

More Events

DESERT FOOTHILLS LIBRARY

CRAFT N CHAT

Monday, August 27 • 1–3 pm (4th Monday)

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. New crafters & all skill levels are always welcome! No registration.



HEALTH & FITNESS

Restorative Yoga

Every Thursday • Noon–1 pm



Great for beginners! Improve your ease of movement, flexibility, breathing & 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.

Yoga Nidra

Every Thursday • 1 pm–2 pm



Yoga nidra, or yogic sleep, is a state of consciousness between waking & sleeping. It is a state in which the body is completely relaxed, and one becomes increasingly aware of the inner world by following a set of verbal instructions. It is a state of deep relaxation that has many benefits, including stress reduction and increased nightly sleep. Anyone can practice Yoga nidra and there is no wrong way to practice it. It is done lying down on the back with the knees supported on a bolster and it takes about 35-40 minutes. *Please bring a yoga mat & light blanket.* **Registration required:** contact instructor Elizabeth Boisson at 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash, pay to instructor at each class.

Quantum Light Healing

Every Saturday • 10:30 am–Noon



Spend 15-20 minutes experiencing the healing power of infrared therapy while relaxing on an Amethyst Biomat. Aid your body in healing from chronic pain, arthritis and/or injury while boosting your immune & reducing stress. Relaxing foot & leg massage included. **Registration:** contact Jenna Richard at jennarichard1490@gmail.com. **Cost:** \$20 for 15 minutes or \$25 for 20 minutes.

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.

ASK AT THE FRONT DESK!!



Details at www.dfla.org August 2018

SMALL BUSINESS OWNERS DIGITAL MARKETING 101

(4-week class series)

Thursdays, August 2, 9, 16, 23 • 1–2:30 pm



Presented by Tech4Life's Jen Miles. Learn to setup a fully functional digital marketing platform. Gain a full understanding of how to gather and deliver compelling content. Each week will be a different topic to better promote your small business! **Register:** 480-488-2286.



TEEN TECH HELP DESK

Saturday, August 4, 18 • 10 am–Noon

Contact Brandon Holmes: 480-695-2638.

Sunday, August 5, 19 • 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 Bo or Brandon for more information. No appointments needed; 1st-come, 1st-served.

E-MEDIA & LIBRARY

DIGITAL CONTENT HELP

Every Tuesday • 10:00–11:00 am

eBooks & Audiobooks



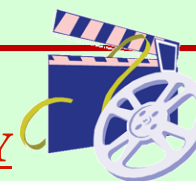
Downloading eBooks & eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class for anyone with questions about

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 & have your library card ready! For Apple users your Apple ID will be needed. No registration.

MONDAY MOVIES @ THE LIBRARY

Every Monday • 3 pm

New releases, with a Foreign Film once each month! Check our website www.dfla.org for titles. No registration.



PASSPORT SERVICES

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

Appointments essential. Call direct at 480-575-3201.



More Events

Your 2018 Guide for HEALTHY EATING AND BETTER HEALTH (6-week class series)

Wednesday, August 1, 8, 15, 22, 29, September 5 • 10–11:30 am



Curious why your diet does not give you the results you are longing for? The benefits of proper eating and exercise can make an impact for good for most health problems. Join us to 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! This class is presented by Dolores Sawka, Registered Dietitian in Nutrition Education. With 12 years experience in Nutrition management, she has taught at Yavapai College, in long-term care facilities and in rehab facilities. She offers consulting in her private practice, Designs for Health, LLC. **Register:** 480-488-2286. **Cost:** \$15.

MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators. No registration.

Caring for the Caregiver

August 6 • 10–11:30 am (1st Monday)

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

August 13, 27 • 9:30–11 am (2nd and 4th Mondays)

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



Desert Foothills Library FURNITURE SALE!

Saturday, August 11 • 9 am–1 pm

The Library has completed its remodel and moved in the new furniture! Come see what we are offering at this one time only sale of our used items!

Looking for a FULFILLING VOLUNTEER OPPORTUNITY?



Join the Desert Foothills Library & make a real impact! Volunteers are needed at the library & Chapter 2 Books. Shifts are generally 3-4 hours and available for all days of the week; Volunteers will be fully trained. Apply to Library Manager Terri Engebretson at tengebretson@dfla.org or 480-488-2286.



SIMPLE SOLUTIONS TO A GREENER LIFE

Friday, August 17 • 1:30–2:30 pm

Dorie Morales shares about her journey switching to a greener life, mainly because of both of her sons' allergies, and the cancers and dementia in her family. She will walk through a home and give simple solutions to a more eco-conscious home & to things you may do where you live, work, and play: switching to front loading dryer & washers and using vinegar instead of dryer sheets. Dorie will talk about paints, bedding, sheets and eco-friendly cosmetics, which use less packaging for less waste. Dorie is the publisher and editor-in-chief of Green Living magazine, Arizona's premiere eco-conscious lifestyle publication. **Register:** 480-488-2286.



SUMMER MINI-RETREAT for STRESS REDUCTION

Saturday, August 18 • 10 am–2 pm



When you relax, your body releases naturally occurring healing resources. Unlike prescription drugs, this inner medicine has no cost, is readily available to everyone, & has no negative side effects! Learn to activate The Healer Within. Deepen

your commitment to health self-reliance. You will explore a powerful new way to cultivate your own vital energy that will improve health, create radiant well-being & make you stress resilient. These techniques can be done anywhere, at any time, by anybody-sitting, standing or lying down. Contact Bina Bou for information at 480-284-1300 or bina.b75@gmail.com, MindBodyFocusQi.com. **Register:** 480-488-2286. **Cost:** \$45 – a light lunch will be provided.

POSTURE, FASCIA&CHRONIC PAIN presented by Sterling Structural Therapy

Wednesday, August 29 • 11 am–Noon



Learn about Fascia, a web of fibrous connective tissue that wraps your muscles, tendons, joints and ligaments and how

Fascia can affect both your posture and your well-being as it relates to chronic pain & mobility. Join Structural Therapists Dana Sterling and Cody Williams; learn simple straight forward strategies to immediately improve your posture & quality of life. **Register:** 480-488-2286.



MEDICARE 101 hosted by Rose Agency

Wednesday, August 1 • 1–2 pm

This program is an educational presentation on Medicare, geared for seniors to better understand their health care. For more information contact Rose Unger at Rose

Agency: 602-367-4047 or maryunger@cox.net. **Register:** 480-488-2286.

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(2nd weekend each month)
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AN ACCIDENTAL MURDER & Other Stories

Wednesday, August 22 • 2–3:30 pm

An Accidental Murder is a collection of connected short stories about navigating through trauma & overcoming life's most challenging circumstances. Friends, wives, teenagers, and children struggle with abuse, loss and self-esteem as they fight to maintain their dignity and exercise control over their lives. Listen to Author Diana Grillo speak about her book, stories, and navigating through trauma. **Register:** 480-488-2286.



LIBRARY BOOK CLUB

Thursday, August 9 • 10 am–Noon (2nd Thursday)

Discussion of *My Brilliant Friend* by Elena Ferrante. Everyone is welcome!
No Registration.



MUSIC @ THE MOVIES

Thursday, August 2 • 2–5 pm (1st Thursday)

Join us for a celebration of movie musicals!
Hosted by music enthusiast, Annis Scott.

August Movie: Oliver! - In this Broadway musical, based on the Charles Dickens novel, 9-year-old orphan Oliver Twist falls in with a group of street-urchin pickpockets led by the Artful Dodger and masterminded by the criminal Fagin. When Oliver's intended mark, Mr. Brownlow, takes pity on the lad and offers him a home, Fagin's henchman Bill Sikes plots to kidnap the boy to keep him from talking. 151 min. No registration.



SPANISH OFFERINGS

Intermediate Conversational
Every Wednesday • 10:30 am–Noon

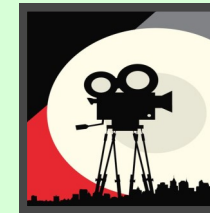
Informal chat session and discussion in Spanish, using various books, flashcards, etc.
No instructor. No registration.

Spanish Classes
Spanish Classes Levels 1–5 will resume in September.

ADULT EVENTS

AUGUST 2018

Check It Out! ✓



Desert Foothills Library

INDEPENDENT FILM FESTIVAL 2018

Every Friday, August 3–August 24
10:30 am–12:30 pm approximately

Free popcorn and soft drinks! Exceptional selections from film festivals round the world. No registration.

August 3: Maudie, 2016. Director Aisling Walsh. Based on true story of a Canadian folk artist with rheumatoid arthritis who later marries her mean employer. 115 min.

August 10: Tous les Matins, 1991. Director Alain Corneau. Period music during the reign of Louis XIV and the life of Marin Marais. Subtitles. 111 min.

August 17: Shattered Glass, 2003. Director Billy Ray. Biography of Stephan Glass, writer for the New Republic, who completely fabricated his articles. 94 min.

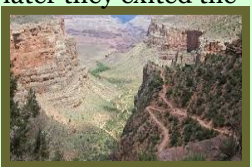
August 24: The Greatest Showman, 2017. Director Michael Gracey. Original musical telling the story of P.T. Barnam. 105 min.

A WALK IN THE PARK

120 Mile Walk through Grand Canyon National Park

Wednesday, August 8 • 2:30–4 pm

In October 2017, local Cave Creekers, Paul Diefenderfer and Kerry Ecker hiked down the Tanner Trail in the east portion of the Grand Canyon. Six days and 120 miles later they exited the South Bass Trail. Come experience the story through their own words! When Paul isn't blacksmithing, rock climbing, mountain biking, or whitewater rafting he can be found wandering around the local desert! **Register:** 480-488-2286.



LIVE. LEARN. LOCALLY

August 5 • 3–5 pm

Desert Foothills Library is a non-profit library supported 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 the Cave Creek, Carefree, and surround 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 The English Rose Tearoom for the 4th Annual Teddy Bear Tea! No registration.



38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

LIBRARY/BOOKSTORE HOURS

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

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