

COMMUNITY PROGRAMS

DESERT FOOTHILLS LIBRARY
FEBRUARY 2019

RESERVE YOUR
SPOT FOR THE
10TH ANNUAL
GALA FEB 9TH
6:00 P.M.

FEBRUARY IS "I
LOVE MY LIBRARY
MONTH!" \$15,000
MATCHING GIFT
CHALLENGE

Desert Foothills Library
38443 N Schoolhouse Rd
Cave Creek, AZ
480-488-2286
www.dfla.org



INFORMATION



Desert Foothills Library is a member supported 501©3 non-profit.
As always, we strive to bring you the best resources available and create a welcoming place for everyone in our community. Your continued support helps us accomplish this mission and we appreciate everything this community has to offer. Come get your FREE library card today!

Follow us on social media to find out more!!

LIBRARY/BOOKSTORE 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

Front Desk: 480.488.2286
Bookstore: 480.488.2777

dfla.org
38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

LIBRARY CLOSURES

Closed Saturday, February 9th
Closed February 18th

Chapter2Books
Great Books. Great Prices.

INSIDE THE LIBRARY

OPEN 7 DAYS

North Valley's Biggest used bookstore

More than 15,000
BOOKs - DVDs - CDs - AUDIOBOOKs
Starting at just 50 cents!

Special Sale Dates: February 1, 2, & 3

****1st weekend this month only****

Check us out on Amazon!

Donations are welcome and help support the library!

Chapter2BooksAZ.com 480-488-2777



Staff Showcase

Your role at DFL: I do many things at the library including collection development, interlibrary loans, I am a Passport Agent, and unofficially “The Bug Lady”. I capture, identify, and remove wildlife invaders— once gingerly capturing a young Western Diamondback Rattlesnake!

Where is your hometown?: The heart of Windy City; Chicago, IL.

Where did you go to school?: I graduated from the University of Chicago with my Bachelor of Science in Biology with a minor in Chemistry & Anthropology and a Master of Science in Biology and Anatomy.

Favorite book?: As a child, my favorite was the World Book Encyclopedia. Currently, I enjoy topics of self-help, life science non-fiction, Barbara Kingsolver, Ruth Ware, and other mysteries and thrillers.

Do you prefer chocolate or flowers?: Cash or fancy cars are fine!

What did you want to be when you were younger?: A biologist or paleontologist researching extant or prehistoric reptiles, amphibians, mammals, fish, birds, and their behavior in functional morphology.

Sandy Walchuk



Volunteer Spotlight

Lou Ann B.



How long have you been at DFL: 1 1/2—2 years

Where is your hometown?: Greensboro, NC & Atlantic Beach, NC.

Where did you go to school?: Clemson! Go Tigers!

What did you do in your career?: I have my Masters in Organizational Management. I worked with non-profits for justice and to fight hunger for 25 years. I also did 10 years of home improvement selling residential solar power, roofs, and windows.

If you could have one super power, what would it be?: Bionic— knees especially!

What would be the title of your memoir?: On the Edge of Chaos: What Fun!

What is your favorite part of volunteering at DFL?: My library friends and the staff. (Shelving children's books –NOT!)

What do you like to do when you are not at the library?: Hike, swim, bike, garden, and play with my granddaughter.

We appreciate everything our volunteers do here at Desert Foothills Library! Come say hello and meet all the wonderful volunteers of your library!

YOUTH & FAMILY PROGRAMS

February 2019 PROGRAMS

Little Builders

Wednesday, February 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.

Sensory Playdate:

Montessori Inspired Play

Monday, February 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.



MARCH 2ND
HAPPY BIRTHDAY,
DR. SEUSS!

Get ready for a month of
programs celebrating
Dr. Seuss's 115th birthday,
beginning with his
Birthday Party at 2 PM March 2nd.

March 9-30 enjoy a 10:30 AM
Saturday morning storytime with
special guests!

Winnie the Pooh Loves You:

Valentine's Day Family Storytime

Thursday, February 14 • 10:00-11:00 am

This all ages family storytime will feature your local librarians as special guests Winnie the Pooh and Piglet for Valentine's Day. Get ready for stories, songs, and fun in the Hundred Acre Wood! Storytime will be followed by a snack and craft. Please call (480) 488-2286 to register, or drop-in for a special storytime.

Family Listen & Lounge

Saturday, February 16 • 1:00-1:45 pm

Bring a pillow, cushion, and/or blanket for our fun family program! This is a great opportunity to discover new music, podcasts, and audiobooks. Enjoy a snack while listening to a featured children's music CD. Then get comfy as we listen to a podcast or excerpt from an audiobook. There will be coloring or activities available.

Kids Explore Volcanoes

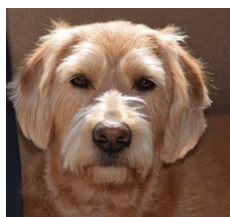
Tuesday, February 19 • 4:00-5:00 pm

Kids ages 8-12 are invited to perform fun science experiments in our Imagination Lab and attend this fun program exploring the science of volcanoes. We will be learning about volcanoes and eruptions and performing our own messy experiments! Call (480) 488-2286 to register.



Paw Pals Literacy

Friday, February 22 • 11:00 am - noon



Join us for this fun and education program for ages 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 to her. Snack provided. Siblings are welcome. Please call (480)

488-2286 to register, or drop-in for a fun time.

Family Movie Night:

Anna & Elsa Sing Along

Wednesday, February 27 • 4:30-6:30 p.m.

Sing along with Anna, Elsa, and Olaf during this family movie night at Desert Foothills Library! Children of all ages and families welcome. Call 480-488-2286 to register, drop-ins also welcome.

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 9:45 AM Storykids	6 1:00 PM Little Builders	7 10:00 AM Lapsit	8	9 <i>Library Closed for Gala</i>
10	11 11:00 AM Sensory Playdate	12 9:45 AM Family Yoga Storytime	13	14 10:00 AM Winnie the Pooh Valentine's Day Storytime	15	16 1:00-1:45 pm Family Listen & Lounge
17	18 <i>Library Closed for President's Day</i>	19 9:45 AM Storykids 4:00 PM Kid's Explore Volcanoes	20	21 10:00 AM Lapsit	22 11:00 am Paw Pals Literacy	23
24	25	26 9:45 AM Storykids	27 4:30 PM Family Movie	28 10:00 AM Lapsit		



Storytime @ Desert Foothills Library

Storykids Family Storytime

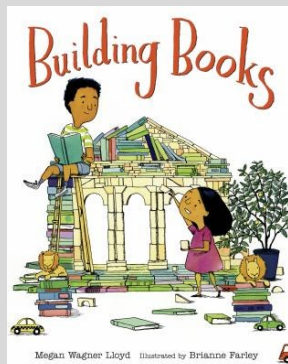
Tuesdays, February, 5, 12, 19, 26 • 9:45-10:30 AM

Children who have not yet entered kindergarten are encouraged to join us for a 30-minute storytime featuring music, movement & stories. Siblings are welcome. Storykids on February 12th will be a special Yoga Family Storytime

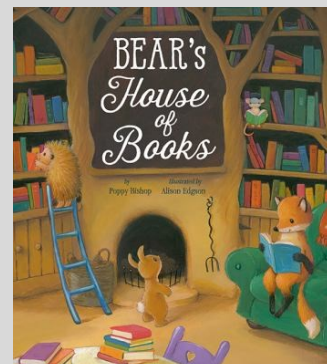
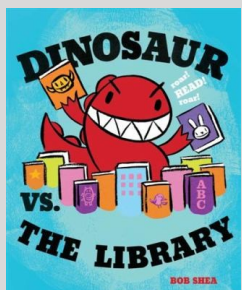
Lapsit for Babies and Toddlers

Thursdays, February 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 felt stories. Siblings are welcome. Storytime February 14th will be an all ages Winnie the Pooh family storytime for Valentine's Day.



Our favorite picture books about libraries and reading!



TEEN PROGRAMS



Love Desert Foothills Library?

Tell us why for a chance to win a prize! 1 winner each age group:

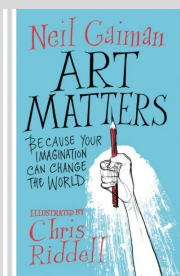
0-10

11-17

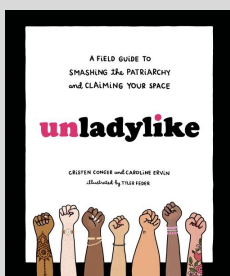
18+

Ask a librarian for information
on how to enter.

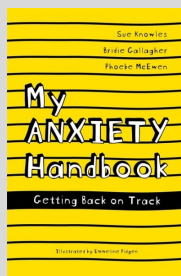
New Teen Nonfiction



Art Matters
by Neil Gaiman



Unladylike
by Cristen Conger



My Anxiety Handbook

BOOK CLUB

Book Club February Meeting

Friday, February 8 • 4:00-5:00 pm

Join us for our Teen Book Club meeting! Meet new friends, eat snacks, and help pick the book we'll be reading next month.

There will be a craft! Bring your ideas for our next books to read.

VOLUNTEER EVENTS

Teen Task Force & Game Night

Tuesday, February 26 • 4:00-6:00 pm

This is YOUR library. Join our Teen Task Force to plan programs, share ideas, and cultivate our teen space.

You don't have to be a current volunteer to attend—this is a great time to find out about volunteering, meet your librarians and other teens at the library, and tell us what you want at Desert Foothills Library. There will be food!

After the Task Force meeting, stay to play our PS4, join in on board games, or learn about and try a RPG Honey Heist. Email emeadows@dfla.org with any questions.

Upcoming Volunteer Opportunities

Friday February 15 4:00-6:00 PM
"I Love My Library" Month
Reception

Sunday February 17
Shelving and Sorting

Friday March 1
Help decorate the library with a
Dr. Seuss Theme

Saturday March 2 1:00-4:00 PM
Happy Birthday,
Dr. Seuss!

SEE THE YOUTH & TEEN LIBRARIAN
TO VOLUNTEER

Teen Reads for LGBTQ+ History Month

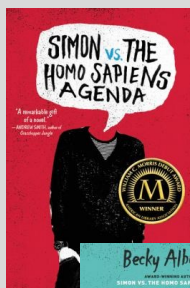
Simon vs. The Homo Sapiens Agenda by Becky Albertalli

Sixteen-year-old, not-so-openly-gay Simon Spier is blackmailed into playing wingman for his classmate or else his sexual identity--and that of his pen pal--will be revealed. Set in Georgia, this realistic coming-out story features a cast of unique, believable characters. Simon's humorous narrative alternates with his emails with Blue as Simon wonders, "Don't



you think everyone should have to come out? Why is straight the default?

← Watch the movie!



Leah on the Offbeat by Becky Albertalli

Leah Burke is facing lots of change in the final months of senior year, before everyone in her diverse friend group scatters off to become their college selves. Leah, Simon Spier's best friend in Simon vs. the Homo Sapiens Agenda (2015), takes center stage in this sequel. She knows she's bisexual, but she's only out to her mom, not her friends, not even to Simon, who is gay. Mostly, though, senior year is characterized by Leah's aching crush on Abby, the oh-so-beautiful and oh-so-straight girlfriend of Leah's good friend Nick. Join Leah as she grapples with changing friendships, first love, and senior year angst.

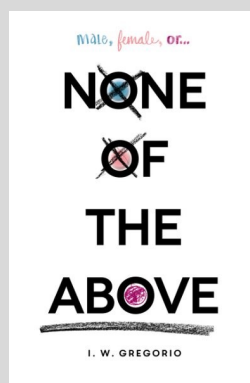


Let's Talk About Love by Claire Kann

Alice had her whole summer planned. Nonstop all-you-can-eat buffets while marathoning her favorite TV shows. The only thing missing from her perfect plan? Her girlfriend (who ended things when Alice confessed she's asexual). Alice is done with dating—no thank you, do not pass go, stick a fork in her, done.

But when her summer takes an unexpected turn and she starts feeling romantic feelings for co-worker Takumi, Alice

has to decide if she's willing to risk their friendship for a love that might not be reciprocated—or understood.



None of the Above by I.W. Gregorio

"What if everything you knew about yourself changed in an instant?"

A groundbreaking story about a teenage girl who discovers she's intersex . . . and what happens when her secret is revealed to the entire school.

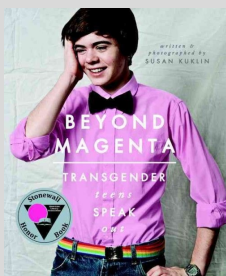


It's Not Like It's a Secret by Misa Sugiura

Sixteen-year-old Sana Kiyohara has too many secrets. Some are small, like how it bothers her when her friends don't invite her to parties. Some are big, like the fact that her father may be having an affair. And then there's the one that she can barely even admit to herself—about how she might have a crush on her best friend.

Beyond Magenta by Susan Kuklin

Beyond Magenta takes an honest look at the life, love, and struggles of transgender teens. This work includes interviews with six transgender or gender-neutral young adults portrayed thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference.



Volunteering @ Desert Foothills Library

Complete service hours
Gain valuable experience
Have fun!

Volunteer Opportunities:

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

FOR MORE
INFORMATION
Contact Erin Meadows
Email emeadows@dfa.org
or Call (480) 488-2286

ADULT PROGRAMS

SPECIAL EVENT



DESERT FOOTHILLS LIBRARY 10th ANNUAL GALA

Saturday, February 9 • 6 pm

Celebrating 65 years as a 501(c)3 non-profit, built on the foundation of member support through donations, memberships, and volunteerism. Join us at 6 pm for a silent auction, wine pull, & hosted cocktails. Gourmet Dinner at 7 pm with live entertainment, featuring renowned pianist Nicole Pesce and Talent from the Phoenix Opera. **Tickets: \$200.** All proceeds benefit the Library. **RSVP by February 4:** 480-488-2286.

NEW OFFERINGS

Hungrytown Folk Music CONCERT at Desert Foothills Library

Thursday, February 7 • 6 pm

Hungrytown is the performing and songwriting duo of Rebecca Hall & Ken Anderson. The program will feature the duo's trademark close harmonies, with accompaniment on a variety of instruments. For more than 15 years they have toured throughout the United States, Europe & New Zealand, and been featured on several television shows, including the Independent Film Channel's hit series *Portlandia*. The duo encourages every community to help local food banks. We are not going to let them down! Let's feed this "Hungry Town" by bringing in donations for the Foothills Food Bank! Join us for a great evening of amazing music & wine to benefit the Library & the Foothills Food Bank! **Register:** 480-488-2286. **Cost:** \$10.00.



Arizona's Role in Apollo Astronaut Training

A joint venture with Desert Foothills Land Trust

Wednesday, February 27 • 3:00-5:00 pm



The State of Arizona played a pivotal role in landing Astronauts on the moon! NASA formed the Apollo Program in the 1960's with the goal of beating the Soviet Union to the moon in the Space Race. Astrogeologist Dr. James W. Rice, Jr. will provide background on the Space Race, explaining how America came from very far behind to accomplish what many thought impossible. With the 50th anniversary of the Apollo Program now upon us it is important to remember and treasure this great chapter in American history. **Register:** Desert Foothills Land Trust website: www.dflt.org/apollo-astronaut-training.

History of San Xavier during the Mission Period

Monday, February 4 • 1:00-2:30 pm

In 1692, from the native village of Wa:k, southwest of today's Tucson, arose the mission San Xavier del Bac. Docent Craig Reid from the Patronato San Xavier, will be our guide through the raising of the mission and the subsequent history and development of this region of Arizona. **Register:** 480-488-2286.



Hidden Tour of Tuscany

Tuesday, February 5 • 2:30-3:30 pm



Join Roberta Kritzia for a lively slide presentation as she speaks about her 33 years of designing and conducting unique trips to Europe. You will be treated to a visual feast as she takes you through the Tuscan wine cultivation countryside. Roberta & her husband Henry will be taking their September 2019 group for wine tasting and antipasti at a family run winery. **Register:** 480-488-2286.

Live. Learn. Locally.

Wednesday, February 27 • 11:00 am-1:00 pm

Desert Foothills Library is a non-profit library supported wholly by its community, so once a month we will be venturing out into our community! We want to take time to appreciate the important and integral role local businesses hold in our lives, and we want to maintain the collaboration between Cave Creek, Carefree, and the surrounding area community. Come find us out-and-about to learn more about the businesses that support your library. This month you can find us at Tech4Life, located at 748 Easy Street #10 in Carefree, AZ 85377. No registration.



February is... “I Love My Library” Month at Desert Foothills Library!

SPECIAL EVENT

Love is in the Air...

Love My Library Reception

Friday, February 15 • 4:30-6:00 pm

Join us for a casual reception to celebrate our fundraising successes and find out how far we have to go on February 15th! There will be refreshments and a raffle. Bring friends, family members, and partners and help us reach our fundraising goals.



What is “I Love My Library” Month at Desert Foothills Library?

Now there is even more to love about February! Desert Foothills Library has been given a fantastic opportunity—A Foundation has granted us a Matching Gift Challenge!

During the entire month of February any donation made to our Library will be matched up to \$15,000. Every donation made now has twice the value to support early literacy, programs throughout the Library, and all of the community resources we strive to bring the North Valley. That is why February is “I Love My Library” Month.

Come in, browse the shelves, check out a book or twelve, sit down and read, attend an event— Fall in love all over again.

How can you become involved?

Throughout the month we will be featuring all there is to love about Desert Foothills Library. Beyond donating:

Share with us! What do you love about Desert Foothills Library? Two ways to win:

- ♥ We invite you to share what you love about our Library through Facebook or Instagram with the chance to win a prize at the end of the month.
Instagram @DFLalib and Find us on Facebook at Desert Foothills Library
- ♥ Come into the Library to see our ‘Share the Love’ display and enter!

Check out the beautifully crafted ‘Love Your Library’ displays all over the Library created by our own patrons and volunteers!

Children can come test their luck by guessing how many Hershey’s Kisses are in the jar featured in our youth area.

We will be accepting donations through Paypal, Facebook, and in-person. Snap a picture in our photo booth and we will feature you around the library or on social media. If you or your group donates online send your photo to info@dfla.org to be recognized!

*Love Desert
Foothills
Library?*

*Tell us why for a chance to win a
prize! 1 winner each age group:*

0-10

11-17

18+

*Ask a librarian for information
on how to enter.*



**Thank you for loving
Desert Foothills Library**

We are so grateful to all
our supporters! Thank
you helping us grow.



ADULT PROGRAMS

FOR THE LOVE OF BOOKS & WRITING

AZ Author Pens Real Life Love Story

Wednesday, February 13 • 2:00-3:30 pm

Kept secret for over 70 years, a thousand love letters, written from 1927-1935, unveil a beautiful love story. Anna and Dale had attended high school in Vallonia, Indiana, and then Dale moved away. Their maturing love, dreams, & differing paths during difficult economic times of the Great Depression are revealed. The treasure trove of letters, discovered when Anna was eighty-eight, set the wheels in motion to write their story: *The Starve Hollow Affair*. Author P.A. Schoenfield will enlighten us of how she came to write the story of this love. **Register:** 480-488-2286.



Memoir Writers' Group

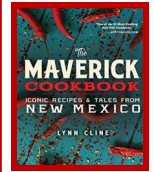
Monday, February 11 • 10-11:30 am (2nd Mondays)

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.

Writer's Connection

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

At the computer keyboard, today's world is literally at a writer's fingertips to create stories that are distinctively credible and compelling. **This Month:** Patricia L. Brooks presents—Create Memoir/Non-Fiction Books. Learn to write with authority and to create a winning writing content plan. **Register:** 480-488-2286.



Literate Foodie Club

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

Love food, books, cooking and conversation? We will explore all these and more. **Topic:** "The Maverick Cookbook: Iconic Recipes and Tales from New Mexico" by Lynn Cline. Discussion with live author interview. Sample New Mexican cuisine. Facilitated by Dana Rakinic. **Questions:** danarakinic@gmail.com.

Register: 480-488-2286. **Cost:** \$10.

Library Book Club

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

Join a discussion of *Behold the Dreamers* by Imbolo Mbue. Everyone is welcome! No registration.



Literary Salon

Thursday, February 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: Royalty in books & films—a discussion on the royals and their historical, political & cultural roll in multiple genres. The subject does not seem to wane. No registration.

Oddities . . . Found in Books!

January 20– February 9

Come and see this fascinating exhibit assembled by Nicolette Bonnstetter - things found in books returned to the Library!



BRAIN EXERCISE

Supervised Bridge Play



Fridays, February 1-March 22 • 10 am-Noon

The class consists of a short lesson followed by two or three pre-dealt hands, illustrating the lesson for the day. Each table bids these hands separately & compares notes as to the bidding and play. The 2nd part of the class is one hour of randomly dealt hands played by each table with the instructor advising. Players at any level may participate. **Cost:** \$85 for 8 sessions, all materials included by instructor Blake Ward. **Register:** 480-488-2286.

Learn How-To with Karsten's Ace Hardware

Tuesday, February 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 Prep **Register:** 480-488-2286.



MUSIC and the SILVER SCREEN

The Beatles: The Making of Sgt. Pepper's Lonely Hearts Club Band



Saturday, February 2 • 10:30 am-12:30 pm

Follow in the footsteps of the Beatles as they create their 8th studio album – “Sgt. Pepper’s Lonely Hearts Club Band.” Explore the genesis of how the songs were written, their influences, recording & production techniques and the iconic cover art. Review the legacy that defined the counterculture of a generation and continues to influence contemporary society. “A splendid time is guaranteed for all!” Rolling Stone ranks Sgt. Pepper’s Lonely Hearts Club Band as the #1 album of all time! **Register:** 480-488-2286. **Cost:** \$5.00.

Music @ the Movies

Thursday, February 7 • 2-5 pm (1st Thursdays)

Hosted by music enthusiast, Annis Scott. **This Month:** *The Soloist*. The Soloist is based on a true story. It stars Jamie Foxx as Nathaniel Ayers, a homeless, mentally ill man, who was once a musical prodigy but now plays on the street. Robert Downey Jr. as Steve Lopez, the LA Times columnist who bonds with him, and writes a column about him, which makes him famous. 1 hour 57 minutes. No registration.

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 for titles. No registration.

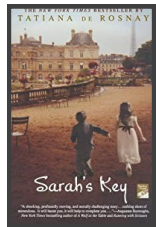


Drive-In Movie Theater

Every Thursday • 5 pm (No movie February 7 or 28.)

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.

******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, February 8 • 3-5 pm (2nd Fridays)

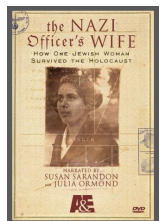
Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture and country and yet, at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

This month: *Sarah's Key*. **Register:** 480-488-2286.

Cinematic Reflections: Little Known Stories of World War II

Friday, February 15 • 3-5 pm (3rd Fridays)

World War II is one of the best known & 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:** *The Nazi Officer's Wife*. **Register:** 480-488-2286.



SPANISH



Intermediate Conversational Spanish

Every Wednesday • 10:30 am-Noon

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

WE'VE BEEN BUILDING A NEW WEBSITE!

Watch for the update coming soon!

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.* **Registration:** contact Marina Kachur: yokama14@gmail.com or 480-510-6572. **Cost:** \$8 cash, pay each 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. **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 or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.

Guided Meditation

February 6, 20 • 4:45–5:45 pm (1st and 3rd Wednesdays)

In this practice, we lie on the floor with closed eyes and relax in the space just before sleep. *Please bring a yoga mat or blanket.* **Questions:** Payton Cooper at studiomagic@cox.net or 480-563-1142. **Cost:** \$8 cash, pay instructor each class.

Natural Body Movement

Sunday, February 17 • 1–2:30 pm (3rd 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 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, February 4 • 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 Loss of a Spouse or Partner

Mondays, February 11, 25 • 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.

TECHNOLOGY & DIGITAL SUPPORT

Teen Tech Help Desk

Saturdays, February 2, 16 • 10 am–Noon

Saturday, February 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 for more information.

No appointments needed; 1st-come, 1st-served.

E-Media & Library Digital Content Help

Every Tuesday • 10–11 am

Downloading eBooks and 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.



ART & SOUL

Native American Ledger Art with Orelan C. Joe In Collaboration with Cave Creek Museum

Thursday, February 28 • 7 pm

Welcome Master Sculptor & Painter Orelan C. Joe. His world renowned works in stone and bronze can be found in private, corporate & museum collections in the United States and abroad. A New Mexican, Orelan is of Diné (Navajo) and Ute descent & the first Native American member of the Cowboy Artists of America. He will discuss the history of and his contributions to the native ledger art form. **Register:** 480-488-2286.



When Hitler and Göring Lived at the Ritz



Saturday, February 16 • 10:30 am-12:30 pm

During the occupation of France between 1939 and 1944, Hitler and Göring stole art from Jewish families, collectors & galleries. Goebbels, with the collaboration of three important Paris art dealers, made it possible for Switzerland, Great Britain, France, Germany, Holland and Russia to also enrich their collections. Mary Cook, International Lecturer & member of the International Foundation for Art Research, will relate the story. **Register:** 480-488-2286. **Cost:** \$5. All proceeds benefit the Library.

Craft N Chat

Mondays • 1-3 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and 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, February 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.

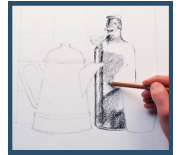
For more details or questions, contact the Sonoran Arts League office at 480-575-6624 or [in-](mailto:fo@sonoranartsleague.org)

fo@sonoranartsleague.org.

Mighty Art Workshop

Tuesdays, February 19, 26 • 10 am-Noon

Beginners & experienced artists are welcome; all will receive independent instruction. Roberta Kritzia, respected Art Instructor, will provide supplies, share exemplar historical art and demonstrate technique. Learn to render form & volume on paper with graphite. **Register:** 480-488-2286. **Cost:** \$39 plus \$10 for supplies to instructor.



Contemporary Art Exhibition



Continuing through February - 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. On your cell phone, click on 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.

Desert Foothills Gallery Contemporary Art Reception

Saturday, February 23 • 4-5:30 pm

Please join the Desert Foothills Gallery and the artists included in the Contemporary Art Exhibition for a reception to celebrate this wonderful collaboration! All welcome! Wine and refreshments included. No registration.



PASSPORT SERVICES

Passport books and cards with photo services – regular or expedited.

Appointments essential.

Call direct at 480-575-3201.



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Learn to speak a language online today! All you need is a **free** Desert Foothills Library Card. Comprehensive multi-media packages will have you speaking and improving your language skills with every lesson by taking part in the modern, everyday conversations that make up our Interactive Audio Course. Visit our Digital Library at desertfoothillslibrary.org.

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ADULT PROGRAMS

WELL BEING

Wellness Initiative for Senior Education (W.I.S.E.) Program



Tuesdays, February 5, 12 • 10-11:30 am

Are you 55 or older & want to learn how to stay healthy, meet new people? Join us; bring a friend! This educational program offers six lessons that cover a wide range of topics: learn about the aging process, how to make healthy lifestyle choices; celebrate this exciting stage of life & benefits that come with it; discuss risk factors & behaviors you should avoid to stay healthy; how alcohol, prescription & over-the-counter medications affect seniors differently, you can avoid problems; how to use simple tools to help you feel more empowered about your health and the healthcare you receive. Jones Room. **Register:** 480-488-2286.

Death Café



Wednesdays, February 6, 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. From more information go to www.deathcafe.com.

Refreshments. **Register:** 480-488-2286.

Intuition Development

Monday, February 11 • 10 am-Noon

This is a fun class for anyone wanting to tap into their own intuition to gain insight into balancing your daily life. You will learn in detail about the chakras & the human energy system. Meditation techniques are covered as well as the different types of intuition and psychic senses such as clairvoyance. We will also discuss various ways to protect yourself from negative energy. **Register:** 480-488-2286. **Cost:** \$20.



Practical uses of Reiki & Various Energy Modalities



Meditation, Relaxation, Healing, Health, and Overall Self-Care

Wednesdays, February 13, 27 • 10:30-11:30 am

The discussion will begin with an explanation of the energy body, how it works and functions. We will review what effects this unseen energy force or body and how you use it. We will play with the energy for a better understanding of how you use and control your energy body at the present and how you can consciously control more of the energy that makes up all that is you. **Questions:** Contact instructor Karen Cimaglia at rockinvibes21@gmail.com or 602-721-7714. **Cost:** \$8 cash, pay to instructor at each class.

Anxiety, Depression and Childhood Trauma

The Intimate Link that Connects Them Together

Friday, February 22 • 2-3 pm

Christine Regan Lake will discuss the affect childhood trauma has on the emotional and physical body. She will also discuss the 18 schemas (mental frameworks and beliefs) that are created in early childhood from emotional trauma. These schemas influence how we see and interpret the world. Finally, she shares a powerful technology to reprogram the subconscious mind to free oneself from negative schemas that are impacting your life. **Register:** 480-488-2286.



FINANCE

How to Save Big with the New Tax Cuts & Jobs Act Law

Saturday, February 23 • 10:30 am-12:30 pm

Dr. Harold Wong will enlighten about key changes, optimizing taking your RMD for IRAs & 401(k)s, reducing your tax bill by 50% or more & how the new Trump Tax Law might affect your investments. **Register:** 480-488-2286.

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

Saturday, February 23 • 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/Successors and Beneficiary designations. Attendees will have the opportunity to actively learn, plan and ask questions in a supportive, engaging environment. **Register:** 480-488-2286.

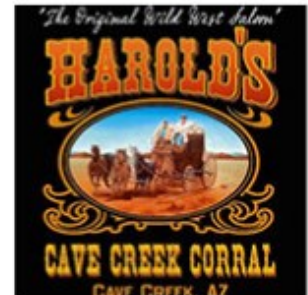
AARP Foundation Tax-Aide Help

Tuesdays, February 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 and receive your questionnaire. No appointments will be made by phone. Appointments are available for all Tuesdays from February 5 to April 9 • 10 am-4pm. This program benefits people of all ages regardless of income.



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SAVE THE DATE

.....
MARCH 2ND
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DR. SEUSS!

.....
Get ready for a month of
programs celebrating
Dr. Seuss's 115th birthday,
beginning with his
Birthday Party March 2nd.



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