

More Events

DESERT FOOTHILLS LIBRARY

Details at www.dfla.org May 2018

More Events



SPANISH OFFERINGS

Intermediate Conversational
Every Wednesday • 10:30 am–Noon

Informal chat session using various books, flashcards, etc. with discussion in Spanish. No instructor. No registration.

Spanish Classes

All Spanish classes below are taught by Alina Lowen, a native speaker who has taught for 30+ years. Class sizes are limited. Please call the instructor directly with questions about which class level to join, at 480-595-5500.

Registration required 2 days prior to class start: 480-488-2286. Cost: \$54 for each 6-week series.

Spanish Level 1
Wednesdays, Apr 25–May 30 • 9:30–10:30 am
No knowledge necessary, or take this class as a refresher. Oral skills will be emphasized; students learn basic grammatical structures to communicate on everyday topics.

Spanish Level 2
Wednesdays, Apr 25–May 30 • 10:40–11:40 am

Spanish Level 3
Wednesdays, Apr 25–May 30 • 11:50 am–12:50 pm

Spanish Level 4
Tuesdays, Apr 24–May 29 • 10:40-11:40 am

Spanish Level 5
Tuesdays, Apr 24–May 29 • 11:50 am-12:50 pm

CREATIVE WRITING COLLABORATION WORKSHOP
May 18 • 5–6:30 pm



This is a deeply connective generative writing workshop for two or more people; couples, friends or anyone willing to join. It will amaze and inspire you. Hosted by authors of *The Ordinary Glow of Life*, Jonathan Brechner and Kristina Hakanson. Register: 480-488-2286.



FITNESS MYTH BUSTING

Wednesday, May 9 • 10–11 am

Could some exercises you are doing in order to get stronger, be making you weaker? Can you crunch your way to a six pack? Could core training actually be hurting your back? Is there a popular cardio machine that is causing you long term joint issues and pain? Come join Structural Therapists Dana Sterling and Cody Williams, find out what is Fact and what might be Fiction. Get the facts and find simple strategies to get the best out of your workouts for long term optimal posture, structural strength and health. Intelligent Movement Profound results. Register: 480-488-2286.

COOKING WITH DIABETES

presented by
Chef Celine Fabre

Saturday, May 12 • 10:30-11:30 am



Nearly half of the American population has been diagnosed with type 2 diabetes or is a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet adapted to diabetes, how to implement healthy choices and be successful at maintaining those choices in your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make a healthy life style easier and share food tips and recipes, as well as a few samples!

TEEN TECH HELP DESK

Saturdays, May 5 & 19 • 10 am–1 pm
Contact Brandon Holmes: 480-695-2638.

Sundays, May 6 & May 20 • 11 am–1 pm
Contact Bo Manuszak: manuszakbo@yahoo.com.



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 or Bo for more information. No appointments needed; 1st-come, 1st-served.

E-MEDIA & LIBRARY DIGITAL CONTENT HELP

Every Tuesday • 10:30–11:30 am

eBooks & Audiobooks



Downloading eBooks and eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class for anyone 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.

ROCKET LANGUAGES

Choose from 13 Languages



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 desertfoothillslibrary.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.

AROUND THE WORLD IN 9 FILMS

The Best in International Cinema

Friday, May 11 • 1–3 pm (2nd Fridays)



Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships & 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 & country and yet, at the same time, linking a thread of humanity that stretches across the globe. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

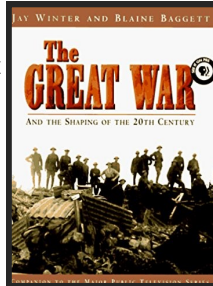
This Month: Halima's Path (97 min.). Croatia. Register: 480-488-2286.

WWI CINEMATIC REFLECTIONS

The 100th Anniversary

Friday, May 18 • 1–3 pm (3rd Fridays)

Inevitable, but also easily avoidable, World War I is one of the most tragic & unique wars in history. This series will highlight films that define the triumphs, tragedies, innovations, and sacrifices in what was hailed as 'The War to End All Wars.' WWI will ultimately cause WWII and shape the entire 20th Century. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This month:** The Great War & the Shaping of the 20th Century: War Without End (55 min.). Register: 480-488-2286.



MONDAY MOVIES

@ THE LIBRARY

Every Monday • 3–5 pm
No movie May 28, Memorial Day

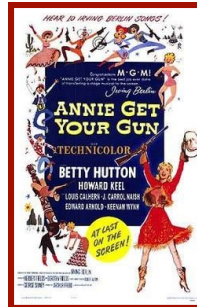


New Releases, with a Foreign Film once each month! Check our website www.dfla.org for titles.

MUSIC @ THE MOVIES

Thursday, May 3 • 2–5 pm (1st Thursdays)

Join us for a celebration of movie musicals! Hosted by music enthusiast Annis Scott. *Annie Get Your Gun* - A musical with lyrics and music by Irving Berlin, is a tale of Annie Oakley (Betty Hutton). Renowned in the Wild West as a sharpshooter, Annie meets her match, both romantically and professionally, in the form of fellow ace gunslinger Frank Butler (Howard Keel). While Annie and Frank are performing as part of the famous traveling show headlined by the legendary Buffalo Bill (Louis Calhern), the two compete and flirt. 107 min. No registration.



MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators. No registration.

Caring for the Caregiver

May 7 • 10–11:30 am (1st 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 the Loss of a Spouse or Partner

May 14 • 9:30–11 am (2nd Monday this month only)

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

HEALTH & FITNESS

Gentle Yoga

Every Sunday • 11 am–Noon

You are only one class away from a good mood! Yoga for Every Body: through a slow flow of controlled poses you'll begin strengthening your heart & bones, improving balance & sharpening the mind. *Please bring a yoga mat & light blanket.* **Registration required:** Contact instructor Marina Kachur: 480-510-6572 or yokama14@gmail.com. **Cost:** \$8 cash, pay 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 and light blanket.* **Registration required:** contact instructor Elizabeth Boisson at 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash to instructor at each class.

Natural Body Movement

Every Sunday • 1–2 pm

Classes are a gentle approach to movement. Emerging from mindfulness, learn to trust the body's sensations while increasing strength, flexibility and mental clarity. Release stress, tension and chronic pain. *Please bring a light blanket.*

Registration required: contact instructor Judah Page at 602-931-2865 or judah.page@gmail.com. **Cost:** \$10 cash, pay instructor at each class.



SHOP AMAZON

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



Chapter2Books
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Biggest used bookstore
in the North Valley!

More than 15,000
BOOKS - DVDs - CDs - AUDIOBOOKS
Starting at just 50 cents!

Special Sale Dates: May 11, 12, 13
(2nd weekend each month)

Check us out on Amazon!

Donations are welcome and help support the library!

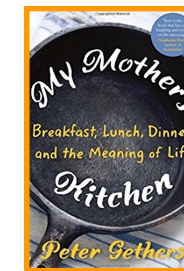
www.Chapter2BooksAZ.com 480-488-2777



THE LITERATE FOODIE CLUB

May 7 • 12:30–2:30 pm (1st Mondays)

Love food, books, cooking & conversation? We will explore all these & more. **May Topic:** *My Mother's Kitchen: Breakfast, Lunch, Dinner, and the Meaning of Life* by Peter Gethers. Facilitated by Dana Rakinic. Questions? Contact danarakinic@gmail.com. **Register:** 480-488-2286. **Cost:** \$10.



LITERARY SALON

Not Your Typical "Book Club"

May 17 • 10 am–Noon (3rd Thursdays)



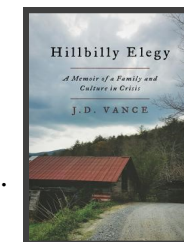
May Topic: *Eureka Moments*. We will discuss literary works or films which "caused a light to go on" enabling one to connect the dots and grasp a bigger picture. They are commonly documentaries, histories, mysteries, science fiction or suspense novels, but a good author can skillfully craft a mind-opener in any genre. Come and share any works that had you and/or

a major character think: "Ah hah, NOW I see!"
No Registration.

LIBRARY BOOK CLUB

May 10 • 10–11:30 am (2nd Thursdays)

Discussion of *The Hillbilly Elegy* by J.D. Vance. Everyone is welcome! No Registration.



38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

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

LIBRARY/BOOKSTORE HOURS

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

HOLIDAYS—CLOSED
May 28 Memorial Day

ADULT EVENTS

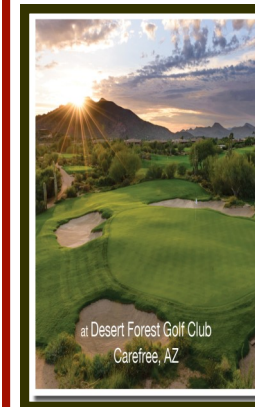
MAY 2018

Check It Out!

BOOK NOW!!!

Monday, May 7, 2018

Desert Foothills Library
Golf Tournament



Contact
David Court
dcourt@dfla.org



PHOENIX ART MUSEUM

Friday, May 4 • 2:30–3:30 pm

Join Docent Sherry Koopot as she explores the many artistic reminders, in painting and sculpture, that serve as potent reminders of the cost of our Freedom; from the Revolutionary War to today's War on Terror, our Freedom has never been FREE! May we never forget that truth or fail to remember those who have purchased it for us!

Register: 480-488-2286.



BOOK LAUNCH

with

Author Renee Cermak

Saturday, May 12 • 4:30–6 pm



What if you really liked yourself? What if YOU were your own biggest fan? What if you knew it really isn't that difficult and is 100% in your control? Being your biggest fan depends on how you take action to increase your self-esteem in every area of life. Author, seminar facilitator and self-esteem expert Renee Cermak brings her dynamic, upfront and brutally honest coaching to life in her book *How to Be Your Biggest Fan: The Value and Power of High Self-Esteem* guiding readers to bring their biggest and best versions of themselves to the party, every day! From start to finish you will learn, grow & feel empowered through Cermak's experiential teaching and expertise in the field of self-esteem. Dive into a play by play of why your self-esteem matters and how every area of your life will benefit as a result of you taking control of your esteem.

Sponsored by K12. **Register:** 480-488-2286.

