**TEEN TECH HELP DESK**
Saturday, June 10 • 10 am–2 pm
Helping you understand 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 phonies. 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 siweimages@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**
July 8 • 4:30–5:30 pm
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 Zegers: 480-760-5845 or janneiger@gmail.com.
Cost: $6 cash to instructor at each class.

**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 Kachuro: 480-675-5755 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: 480-381-5275 or evboisson@yahoo.com. Cost: $8 cash, pay 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.

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

**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-minded 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**
May 4 • 10–11:30 am (1st Friday)
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**
June 2 & 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.

**ASK AT THE FRONT DESK!!**

**Details at www.dfla.org**

**More Events**

**More Events**

**More Events**
Desert Foothills Library

**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!

**Library Foodie Club**

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


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**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/Bookstore**

**BIGGEST USED BOOKSTORE IN THE NORTH VALLEY!**

Shop Amazon and support your Library! shop Amazon and support your Library!

**Library 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

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**June Events**

**Desert Foothills Gallery Hot Summer Show**

Saturday, June 3 • 4–5:30 pm

Enjoy refreshments while you tour Desert Foothills Gallery’s Hot Summer Art Exhibition.

**RSVP:** 480-488-2286. ALL WELCOME.

**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**

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Sunday, 11 am–3 pm

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