience needed! Life and Wellness Coach, Sharon Spector, specializes in caregiver resiliency. **Register:** 480-488-2286.

The following groups led by *Hospice of the West* facilitators. No registration.

Caring for the Caregiver

June 5 • 10–11:30 am (1st Monday)

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 the Loss of a Spouse or Partner

June 12 & 26 • 9:30–11 am (2nd & 4th Mondays)

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



PASSPORT SERVICES

Passport books & cards with photo services and regular or expedited services. **Appointments essential.** Call direct at 480-575-3201.



Chapter 2 Books
Great Books. Great Prices.

INSIDE THE LIBRARY
OPEN 7 DAYS

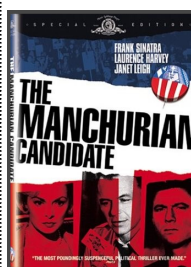
Biggest used bookstore in the North Valley!
More than 15,000
BOOKS - DVDs - CDs - AUDIOBOOKS
50¢ and up

Special Sale Dates: June 9, 10, 11
(2nd weekend each month)

Check us out on Amazon.
Donations are welcome and help support the library!
www.Chapter2BooksAZ.com 480-488-2777



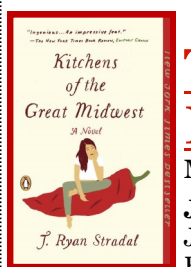
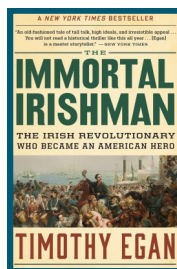
LITERARY SALON
Not Your Typical "Book Club"
June 8 • 10:00 am–Noon (2nd Thursdays)



June topic: "Political Events in Books and Films." Why do political events motivate people to write about their personal experience or take action? What type of events do authors use as a backstory? How does the author/director develop a character to act against injustice or seek truth? Book example: *All the Presidents Men* by Bernstein and Woodward. Film example: *The Manchurian Candidate*. No Registration.

LIBRARY BOOK CLUB
Tuesday, June 13 • 10 am–Noon (2nd Tuesdays)

Discussion of *The Immortal Irishman: The Irish Revolutionary Who Became an American Hero* by Timothy Egan. Everyone is welcome!



THE LITERATE FOODIE CLUB

Monday, June 5 • 1–2:30 pm (1st Mondays)

June Topic: *Kitchens of the Great Midwest*, by J. Ryan Stradal. Indulge in an assortment of BARS, including the blue ribbon recipe outlined in the book. Co-presenters Dana Rakinic and Jan Kruse. Questions? Contact danarakinic@gmail.com.
Register: 480-488-2286. **Cost:** \$10.00.

SHOP AMAZON

Click this icon on the Desert Foothills Library web site to shop Amazon and support your Library!



Desert Foothills Gallery
HOT SUMMER SHOW

Saturday, June 3 • 4–5:30 pm



Enjoy refreshments while you tour Desert Foothill Gallery's Hot Summer Art Exhibition.
RSVP: 480-488-2286.
ALL WELCOME.

MAHJONG

Mahjong Club

Every Tuesday • 1:30–4:30 pm

Must have basic knowledge of the game. Limited space. **Registration required:** Contact Club Director Andrea Korff at mandakorff@cox.net or 480-650-5199. **Cost:** \$4 cash/session. Pay Director at class.



4-Day Beginner's Class Series

June 5 • 1–4 pm June 6 • 9:30 am–12:30 pm
June 7 & 8 • 1–4 pm

Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong almost 30 years and has enthusiastically taught the game for 8. She guarantees a solid foundation for playing this exciting & challenging game. Limited Space. **Register** with Andrea at 480-650-5199. **Cost:** \$80.

2-Day Refresher Course

June 13 & 14 • 9:30 am–12:30 pm

Tips/Strategies and increasing speed and odds for winning! Limited space. **Register** with Andrea Korff at 480-650-5199. **Cost:** \$45.



CRAFT N CHAT

June 26 • 1–3 pm (4th Mondays)

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

SPANISH OFFERINGS

Intermediate Conversational

Every Wednesday • 10:30 am–Noon

Informal chat session using various 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

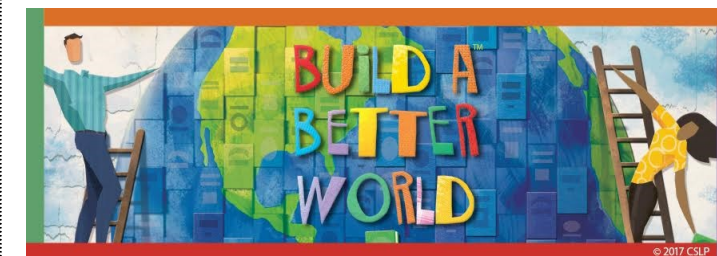
Spanish Classes Levels 1 – 5 will resume in September, 2017.

FREE*

*Except where noted. Visit our website for details: www.dfla.org

JUNE 2017

Check It Out!



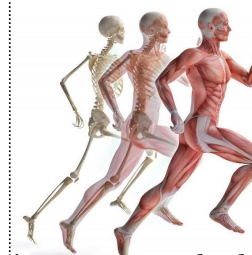
ADULT SUMMER READING PROGRAM BEGINS!

Thursday, June 1 – Monday, July 31

The Adult Summer Reading Program begins. It's easy! Just track your time spent reading. You'll automatically be entered for the **Nook drawing** and/or 1 of 10 **mystery prizes** when you complete this year's summer reading program challenge. Other prizes to earn include: Chipotle coupon (while supplies last) and a free book you may choose online from an extensive list. Beginning June 1, register and track reading time online at www.maricopacountyreads.org. Nook winner will be notified by mid-August.

FASCIA & THE MYSTERY OF CHRONIC PAIN

Wednesday, June 7 • 10–11 am



Learn about Fascia, a web of fibrous connective tissue that wraps your organs, muscles, tendons, and ligaments. An achy neck, painful hip or stiff back might not be a musculoskeletal issue at all...it might be your Fascia! Join Structural Therapists Dana Sterling and Cody Williams, as they explain how simple strategies can have a tremendous

impact on your health & life quality. For information: www.SterlingStructureTherapy.com.
Register: 480-488-2286.

LIBRARY/BOOKSTORE HOURS

Monday–Friday
9 am–6 pm
Saturday, 10 am–4 pm
Sunday, 11 am–3 pm

Front Desk: 480.488.2286
Bookstore: 480.488.2777
www.dfla.org



38443 N Schoolhouse Rd.
Cave Creek, AZ 85331