**More Events**

**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.

**Healthy Eating**  
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 elboisson@yahoo.com.  
Cost: $8 cash to instructor at each class.

**Health & Fitness**

**Restorative Yoga**  
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 elboisson@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. Add your body in healing from chronic pain, arthritis and/or injury while boosting your immune & reducing stress. Relaxing foot & leg massages 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.

**More Events**

**Teen Tech Help Desk**  
Saturday, August 4, 18 • 10 am – Noon  
Contact Brandon Holmes: 480-690-2638.  
Sunday, August 5, 10 • 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 • 10:30 – 11:30 am**  
Downloading e-books & eBooks 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 service – regular or expedited. Appointments essential. Call direct at 480-378-3201.

**Furniture Sale**

Come see what we are offering at this one time only sale of our used items!

**More Events**

**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**  
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Sunday, August 5, 10 • 11 am – 1 pm  
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**More Events**

**Teen Tech Help Desk**

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Sunday, August 5, 10 • 11 am – 1 pm  
Contact Bo Manuszak: manuszakbo@yahoo.com.  
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**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 your 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 480-284-1200 or bina.b75@gmail.com. **Register:** 480-488-2286. **Cost:** $45 – alight 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, ligaments, 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 straightforward 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 marvunger@cox.net. **Register:** 480-488-2286.

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**August 2018**

**Inside the Library**

**OPEN 7 DAYS**

**BIGGEST USED BOOKSTORE IN THE NORTH VALLEY!**

More than 15,000 **BOOKS - DVDs - CDs - AUDIOBOOKS**

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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 • 2–3 pm (1st Thursday)

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

Spanish Classes Levels 1–5 will resume in September.