

DESERT FOOTHILLS LIBRARY

DETAILS AT WWW.DFLA.ORG

NOVEMBER 2018

ADULT EVENTS

NOVEMBER 2018

Check It Out!

OPENING DAY EXTRAVAGANZA!

Saturday, November 17 • 10–4 pm

Desert Foothills Library welcomes you to our Opening Day Extravaganza! Our member supported library has made some changes over the spring & summer and we are ready to show it off! All day long we will have programs for every age, free resources, walk-in passport appointments & some goodies to take home! Meet your library staff, volunteers, board members, and other people of your community! Come join us for a wonderful, relaxing, and informative day!

Extravaganza events

DFL Passport Office 10 am–4 pm
Three passport agents will be ready to help you submit your application and to answer your questions!

Toddler Time 10:15–10:45 am
Storytime is for children 18 months to 3 years and caregivers. Join us for 20-25 minutes of books, songs, and fun!

Therapeutic Bodywork 10:30 am–Noon
Experience infrared therapy on an Amethyst Biomat. Find relief from chronic pain, arthritis, and/or injury. Foot & leg massage included. **Registration Required:** Contact Jenna Richard at jennarichard1490@gmail.com. **Cost:** \$20 for 15 minutes or \$25 for 20 minutes.

Family Yoga 11:15–11:45 am
For children 3-6 with parent/caregiver in the Desert Foothills Library Imagination Lab. Mom/daughter yoga duo, Crystal and Maddie, teach with music, movement, and yoga poses. Come dressed to move! No experience necessary.

Lessons from the Artifacts of Yesteryear 1:30–3 pm
Objects from the past teach us about our ancestors. Come for a fun, educational look at the collection of a local connoisseur of American antiques going back to the birth of the United States.

Family Snack in the Stacks 2–3 pm
Fun for families & children of all ages in the Youth Section of the Library: snack of fruit kebabs; play Food Pyramid Bingo! Stay for the whole program or drop in for an afternoon snack. **Register:** 480-488-2286 to ensure we have enough snacks – drop-ins also welcome.



Desert Foothills Library
10th Annual Gala

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 through donations, memberships & volunteerism! Join us for a silent auction, wine pull & hosted cocktails, and gourmet dinner, all graced with renown pianist Nicole Pesce and Phoenix Opera artists. **Tickets:** \$200 and all proceeds benefit the Library. Call: 480-488-2286.

THE GEOLOGIC STORY OF CAVE CREEK'S LANDFORM



Friday, November 30 • 3–4:30 pm
Join us as we journey through geologic time and explore some of Cave Creek's spectacular landforms to learn how they came to be: ancient magma & mountain building events exposed at Black Mountain and Cave Creek Regional Park; a younger story of basins, lakes, & volcanic eruptions recorded in the rocks of Spur Cross. Our journey will take us through time and space to gain a deeper understanding of the landforms that we see every day. **Register:** 480-488-2286.

PRIMITIVE TRIBES

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

SMALL GROUP TRAVEL AT ITS BEST

On the Hidden Tuscany Tour in Italy

Wednesday, November 7 • 3–4 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 stunning Tuscan countryside in an area of wine cultivation. Roberta and her husband Henry will be taking the May 2019 group of travelers to a family run winery and they are hosting a wine-tasting and antipasti event in the vineyards. **Register:** 480-488-2286.



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:** \$60 for each 6-week series.

Spanish Level 1

Wednesdays, Nov 7–Dec 12 • 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, 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

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 Maggie play awesome music, and get the chance to have **portraits taken with your pooch!** We'll also be collecting donations for Arizona Humane Society. Here is a small list of items you could bring to donate: Dog treats (soft, jerky and biscuits), cat treats, canned chicken, tuna, sardines and salmon, canned pumpkin, peanut butter, Cheerios (plain), puzzle feeders, buckets that can hold 1 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 world is literally at a writer's fingertips. A few keyboard strokes can open the internet information gates to help you create stories that are distinctively credible and compelling.

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 a good manuscript 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.

LEARN HOW-TO

with Karsten's Ace Hardware

Tuesday, November 20 • 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 of Carefree will be providing How-To demonstrations to help you find tidbits and techniques to help around your home! **This Month:** TBD **Register:** 480-488-2286.



NATIVITIES OF THE WORLD

A Multicultural Display of over 200 Nativities

Sponsored by Foothills Food Bank & Resource Center

November 24 • 10 am–4 pm

November 25 • 11 am–3 pm



Admission is free, but a nonperishable food or cash donation is requested. Nativities are on loan from local families and collectors and are not for sale. Questions: pnativities.foodbankaz@aol.com.

TECH & DIGITAL SUPPORT

Teen Tech Help Desk

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

Get help with all your technology needs: e-mail, apps, e-books, devices, Windows 10, websites & more! Bring your device or use a library computer. 1st-come, 1st-served. Contact Brandon: 480-695-2638. Contact Imogen: imogenbrookso1@gmail.com.

E-Media & Library Digital Content Help

Every Tuesday • 10–11 am

Download eBooks and eAudiobooks through the library's digital collection! Bring questions about any of the apps the library offers. Bring your device; have your library card ready! For Apple users, your Apple ID will be needed. No registration.



Chapter 2 Books
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: November 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



FOR THE LOVE OF BOOKS

Literary Salon

November 15 • 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 & reflections on the selected theme. Topic: TBD. No registration.

Literate Foodie Club

November 5 • 12:30–2:30 pm (1st Mondays)

Love food, books, cooking and conversation? We will explore all these and more. **This month:** Cookbook TBD. Facilitated by Dana Rakinic. **Questions:** danarakinic@gmail.com. **Register:** 480-488-2286. **Cost:** \$10.

Library Book Club

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

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

For the Love of the Story

Sunday, November 11 • 1–4pm

Nancy Gutfreund, therapist & writer will be presenting a show of AZ residents reading true personal stories from their lives. Do you love the power of story as much as I? Nancy believes telling our stories brings community together in a personal meaningful way. These readings are a vehicle for creating empathy and understanding, so desperately needed in our time. There is a Renaissance of this time honored art form from New York Story Corps to other venues all across the country. **Register:** 480-488-2286.

A Year in Sedona

Meeting the Muse at Wisdom's Edge

Friday, November 9 • 12:30–2 pm

This book presentation/signing with Author Melanie Lee is an informative & inspirational discussion about two people at the second half of life who set out to meet the Muse. In a mountain village renowned for its natural beauty, artistic roots and tolerance for seekers on a variety of spiritual paths, they encounter a group of creative souls on the road to Wisdom's Edge, who offer inspiration about embracing the creative life after 60. This presentation is an upbeat and provocative experience, inviting the audience to review and respond to the "Wisdom's Edge Questionnaire." **Register:** 480-488-2286.

More Events

MONTHLY SUPPORT GROUPS

(No registration, no fee)

Caring for the Caregiver

Monday, November 5 • 10–11:30 am (1st Mondays)

Taking care of yourself is essential in caring for your loved one. Fellowship with caregivers & Hospice of the West facilitators.

"The Healing Pathway"

After the Loss of a Spouse or Partner

November 12, 26 • 9:30–11 am (2nd and 4th Mondays)

Journey to find a "NEW NORMAL" as you process through your personal grief. Led by Hospice of the West facilitators.

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 discussion of "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 13, 15 • 9:30 am–1:30 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 helps identify, understand, & respond to signs of mental illness and substance use disorders. Presented by Area Agency on Aging.

Register: 480-488-2286.

Getting to and Through Retirement

Presented by AXA Advisors LLC

Saturday, November 10 • 10:30–11:30 am

What's your Retirement Income Distribution Strategy? Do you have one? Karan Chainani 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 optimal results. 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 on Medicare is geared for seniors to better understand their health care. Presented by Rose Unger of Rose Agency. **Register:** 480-488-2286.

Wills & Trusts 101

Presented by Pavlik Law Firm

Thursday, November 1 • 10:30–11:30 am

Nicole Pavlik will host a FREE Estate Planning Workshop:

- Last Will and Testament – what they do and don't do
 - 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
 - Beneficiary designations - why these need to be updated
- Learn, plan, and ask questions! **Register:** 480-488-2286.

DESERT FOOTHILLS LIBRARY

Details at www.dfla.org November 2018

More Events

Your 2018 Guide for HEALTHY EATING & BETTER HEALTH

Thursdays, November 1–December 13 • 10–11:30 am

Curious why your diet does not give you the results you are longing for? The benefits of proper eating & exercise can make an impact for good for most health problems. Discover how the body works with the foods you consume and can provide the benefits of a healthier life style, providing more energy and 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 Marina Kachur: 480-510-6572 or yokama14@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. 5 minutes of Savasana ends the class.

Questions: Elizabeth Boisson: evboisson@yahoo.com or 480-363-5275. **Cost:** \$8 cash, pay to instructor at each class.

Yoga Nidra

Every Thursday • 1–2 pm (No class November 22)

Yoga nidra, yogic sleep, is a state of consciousness between waking & sleeping. Relax, as you become aware of your inner world, 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 & 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 Bou at bina.b75@gmail.com or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.

Guided Meditation

2nd and 4th Wednesdays, November 14, 28 • 4:45–5:45 pm

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 480-513-0701. **Cost:** \$8 cash, pay instructor each class.

Natural Body Movement

Sunday, November 18 • 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.



MUSIC & THE SILVER SCREEN

Music Appreciation

Friday, November 9 • 4–5:30 pm

Music Enthusiast Fran Rosenthal examines emotion in music. From the neurotic to the most relaxed composers. How do they convey emotion in music? **Register:** 480-488-2286.

Drive-In Movie Theater

Every Thursday • 5 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! Reminisce with your old favorites and enjoy great films before billion-dollar productions, Netflix, or Redbox! No Registration.

Music @ the Movies

November 1 • 2–5 pm (1st Thursdays)

Join us for a celebration of movie musicals hosted by Music Enthusiast, Annis 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 • 3–5 pm (2nd Fridays)

Movies are a great way to learn about different cultures and countries; how people live, love, laugh, 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. **This Month:** *The Day I Saw Your Heart.* **Register:** 480-488-2286.



WWII Cinematic Reflections

November 16 • 3–5 pm (3rd Fridays)

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known 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 and women who made World War II modern history's seminal event. A post-film discussion, facilitated by Gary Zaro, will follow.

This Month: *Sophie Scholl.* **Register:** 480-488-2286.

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.



LIVE. LEARN. LOCALLY.

Friday, November 2 • 1–2:30 pm

Desert Foothills Library is a non-profit library supported by its community. 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, & we want to maintain the collaboration between the Cave Creek, Carefree, & 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 **Gold Mine Thrift Shop.** No registration.

LIBRARY/BOOKSTORE

38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

www.dfla.org

Closed: November 22

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

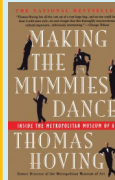


MAKING THE MUMMIES DANCE

The Secret History of the Moguls and the Money that Make-Up the Metropolitan Museum of Art

Saturday, November 10 • 10:30 am–12:30 pm

The story of the Met is one of pride, extravagance, avarice, envy, greed, and egotism. A city unto itself, populated by colorful characters - only the very rich need apply. Early Met Curator, Dietrich von Bothmer, was a refugee from Nazi Germany whose greatest Met acquisitions turned out to be looted art. The rich and famous frequent the Met; Vogue's Anna Wintour, Diana Vreeland, who founded the famous costume extravaganza, Leonard Lauder, who bequeathed his \$1 billion art collection, and Thomas Hoving, 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* by Thomas Hoving is a fascinating read. Mary F. Cook will tell Met stories. **Register:** 480-488-2286. **Cost:** \$7.00 All proceeds benefit the library.



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, unique social hour where we will be testing our creative abilities. No artistic talent needed. Wine, snacks, and supplies all included! You keep the two glasses you paint!

Register: 480-488-2286. **Cost:** \$45.

Restore with Music & Color

Monday, November 19 • 2–3:30 pm

Join us for a fun & unique way to unwind & express creativity! Researchers & art therapist laud the stress relieving and mind restoring benefits of adult coloring. These pages have intricate designs and patterns. Like meditation, coloring allows us to switch off 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.

Art Exhibition

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

Art Critique

Presented by the Sonoran Arts League

Monday, November 12 • 4–5 pm

Research validates that group critiques contribute to artist development. This once a month opportunity to have a group look at your work is open to all artists & the general public. 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. Bring 1-2 pieces of work. **Questions:** Sonoran Arts League office at 480-575-6624 OR info@sonoranartsleague.org.

Craft N Chat

November 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.