

# COMMUNITY PROGRAMS



AUGUST 2021

Desert Foothills

**LIBRARY** Est. 1954

enriching your community

**Chapter2Books**  
Great Books. Great Prices.

**ICE CUBE PAINTING**

Tuesday, August 10th - 10:30am

**STORIGAMI**

Friday, August 27th - 3:30pm

**HEALTH & WELLNESS  
BACK AT THE LIBRARY!**

DESERT FOOTHILLS LIBRARY



# INFORMATION

Desert Foothills

**LIBRARY** Est. 1954  
enriching your community

Library Closed  
Monday, August 2nd

## Library Hours

Monday, Wednesday, Friday  
9:00-5:00 PM  
Tuesday, Thursday  
9:00-6:00 PM  
Saturday  
10:00-4:00 PM



@DesertFoothillsLibrary



@DFLibraryAZ

find us  
online!

Check us out on  
**amazon**

**Chapter2Books**  
Great Books. Great Prices.

The largest used book store in the North Valley!

**Books | DVDs | CDs | Audiobooks**

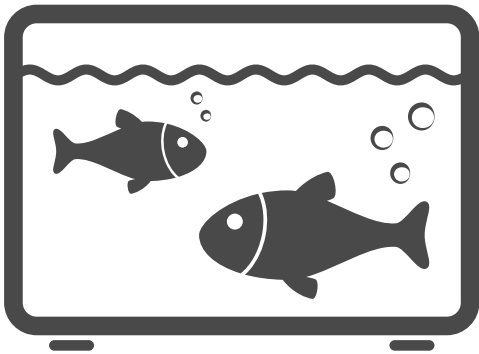
**starting as low as 50¢**

**Special Sale Dates: August 13 & 14**

Donations are welcome and help support the Library!

Find more out at [DFLA.ORG/Chapter-2-Books](http://DFLA.ORG/Chapter-2-Books) or come in and see us

# YOUTH & FAMILY PROGRAMS



## SWIMMING IN 3D AQUARIUM

*Tuesday, August 10th, 10:30-11:30 am*

Help your child create a beautiful underwater scene complete with fish, sand, shells, or seaweed. Let the imagination take off! This program will help with fine motor skills and the end result is bright, colorful, and so darn cute!

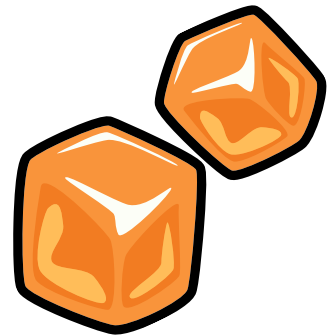
*This program is suited for children 2-5 years old.*

## ICE CUBE PAINTING

*Thursday, August 19, 10:30-11:30 am*

Cool off with this chilly art project! Show off your artistic imagination using ice cubes. This program is great to play with colors as well as to work on their fine motor skills.

*This program is suited for children 4-7 years old.*



## ANNOUNCEMENT:

There will be no storytime this month, but we will be back in September!

## LITERACY TIP FOR AUGUST:

Point out print! For early and pre-readers it is helpful to recognize that words are all around us. This can be as easy as pointing to a sign and reading it to your child.

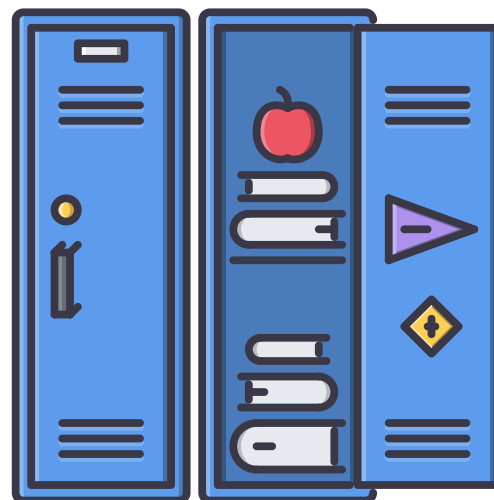
# TEEN PROGRAMS

## DIY LOCKER ACCESSORIES

*Monday, August 23, 3:30-5:00pm*

What better way to start off the new school year than by personalizing your locker?

Teens and tweens, come craft locker accessories, magnets, and any other decoration you can create. All supplies are included, please bring any accessories, pictures, or extras if you want to add a personal touch.



## STORIGAMI

*Friday, August 27, 3:30-5:00pm*

Join us to tell a story through the beautiful Japanese art of paper folding! We will be following along a story as we fold paper and by the end a creation emerges. Learn a new skill and see where your story goes.

*This program is suited for ages 10-13.*



Don't forget to check out our digital collection of ebooks (including graphic novels and magazines) and e-audiobooks on OverDrive and CloudLibrary! Both are available online or through their apps. Head to [dfla.org/digital-library-ebooks-and-more](https://dfla.org/digital-library-ebooks-and-more) for more information.



# ADULT PROGRAMS

## CRAFT'N'CHAT

**Mondays, 1:00-3:00 pm**

Do you knit, crochet, or practice another table craft? Join other local enthusiasts weekly for companionable creating and conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome!



## TAI CHI – QIGONG FOR EVERYONE!

**Tuesdays & Thursdays, 9:00-10:00 am**

A discipline that can be practiced and benefits gained at any age – you are never too old! A blending of Qigong and Tai Chi, with deep breathing, repeated gentle motions, and stretches to improve health, balance, agility, and flexibility. For healthy body-mind-breath-balance with Tai Chi coach Bina Bou. To see the full schedule check out [mindbodyfocusQi.com](http://mindbodyfocusQi.com)

Questions: Contact instructor Bina Bou: 480-284-1300 or [bina.b75@gmail.com](mailto:bina.b75@gmail.com).

Cost: \$10

## WRITER'S CONNECTION

**Friday, August 6, 1:00-3:00 pm**



Today's world is literally at a writer's fingertips. A few keyboard strokes can open the information gates to help you create stories that are distinctively credible and compelling. **This Month:** Evoke a Sneak Peek! Top Techniques for Book Cover Creation with Ann Videan. Do you know how readers “process” a book cover? What elements make them peek inside to learn more? Find out, with Book Shepherd Ann Videan, how to create a compelling fiction or nonfiction book cover. You'll learn what elements must be included and how to present them with maximum impact. Discover tricks to immediately draw the eye, spark emotion, and create a connection... the secrets that make a reader buy. Please RSVP at [dfla.org](http://dfla.org) or call 480-488-2286.

## CARING FOR THE CAREGIVER

**Tuesday, August 3rd. 10:00-11:30 am**



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. Led by Hospice of the West facilitators.

## DEATH CAFE

**Wednesday, August 4, 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. It is a global, non-profit movement begun 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. Join us for an open, respectful, interesting conversation about topics relevant to all of us but often considered “dark” or even taboo. For more information go to [www.deathcafe.com](http://www.deathcafe.com)

All programs are free and no registration needed unless otherwise noted.



## BOOK CLUB

**Thursday, August 12, 10:00-12:00 pm**  
**AND Tuesday, August 24, 10:00-12:00 pm**

Book Club is offered twice every month! Same book, same facilitator, different days. Choose which day is best for you to join. Everyone is welcome! This Month: *Shuggie* by Douglas Stuart

## THE HEALING PATHWAY

**Monday, August 9 & 23, 9:30-11:00 am**

Join us on this Journey that will guide you to find a "new normal" as you process through your personal grief journey. Led by Hospice of the West facilitators.



## GET LIT BOOK CLUB

**Tuesday, August 10, 5:00-6:30 pm**

Your Librarians Sara and Ashley invite you to a new style of book club: Get Lit Book Club, a happy hour book club. Not for the faint of heart! Weird, odd, and unique books are chosen for a great discussion, so get ready for something you might not choose every day! Books will include non-fiction, classics, contemporary fiction, and memoirs to list a few. Get Lit is at a different restaurant every month to support our community. Everyone is welcome! This Month: *Between the World and Me* by Ta-Nehisi Coates at Pizzicata. RSVP at [dfla.org](http://dfla.org) or call 480-488-2286.

Cost: FREE but we do encourage you to eat, drink, and be merry in support of our local businesses.

## ALCOHOLICS ANONYMOUS

**Thursdays, 5:00-6:00 pm**

Alcoholics Anonymous meetings are held every Thursday at Desert Foothills Library.



## DESERT FOOTHILLS ART GALLERY KATALIN EHRLING ART SHOW & TOUR

**Showcase through October 6th**  
**Tours: Wednesday, August 11, 10:00 am**  
**Wednesday, August 25, 2:00 pm**

Please join us to tour the variety of all original art by local artist Katalin Ehling. Starting with fashion drawings while in Paris in the 60's, to her 45 years as batiks artist and watercolorist, to her most current autobiographical collages. Will be informal with Q & A as we tour the exhibit.

All programs are free and no registration needed unless otherwise noted.



# ADULT PROGRAMS

Health & Wellness Programs back at the Library this month!



**GENTLE CHAIR YOGA**  
**Mondays 11:00-12:00 pm**

**GENTLE YOGA**

**Wednesdays 11:00-12:00 pm**



Yoga for Every Body! Through a slow flow of poses coordinated with the breath you'll begin strengthening your heart, bones, balance and sharpening the mind. You are only one yoga class away from a good mood! Chairs are provided for Monday classes.

Questions about these classes, please contact instructor Marina Kachur, at 480-510-6572 or [yokama14@gmail.com](mailto:yokama14@gmail.com).

Cost: \$10

## MEDITATION WITH REIKI HEALING

**Wednesday, August 4 & 18, 1:00-2:00 pm**

Meditation and relaxation have been proven to promote mental and physical changes in a person. Come and experience meditation with guidance. Discuss your experience. Discover the power of healing through guided meditation. If you are interested in expanding your meditation practices, the reiki healing will provide a unique opportunity to experience the healing affects.

Questions about Meditation with Reiki Healing, please contact instructor, Karen Cimaglia at [rockinvibs21@gmail.com](mailto:rockinvibs21@gmail.com)

Cost: \$10

## REIKI HEALING

**Wednesday, August 11 & 25, 1:00-2:00 pm**

Learn and explore through a variety of energy healing methods including Reiki. We will play with the energy for a better understanding, how you can use it and how you can consciously control more of the energy that makes up all that is you. Each person is here for their unique experience, no matter the age or belief system, there is something for you to glean from knowing more about yourself and how better to know yourself than through the part of you that is unseen. Healing is the focus of Reiki and healing is multi-level.

Questions about Reiki Healing, please contact instructor, Karen Cimaglia at [rockinvibs21@gmail.com](mailto:rockinvibs21@gmail.com)

Cost: \$10

## YOGA FUSION

**Thursdays, 12:00-1:00 pm**

Please join Elizabeth Boisson for an intermediate-level course of Yoga Fusion! We will start with breathing exercises, go through a series of stretching movements to open our hearts and our hips, and then move into Vinyasa or Flow yoga and several standing sequences, including balance exercises. We finish with 5 minutes of Savasana at the end of class.

Questions about Yoga Fusion, please contact instructor Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com).

Cost: \$10

# ADVERTISE HERE

## Coming September 2021!



Advertise with us! - Starting this fall, our monthly program brochures will offer advertising for local businesses and organizations. This is a great way to show your support for the library and find new business with our great community.

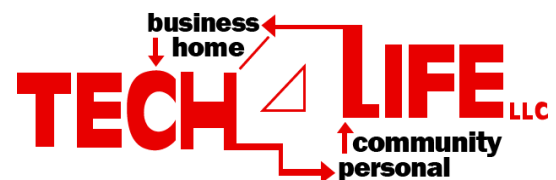
Find out how you can join the fun by contacting Public Services Manager, Ashley Ware, at [aware@dfla.org](mailto:aware@dfla.org).



**Horny Toad Day of Giving**  
Tuesday, August 10 from 11-8pm

**Mention the Library and 20% of  
your bill will be donated back to  
Desert Foothills Library!**

**REMEDY**  
Termite & Pest



**Chapter2Books**  
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