Yappy Hour to Benefit Arizona Humane Society

Sunday, November 4 • 11 am–1 pm

Mimosas and iced tea for humans, treats for the pups...Join us, with your dog (or just because you’re a dog-lover), mingle on the Waterfall Terrace, enjoy hearing Wayward Magnolia play some music, and chances to have portraits taken with your pooch! We’ll also be collecting donations for Arizona Humane Society. Here is a small way you can try to donate. Dog treats (soft, jerky and biscuits), cat treats, canned chicken, tuna, sardines and salmon, canned pumpkin, peanut butter, Cheezios (plain), puzzle feeders, buckets that can hold a gallon or more (have not contained chemicals). For a full supplies list visit AZHumane.org. Register: 480-488-2286.

Writer’s Connection

November 2 • 1–3 pm (1st Fridays)

Today’s word will be Hypoxia at a writer’s fingertips. A few keyboard strokes can open the internet information gates to help you create stories that aredistinctivelycredibileandcompelling.

This Month: Susan Pohlman - Let’s Talk about Editing! Whether you are a first-time author or a seasoned pro, a thorough edit can make your book great. Susan will present a mini-workshop on self-editing as well as how to work effectively with a freelance editor. Register: 480-488-2286.

Library Book Club

November 5 • 12–2:30 pm

This month: Cookbook TBD. Facilitated by Dana Rakinic. Question? Email: danarakinic@gmail.com.

Library Imagination Lab

November 8 • 10 am–Noon (2nd Thursdays)

Discussion of The Radish Girls by Kate Moore. Everyone is welcome! No registration.

For the Love of the Story

Sunday, November 11 • 1–4 pm

Do you love the power of story as much as I? Nancy believes the best way to build empathy and understanding, so desperately needed in our time, is through story. This book presentation/signing with Author Melanie Lee is an opportunity to discuss her experiences with her book, The Radium Girls.

Library Passport Office

November 15 • 10 am–Noon (3rd Thursdays)

This informal discussion of books, film and theater, led by facilitator. No requirements to read or see any particular book, film or play. Everyone is invited to share ideas & reflections on the selected theme: Topic. TBD. No registration.

Learn How-To with Karsten’s Ace Hardware

November 18 • 10–11 am

This Month: Free tickets to Infidels/Texan. Come, 1st $25 per person. Additional $25 per person. Registration $50 per person (2nd weekend each month). Call: 480-488-2286 to ensure we have enough snacks – drop-ins also welcome.

Family Snack in the Stacks

November 18 • 11:15 – 12:15 pm

For children 6 with parent/caregiver in the Desert Foothills Library. Imagination Lab. Mom/daughter yoga duo, Crystal and Maddie, teach with music, movement, yoga poses. Come dressed to move! No experience necessary.

Library and Phoenix Opera artists.

Tech Support for Small Business

November 20 • 10 am–Noon (1st Fridays)

This book presentation/signing with Author Melanie Lee is an interactive & informative discussion for people at the second half of life who set out to meet the Museum in a mountain village renowned for its natural beauty, artistic roots and tolerance for diversity. This month, the focus is on spiritual path. They will encounter a group of creative souls on the road to Wisdom’s Edge, who offer inspiration about embracing the creative life after 60. Do you want your story to shine? Do you have a story you want to tell? Do you love to hear others’ stories? This experience, inviting the audience to review and respond to the “Wisdom’s Edge Questionnaire.” Register: 480-488-2286.

Desert Foothills Library

2018

MARK YOUR CALENDAR

February 9, 2019. Desert Foothills Library celebrates 65 years as a 501(c)3 non-profit, built on the foundation of member support, community partnerships, membership & volunteering! Join us for a silent auction, wine & cocktail selections, and gourmet dinner, all gracened with renown pianist Nicole Pesce and Phoenix Opera artists. Tickets: $150 and all proceeds benefit the Library. Call: 480-488-2286.

November 2018

Chapter2Books

Inside the Library

Open 7 Days

North Valley’s biggest used bookstore

More than 15,000 BOOKS - DVDs - CD'S - DVD'S

Starting at just 50 cents!

Special Sale Dates: November 9, 10, 11

(2nd weekend each month)

Christmas in AZ!!!

Donations are welcome and help support the library!

Tribe's of the Lower Omo Valley Ethiopia

Friday, November 16 • 1–2:30 pm

In far south western Ethiopia the cultures of several tribes are disappearing almost overnight. Age old traditions are being erased by outsiders and it is predicted this is one of the last opportunities to witness peoples who have been untouched by modern society... until now. Join us on our photo safari in the Lower Omo Valley.

Small Group Travel at its Best

On the Hidden Tuscany Tour in Italy

Wednesday, November 7 • 3–4 pm

Join Roberta Kritzia for a detailed presentation as she speaks about her 35 years of designing and conducting unique trips to Europe. You will be treated to a visual feast as she takes you through the stunning Tuscan countryside in an area of wine cultivation. Roberta’s speaker who has taught for 30+ years. Class sizes are limited.

Spanish Offerings

Intermediate Conversational

Every Wednesday • 10:30 am–Noon

Infantino club lessons and various books, flashcards, etc. with discussion in Spanish. No instructor. No registration.

Spanish Classes

4 to 10 years 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, of the class you want to attend.

Registration required 2 days prior to class start: 480-488-2286. Cost: $60 for each 6-week series.

Spanish Level 1

Wednesdays, Nov 7–Dec 12 • 9:30–10:30 am

Spanish Level 2

Wednesdays, Nov 7–Dec 12 • 10:40–11:40 am

Spanish Level 3

Wednesdays, Nov 7–Dec 12 • 11:50 am–12:50 pm

Spanish Level 4

Tuesdays, Nov 6–Dec 11 • 10:40–11:40 am

Spanish Level 5

Tuesdays, Nov 6–Dec 11 • 11:50 am–12:50 pm

Spanish Levels 3

Wednesdays, Nov 7–Dec 12 • 11:50 am–12:50 pm

Spanish Level 4

Tuesdays, Nov 6–Dec 11 • 10:40–11:40 am

Spanish Level 5

Tuesdays, Nov 6–Dec 11 • 11:50 am–12:50 pm

Tech & Digital Support

Teen Tech Help Desk

Saturday, November 3, 10, 17 • 10:30 am–2 pm

Get help with all your technology needs: e-mail, apps, e-books, devices, Windows 10 software & more! Bring your device or use a library computer. Call: 480-488-2286. Cost: $20 for 15 minutes or $25 for 20 minutes. Contact: Daniel @ 480-597-2068.

Registration: 480-488-2286.

E-Media & Library Digital Content Help

Every Tuesday • 10 am

Drop off e-books and audiobooks through the library’s digital collection! Bring questions about any of the apps the library offers. Bring your device; have your library card ready!

Tech Support for Small Business

November 9 • 9–12 pm

This book presentation/signing with Author Melanie Lee is an interactive & informative discussion for people at the second half of life who set out to meet the Museum in a mountain village renowned for its natural beauty, artistic roots and tolerance for diversity. This month, the focus is on spiritual path. They will encounter a group of creative souls on the road to Wisdom’s Edge, who offer inspiration about embracing the creative life after 60. Do you want your story to shine? Do you have a story you want to tell? Do you love to hear others’ stories? This experience, inviting the audience to review and respond to the “Wisdom’s Edge Questionnaire.” Register: 480-488-2286.

For the Love of Books

Literary Salon

November 15 • 10 am–Noon (3rd Thursdays)

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Library and Phoenix Opera artists.

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Order in Our Lives

Banner Brain Health
Monday, November 12 12:30–3 pm
Your brain is so much more than memory with domains of cognition, language, attention, visuospatial, executive function and memory. In discussing “normal aging” and something more serious, along with a self-assessment, the Brain Health Program can act as your personal trainer, with activities to strengthen domains that you want to improve. Lifestyle factors are also related to brain health. This class is intended for cognitively normal adults. Register: 480-488-2286.

Mental Health First Aid Training
November 15, 16: 10–3 pm
Join a FREE 8-hour course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training will introduce how to recognize, respond and reactand respond to signs of mental illness and substance use disorder. Presented by the best-selling Gold Course Agency on Aging. Register: 480-488-2286.

Getting to and Through Retirement
Saturday, November 11 10:30–1:30 am
What’s your Retirement Income Distribution Strategy? Do you have one? Karin Chazin of hosts a FREE Retirement Planning Seminar. Topics to be discussed include:
• Asset location vs allocation – What is the difference?
• How your assets are taxed as you accumulate, distribute and transfer assets for your retirement
• Review your strategy
• Learn how we can help. Register: 480-488-2286.

Medicare 101
Presented by Rose Agency
Wednesday, November 28 2–4 pm
This educational presentation is geared for seniors to better understand their health care. Presented by Rose Unger of Rose Agency. Register: 480-488-2286.

Wills & Trusts 101
Co-sponsored by Pavia Law Firm
Thursday, November 1 10:30–11:30 am
Nicole Pavlik will host a FREE Estate Planning Workshop:
• Last will and Testament
• Living trust
• Power of attorney
• Probate – what it is and how to avoid it
• Trusts – what they are and how they are different from a Last Will and Testament
• Executor/Successor Trustee—how to pick the “right” one

Weekly Guide for Healthy Eating & Better Health
Thursday, November 1 – December 15 11:30–1 pm
Curious why your diet does not give you the results you are longing for? The benefits of proper nutrition and exercise are widely known, but how do the two interact and impact for good for most health problems. Discover how the body works with the foods you consume and can provide the means for a healthier place to get up and go! Register: 480-488-2286. Cost: $15 per class or $60 for entire six week series. (No class November 22.)

Health & Fitness
Gentle Yoga
Every Sunday, 11 am–Noon & Wednesday, Noon–1 pm
You are only one class away from a good mood! Slow poses begin to strengthen your heart and bones, improve balance & sharpen the mind. Bring a yoga mat and light blanket. Registration: contact Maria Kachur: 480-510-6572 or yokamai1@gmail.com. Cost: $8 cash, pay each class.

Yoga Fusion
(Intermediate level)
Every Thursday, Noon–1 pm (No class November 22)
This course starts with breathing exercises, stretching moves and then into Vinyasa or Flow yoga, standing sequences and balance exercises. 2½ hours of yoga break down the class. Questions: Elizabeth Boisson: evboisson@yahoo.com or 480-363-5275. Cost: $8 cash, pay instructor at each class.

Yoga Nidra
Every Thursday 1–2 pm (No class November 22)
Yoga nidra, yogi sleep, is a state of consciousness between waking & sleeping. Relax, as you become aware of your innerself, following verbal instructions, to reduce stress & increase nightly sleep. Bring a yoga mat or light blanket. Registration: Elizabeth Boisson at evboisson@yahoo.com or 480-363-5275. Cost: $8 cash, pay instructor each class.

Qigong/Tai Chi
Every Friday, 9–10 am
A discipline that can be practiced with benefits gained at any age – you are never too old! Blend Qigong and Tai Chi, with deep breathing, repeated gentle motions & stretches to improve health, balance, agility & flexibility. Wear loose clothing & bare feet. Questions: Bina Boat at bina81@hotmail.com. Cost: 480-284-1300. Cost: $40 cash for 5 classes; or $10 drop-in.

Guided Meditation
2nd and 4th Wednesdays, November 14, 18, 24, 4-5:45 pm
In this practice, we will be on the mat 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 480-537-9071. Cost: $80 for a six-week series.

Natural Body Movement
Sunday, November 18 11:15–12:30 pm (3rd Sundays)
Classes are a gentle approach to movement. Emerge from your busy lifestyles, learn Qigong, to increase strength, flexibility & mental clarity. Release stress, tension & chronic pain. Bring a light blanket. Questions: Judie Page at judie.page@gmail.com. 480-902-9311. Cost: $20 cash, pay instructor each class.

Music Appreciation
Friday, November 9 9:30–10:30 am
Music Enthusiast Fran Rosenthal examines emotion in music. From the most neurotic to the most relaxed composers. How do they convey emotion in music? Register: 480-488-2286.

Drive-In Movie Theater
Every Thursday 5–7 pm (no movie 11/8 and 11/22)
Join us every week for a movie from the early years of film up to the 1980’s but nothing beyond that. Pray we can continue outside because future extravaganzas may be in doubt. Remain with your favorite old and enjoy great films before billion-dollar productions, Netflix, or Redbox! No Registration.

Music at the Movies
November 14, 16 (4th Thursdays)
Join us for a celebration of movie musicals hosted by Music Enthusiast, Anni Scott. This Month: Kiss Me Kate - The musical version of “Taming of the Shrew” is set to the music of Cole Porter. Howard Keel, Kathryn Grayson, Ann Miller and Tommy Rall star. 110 minutes. No registration.

International Film: French Cinema
November 9 6–9 pm (2nd Fridays)
Movies are a great way to learn about different cultures and countries; how people live, love, cope with hardships and tragedy – how the threads of humanity stretch across the globe. A post-film discussion, with Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

WWW Cinematic Reflections
November 16 6–9 pm (3rd Fridays)
This month, we will explore films that have widely depicted conflicts in history. This film series will explore little known stories filled with danger, intrigue, and sometimes such improved historical events. No Registration.

Making The Mummies Dance
November 26
The story of the Met is one of pride, extravagance, avarice, envy, greed, and egoism. A city unto itself, populated by colorful characters — only their need apply. Early Med Curator, Dietrich von Hatzfeldt, was a refugee from Nazi Germany whose greatest Met acquisitions turned out to be kibitz art. The rich and famous freight the Met; Vogue’s Anna Wintour, Diane Von Furstenberg, the provocative & engaging Director, who revolutionized museums around the world but left the Met in chaos for Philippe de Montebello, who became the Met’s longest serving Director. The book, Making the Mummies Dance, is fascinating read. Every Cook will tell Met stories. Register: 480-488-2286. Cost: $7.00

Art & Soul

Wine & Paint
Wednesday, November 14 5–7 pm
Join the library in an amazing & creative event! Vino & Canvas will be showing the ropes to paint two wine glasses! Come join for a fun, easy & unique way to unwind & express creativity! Reserve your free seat today. A painting, a couple of glasses and restoring benefits of adult coloring. These pages have intricate designs and patterns. Like meditation, coloring allows us to detach from our brains focus only on the moment to alleviate free-floating anxiety. Please join us for a casual adult coloring session! Coffee, water and all materials will be supplied. Register: 480-488-2286. Cost: $4.50

Restore with Music & Color
Monday, November 19 2–3:30 pm
Join us for a fun & unique way to unwind & express creativity! Restore with music therapy and a few relaxing and restoring benefits of adult coloring. These pages have intricate designs and patterns. Like meditation, coloring allows us to detach from our brains focus only on the moment to alleviate free-floating anxiety. Please join us for a casual adult coloring session! Coffee, water and all materials will be supplied. Register: 480-488-2286. Cost: $4.50

Art Exhibition
In Hidden Hills the Showcase
Through January 25
As part of this year’s Showcase, Desert Foothills Library is honored to host quality artists from the Sonoran Foothills. Come, enjoy the art of our young people!!

Art Critique
Presented by the Sonoran Arts League
November 26, 1:00–2:30 pm
Research validates that group critiques contribute to artistic development. This once a month opportunity to have a group look at your work, discuss it and talk to all the artists is a wonderful experience. The Feedback format will be honest, candid group talk. Our goal is to help all of us evolve and think about our work in a constructive manner. Feedback will be provided to all artists. Questions: Sonoran Arts League office at 480-575-6642 OR info@sonoranartleague.org

Craft N Chat
November 18, 10:00–11:00 am (2nd Mondays)
Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. New weavers and all skill levels are always welcome! No registration.