

# Community Programs

## 10TH ANNUAL HOLIDAY CRAFT & BAKE SALE

SATURDAY, DECEMBER 7TH | 10:00-3:00 PM  
SUPPORT LOCAL CRAFTERS & ARTISTS!



A DUET WITH ARIZONA MUSICFEST | DEC. 11

MRS. CLAUS STORYTIME FUN | DEC. 12

TEEN ADVISORY BOARD | DEC. 18

DESERET FOOTHILLS LIBRARY  
DECEMBER 2019 PROGRAMS & EVENTS



# INFORMATION

## Desert Foothills

# LIBRARY Est. 1954

enriching your community

Desert Foothills Library is proud to announce the launch of our new logo. As your library we are continually growing and evolving to better serve our community for the last 65 years. We have refreshed our look to reflect who we are today and to symbolize our future. Thank you for supporting us, and always, we will strive to bring the best resources, programs, and so much more for this community.

### LIBRARY/BOOKSTORE HOURS

Monday — Friday, 9 am—7 pm  
Saturday, 10 am—4 pm  
Sunday, 11 am—3 pm

Front Desk: 480.488.2286  
Bookstore: 480.488.2777

www.dfla.org  
38443 N Schoolhouse Rd.  
Cave Creek, AZ 85331

### LIBRARY CLOSURES

Tuesday, December 24th at 1:00pm  
Wednesday, December 25th  
Tuesday, December 31st at 1:00 pm

## Find DFL on Social Media



## Largest Used Bookstore in the North Valley!

More than 15,000 items

**Chapter2Books**  
Great Books. Great Prices.

**Books | DVDs | CDs | Audiobooks**

Starting as low as 50¢ Check us out on **amazon**

**SPECIAL SALE DATES: December 13, 14, & 15**

Donations are always welcome and help support the Library!

Find out more at [DFLA.ORG/Chapter-2-Books](http://DFLA.ORG/Chapter-2-Books)

## Staff Showcase

## Alison Tobin

**Briefly describe your role at DFL:** As a Library Assistant some of my jobs include helping out where I am needed; such as paging, shifting materials, making displays, circulation desk, special collections, teen section organization, and programs! I have lots of fun here and am always busy.

**Where is your hometown?:** Fort Collins, CO.

**What are you currently reading?:**  
Heart of Darkness by Joseph Conrad.

**What superpower would you like to have?:** Probably the ability to teleport! I usually have a long ride home, and sometimes when I am tired, I wish I could just snap my fingers and be home!

**What is your proudest accomplishment?:** My proudest accomplishment is reaching book 9 of 10 in my Suzuki violin program! I have been playing violin for 9 years and I am almost done with a 30 minute piece.

**What is the most memorable vacation you have ever taken?:** To Michigan! I go every summer with my family and we visit our family lake house in Torch Lake. Nothing beats a Michigan Summer.

**What is a slogan for your life?:** "The worst enemy to creativity is self-doubt" - Sylvia Plath



## Volunteer Spotlight

## Fran K.



**How long have you been at DFL:** Approximately 1 and 1/2 years.

**What is your favorite part of volunteering at DFL?:** It is important to me to make a contribution to my community, and I enjoy the personal interactions with staff and patrons.

**Where did you grow up?:** Brooklyn, NY. My high school was portrayed on the TV show *Welcome Back Kotter*.

**What did you do in your career?:** I was a Clinical Psychologist working with older adolescents and adults. I had a private practice in Scottsdale.

**If you could invite 3 people, dead or alive, to a dinner party, who would they be and why?:** Socrates; because he challenged his students to think in critical ways, Lincoln; because he was a humanitarian, Einstein; because of his significant contributions to science.

**If you could have a super power, what would it be?:** I would love to be able to restore the Earth's environment to its former glory.

**What would be the title of your memoir?:** *I Did It My Way*.

**Thank you to all of our volunteers for the work they do to support our Library!**

# YOUTH & FAMILY PROGRAMS

## AZ Science Center: Journey to the Moon

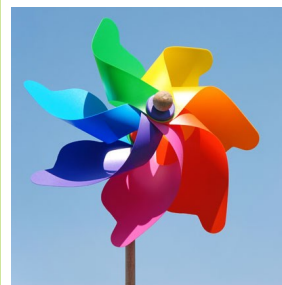
**Tuesday December 3, 10:00-11:00 AM**

Celebrate the 50th anniversary of the moon landing with the Arizona Science Center. Experience the magic of the Apollo 11 moon landing that happened 50 years ago. As members on this voyage together, you will explore all of the wonders of the moon and the journey that took humans from Earth to the moon and back again. Journey to the Moon is generously sponsored by The Boeing Company. Please register online or call (480) 488-2286, as registration will be limited to 30 children.



## Leap into Science: Wind

**Friday December 6, 10:00 AM-10:45 AM**



Air is everywhere, but how do we know it exists if we can't see it? Please call (480) 488-2286 to register, or sign up online to ensure we have enough supplies. The Leap into Science wind workshop invites children and families to experiment with air and explore the ways that an invisible substance

can produce visible effects. Please call (480) 488-2286 to register, or sign up online to ensure we have enough supplies.

## Mrs. Claus Storytime Fun

**Thursday December 12, 10:30 AM-11:30 AM**

Join us at Desert Foothills Library for a special Christmas storytime & craft. Mrs. Claus will be joining us for some Christmas magic, and a fun sing along with puppets. This event will feature stories, crafts, and treats! Mrs. Claus will be available to pose for photos after the event. Please call (480) 488-2286 to register, or sign up online to ensure we have enough supplies.



## Gingerbread Storytime & Craft

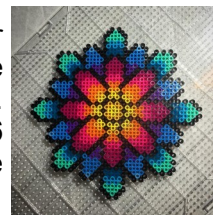
**Thursday December 19, 4:00-4:45 PM**

Join us at Desert Foothills Library for this special holiday Gingerbread Storytime! We will listen to a story then do a couple crafts – snacks will be provided. Please call (480) 488-2286 to register, or sign up online to ensure we have enough supplies.

## Youth Craft: Perler Beads

**Monday December 23, 10:00-11:00AM**

Join us at Desert Foothills Library for this Perler Bead craft. Get your fine motor skills revved up for this fun craft. Ages 8-12. Please call (480) 488-2286 to register, or sign up online to ensure we have enough supplies.



## Movies at Your Library: Toy Story 4

**Friday December 27, 10:00-11:30 AM**



Join us for a fun filled movie morning at Desert Foothills Library. We will be watching Toy Story 4 on the big screen and eating snacks. Feel free to come dressed in your pajamas, and bring your coziest blanket or pillow to snuggle up to. No registration necessary.

## Block Party: Build with Legos

**Monday December 30, 4:00-5:00 PM**

Love to build and create? Build from your imagination! This program for school age children and their siblings is an hour of Lego building and free play. No registration necessary.

## Holiday Cookies and Candy

**Saturday, December 21, 12:00-3:00 PM**

Just in time for Christmas! Kids 8-12 years old can learn how to make cookies and candy; some old favorites and great new ones to try. Everything is provided but class is limited to 6 children so register now at [dfla.org](http://dfla.org) or call (480) 488-2286! Caregivers, let us know if you would like to assist. *\*Some recipes may contain nuts, soy, dairy, and other food allergens.*



## Storytimes @ Desert Foothills Library

### Family Storytime

**Tuesdays, December 10 & 17 • 10:00-10:30 AM**

Children 2-6 and families are encouraged to join us for a 30 minute storytime featuring music, movement, crafts, & stories. Siblings are welcome. No registration required.

### Lapsit for Babies and Toddler

**Thursdays, December 5 & 19 • 10:00-10:30 AM**

Geared to children 10 months to 3 years, join us for a fun 25-30 minute romp with music, books, rhymes, and bubbles! Siblings are welcome. No registration required.



# YOUTH CALENDAR & TEEN EVENTS

## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Journey to the Moon 10:00 AM	4	5 Lapsit 10:00 AM	6 Leap into Science: Wind 10:00 AM	7
8	9	10 Family Storytime 10:00 AM	11	12 Mrs. Claus Storytime Fun 10:30 AM	13	14
15	16	17 Family Storytime 10:00 AM	18	19 Lapsit 10:00 AM  Gingerbread Storytime & Craft 4:00 PM	20	21
22	23 Youth Craft: Perler Beads 10:00 AM	24	25	26	27 Movies at your Library: Toy Story 4 10:00 AM	28
29	30 Block Party: Build with Legos 4:00 PM	31				

### Teen Advisory Board: Movie & Craft Wednesday, December 18, 4:30-6:00 PM

Join and you can be a part of the decision process at the library, recommend books, plan programs, attend special events, and earn volunteer hours all while having a good time with your friends! This month we will be watching a holiday movie while making crafts.

This free event is for teens 11-18. No registration necessary.



### Teen Book Club Friday, December 13, 4:30-6:00 PM

Join us for Teen Book Club! At this meeting, we will be discussing *Field Notes on Love* by Jennifer E. Smith. We will have snacks and play some games. Please tell your friends!

This free event is for teens 11-18.  
No registration necessary.

# ADULT PROGRAMS

## ART EXHIBITS

### Hidden in the Hills Showcase

Presented by **Desert Foothills Gallery**, October 3 through January 23.



## LIBRARY FEATURE EVENTS

### 11th ANNUAL HOLIDAY CRAFT & BAKE SALE

Saturday, December 7 • 10 am-3 pm

Come and share the holiday spirit! Take care of holiday shopping, have treats, coffee, and feel good knowing it all benefits the Library. We will celebrate with holiday décor and live music!

### Retail to Runway Beauty with Celebrity Make-up Artist Charlie Green

Wednesday, December 4 • 5:30-7 pm

Join Charlie Green as she demonstrates several time saving, glamorous makeup & beauty tips to transform your casual day time look speedily, effectively into a stunning evening look. Charlie's signature makeup is feminine & pretty with flawless, dewy youthful skin texture. While doing makeup, she explains the products she has selected for you & why. Her lessons are an education in Beauty, tailored just for you; she is not selling you makeup or skincare, but sharing her wealth of beauty knowledge specifically to suit you! Charlie's background includes helping to create the vision for Victoria's Secret Angels. 25 years of perfecting models and celebrities has led her to share her age specific beauty secrets for all. **FREE** – please consider bringing a non-perishable food item to be donated to the Foothills Food Bank. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.



### HonorHealth Sonoran Crossing Medical Center

Monday, December 9 • 2:30-3:30 pm

Please join us for an information session about HonorHealth Sonoran Crossing Medical Center, opening in Fall 2020 at Interstate-17 and Dove Valley Road. A presentation on the new medical center will be given by Kathy Stinson, RN, DNP, NEA-BC, who serves as vice president of operations and chief nursing officer for HonorHealth Sonoran Crossing Medical Center. As HonorHealth's sixth hospital, Sonoran Crossing Medical Center will serve the Cave Creek and Carefree communities. It will offer women's services, including labor and delivery services, as well as surgical services and a full-service emergency department. The 87-acre campus will also feature an outpatient center, new ambulatory surgery center, and wellness-focused environment. No registration

## NeuroVisual Medicine

### A Potential Solution to Headaches, Double Vision & Other Unexplained Symptoms

Wednesday, December 11 • 10-11 am

Do you experience dizziness, headaches, nausea, or double vision? Do you feel anxious in large crowds or get motion sick when riding in a car? These are common symptoms of Binocular Vision Dysfunction (BVD), estimated to affect 1 out of 10 individuals. In BVD, the eye muscles are not in alignment and the brain has a hard time processing the images between the two eyes. A micro misalignment typically cannot be detected on a routine eye exam. Learn more about this condition and treatments for the symptoms BVD can cause. Dr. Julie Lam enjoys all aspects of optometry, with specialties in ocular disease management, dry eye treatment, and corneal reshaping to correct nearsightedness in kids. Dr Lam strives to maintain excellent eye health for all her patients and strongly emphasizes regular eye health exams and preventative eye care. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.



### A DUET with Arizona Musicfest

Wednesday, December 11 • 7 pm

The Library proudly hosts the **9th Annual Performance of A Duet**. Maestro Robert Moody is joined by special musical guests. There will be Prosecco, coffee, and dessert prior to the performance. The fee for this event benefits the Desert Foothills Library and Arizona Musicfest, both non-profit organizations.

**Tickets** available at [dfla.org](http://dfla.org) or call 480-488-2286. **Cost:** \$30.

### The Angels on the Writer's Shoulders with author Jody Sharpe

Thursday, December 12 • 2:30-4 pm

I believe angels have always been guiding me. After my daughter's death, experiencing messages in dreams and meeting a man who might have been a real angel, set me on the spiritual journey of writing novels where angels live as humans, and no one knows the secret. Jody Sharpe is an award-winning author. She had a rewarding career as a special education teacher. Writing about angels became healing after losing her daughter. The valuable lessons learned about moving forward have set her on a mission to tell stories with love & spiritual awakening. Books available for purchase. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.



## LIBRARY FEATURE EVENTS

### Flying Masterpieces: The Art of Postage Stamps

Saturday, December 13 • 1-2:30 pm

Few works of art enjoy as vast an audience as the art of American postage stamps. From the earliest engraved stamps to contemporary commemorative stamps, explore the art and artists that bring art to the masses, including over 20 artworks seen at the Phoenix Art Museum. Come see this "special delivery". Docent class of 2010, Lisa White is a retired schoolteacher, having taught English and social studies for 30 years in Scottsdale, then 5 years of teaching history at PVCC. Though she grew up in Roseburg, Oregon, she has lived in Scottsdale for over 45 years. She is currently the President of Scottsdale Sister Cities. Lisa lives with her husband and golden-doodle, Dude, who gets many walks and hikes with them, and goes to at-risk classrooms as a therapy dog team with Gabriel's Angels. **RSVP** online or call 480-488-2286.



### AARP Drivers Safety Program - A Refresher Course in Safety & Skills

Saturday, December 14 • 10 am-2 pm

Learn new driving techniques, rules of the road, defensive driving, and how to minimize distractions. Materials are included. Completion of course may entitle you to an auto insurance discount (check with your insurer). Bring a sack lunch. As a former adjunct professor (University of Southern California), Mr. Rexinger has taught the AARP Driver Safety Course for over 5 years in Arizona to 1000 students, with BS & MBA degrees & over 25 years in business presentations & management. He now is an Arizona AARP Driver Safety District Coordinator leading seven other instructors teaching over 45 classes/year at twelve locations in the Northeast Valley. Class limit to 30. For questions call instructor Scott Rexinger at 480-575-3152. **Pay instructor at class:** \$20; or \$15 with AARP member card (checks only), plus \$5 cash or check to Desert Foothills Library. **RSVP** online or call: 480-488-2286.

### Chocolates of the World: A Master Tasting Class

Saturday, December 14 • 1-3 pm

Spend an afternoon with Chef Wolff! Even culinary novices will leave understanding where chocolate comes from and where it is going. From bean to bar, you'll learn how chocolate is made – from original growth of the cacao bean in country of origin to its harvest, processing, and preparation. Tastings will teach you how to experience chocolate of different flavors and nuances. Classically trained, Chef Wolff has worked in chocolate manufacturing, pastry development, and retail product development in France, Switzerland, and the Americas. He has worked internationally in the industry including hotels, fine and casual dining, manufacturing, consumer food products and R&D to change the quality and look of American food. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286. Seating is limited so register now! **Cost:** \$15 – all proceeds benefit the Library.



### Start Your Wellness Journey with dōTERRA Essential Oils

Monday, December 16 • 11 am-Noon

Are you curious about essential oils and their many health benefits? Essential oils are both exciting and promising when it comes to taking care of your health. Learn how you can start your wellness journey! Come make your own essential oil roller bottle to help you have a restful night's sleep.

dōTERRA Wellness Advocate, Melissa Sunde, is passionate about teaching and sharing her love for essential oils, helping people become the best versions of themselves by using natural solutions to improve energy, sleep, and wellness! Start your wellness journey and live a toxin free healthy life style. **Tickets** available at [dfla.org](http://dfla.org) or call 480-488-2286. **Cost:** \$20.

### Tonto National Forest Plan Revision Public Meeting

Monday, December 16 • 4-8:30 pm

The Tonto National Forest is hosting a public meeting to provide information on the Draft Forest Plan and associated draft environmental impact statement. Open to the public No registration.



### Desert Foothills Library Association Annual Meeting

Wednesday, December 18 • 9:30 am

The Desert Foothills Library Board of Directors invites any Association Member to attend the annual meeting. No registration.



### Whitewater Rafting in the Grand Canyon

Friday, December 20 • 3-5 pm

17 days, 280 miles in a 14 foot raft. All the ingredients for a perfect adventure. Come see & hear about Paul Diefenderfer and friends' two and a half weeks of life on one of the world's greatest whitewater rivers- the Colorado of the Grand Canyon. No one on his death bed ever said, "I should have worked more." Paul is doing his best to live that life. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.





# ADULT PROGRAMS

## MONTHLY PROGRAMS

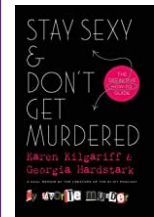
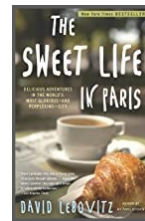
### FOR the LOVE of BOOKS

#### Literate Foodie Club

Monday, December 2 • 12:30-2:30 pm (1<sup>st</sup> Monday)

Love food, books, cooking & conversation? We will explore all these and more. **Topic:** *The Sweet Life in Paris: Delicious Adventures in the World's Most Glorious –and Perplexing–City* by David Lebovitz. Facilitated by Dana Rakinic and Jan Kruse. **Questions:** [danarakinic@gmail.com](mailto:danarakinic@gmail.com) or [jan-kruse@cox.net](mailto:jan-kruse@cox.net).

**Tickets** online or call 480-488-2286. **Cost:** \$10.



#### Get Lit Book Club

Tuesday, December 10 • 5-6:30 pm (2<sup>nd</sup> Tuesday)

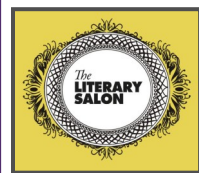
Your Librarians Caitlin, Sara, and Ashley invite you to a new style of book club; Get Lit Book Club. This fun & informal gathering will be found at a different, local restaurant or watering-hole each month to help support our local community. Books will include non-fiction, classics, contemporary fiction & memoirs to list a few. Everyone is welcome! This month: *Stay Sexy & Don't Get Murdered: The Definitive How-To-Guide* by Karen Kilgariff & Georgia Hardstark at The Horny Toad in Cave Creek. **Registration** required at [dfla.org](http://dfla.org) or call 480-488-2286 so we may give

accurate numbers to the restaurant for setup. **Cost:** FREE to join and we encourage you to eat, drink and be merry to support a local business.

#### Library Book Club

Thursday, December 12 • 10 am-Noon

Holiday Event—joint meeting this month only. Everyone is welcome! No registration.



#### Literary Salon

Thursday, December 19 • 10 am-Noon (3<sup>rd</sup> Thursday)

An informal discussion of books, film, and theater led by a facilitator. No requirements to read or see any particular film, play or book. Everyone is invited to share ideas/reflections on the selected theme. This month: A Fresh Start - As 2020 approaches, are you thinking of reinventing yourself, or, after a loss, reflecting on the past & moving forward. Think of characters in books (*The Grapes of Wrath*-Steinbeck, *How the Garcia Girls*

*Lost Their Accent*-Alvarez); plays or film (*Bread & Tulips*, *The Station Agent*, *Enchanted April*) who have developed a vision, fulfilled a dream, took a risk or just moved on. Was there a positive or negative result? Share your personal fresh start or New Year's resolution. No registration.

### Chapter2Books SPECIAL SALE!

December 13, 14, & 15

Biggest used bookstore in the North Valley! More than 15,000 books, as well as DVDs, CDs & audiobooks, starting at just 50 cents! Located inside Desert Foothills Library at 38443 N. Schoolhouse Rd., open 7 days a week, or check us out on Amazon. Donations are welcome, and help support the library!

[www.Chapter2BooksAZ.com](http://www.Chapter2BooksAZ.com). 480-488-2777.



## JOYFUL SOUNDS



#### Drum Circle facilitated by AARP

Tuesday, December 17 • 4:45-5:45 pm (3<sup>rd</sup> Tuesday)

Join us for a fun and interactive drum circle led by trained HealthRhythms facilitator, Frank Thompson.

Drum circles are a form of recreational music-making proven to reduce stress, boost the immune system, promote joy, and a sense of well-being and to build community. All drums and percussion instruments provided. No musical experience required! If you have a heartbeat, you can drum. Open to all adults, all ages. No registration.

#### Foothills Musicians Community

Friday, December 27 • 4:00-5:30 pm (4<sup>th</sup> Friday)

The Desert Foothills Library has begun The Music Club, held monthly. There will be a speaker giving presentations about the history of an instrument and/or biography of a musician. Sign up Sheets will be available for anyone who wants to showcase or give presentations and play! Community projects are welcomed to be announced, offered and free to the public. If you would like to apply to be a speaker or give a presentation, let us know! No registration.





## THOUGHTFUL CIRCLES

### Death Cafe

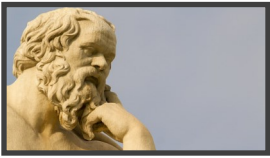
Wednesday, December 4 • 12:30-2:30 pm (1<sup>st</sup> Wednesday)

Death Cafe is a gathering to talk about death & 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 for open, respectful, interesting conversation about topics relevant to all of us but often considered “dark” or even taboo. For more information go to [deathcafe.com](http://deathcafe.com). No registration.



### Socrates Café – Foothills Forum

Thursday, December 5 • 10-11:30 am



This is an opportunity to discuss a wide range of interesting topics with friends. The requirements for participation are an interest in discussing meaningful questions and respect for others regardless of their opinions. We do not seek consensus. We welcome people with a wide diversity of experiences and opinions. Past discussion topics have included: When do the law & justice differ? How does greed influence our social and economic systems? What can be done to fix public education? How can US immigration policy be fixed? How can we fix our healthcare system? Is Cave Creek a racist community? Should we have a flat income tax? What should we do to improve relations with North Korea? **Topic this month:** What makes a good government? No registration.

## CREATIVE CIRCLES

### Writer's Connection

Friday, December 6 • 1-3 pm (1<sup>st</sup> Friday)

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: Family History**

**Resources for Novelists with Cynthia Kiefer** – If you are writing a novel situated in America's past, whether about pioneers expanding westward, an immigration story, or an exploration of class and culture during major societal shifts or key historical events, family history resources may provide useful research to inform your settings, events, and character development. Through the research and writing strategies presented in this workshop, you will learn about family history resources and how to weave together researched details to create a believable “life-world” around your characters. Feel free to bring your notebooks, tablets, or laptops to the session. Cynthia Kiefer is a twenty-year plus teaching veteran with expertise in teaching writing and research to writers of all ages and a passion for family history, research, and writing. Currently, Cynthia resides in Scottsdale, and is on the English Faculty at Scottsdale Community College.

**RSVP** online or call 480-488-2286.



### Memoir Writers' Group

Monday, December 9 • 10-11:30 am (2<sup>nd</sup> Monday)

Are you writing a memoir, personal essays, or creative non-fiction? Join our group to share stories and receive constructive feedback. All levels welcome. Organized by Elena Pavlova. No registration.

### Craft N Chat

Mondays • 1-3 pm

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



### Art Critiques

Monday, December 23 • 4-5:30 pm (4<sup>th</sup> Monday)

Art critiques are a wonderful way to get feedback on the art you are doing. This will be a group participation with Nicolette being the coordinator. Bring 1-2 pieces of work and come join us and learn from each other.

Nicolette Maguire Bonnsetter taught art history, art methods, and worked with preservice teachers at the University of Nebraska - Lincoln. She is a studio artist working in acrylics and mixed media. No registration.



# ADULT PROGRAMS



## Longevity, Healthy Aging, & Regeneration

Friday, December 13 • 11 am-Noon

Discussion will revolve around a variety of studies from the 1800's to present day on the habits of those who have lived into extreme old age. What do these studies have in common, what patterns emerge, how do we change our patterns & what will be the outcome for the average person? Karen Cimaglia's lifestyle change began several years ago & constantly evolved. Becoming aware of aging changes in her body, she began to research options for corrective measures. She made amazing discoveries about herself and others. Karen has corrected many of her ailments as well as assisted others. Research has led her into philosophy and metaphysics, and has provided a great deal of insight into the longevity and health practices of centenarians, past and present. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.

## MONTHLY SUPPORT GROUPS

No registration.

### Caring for the Caregiver with Hospice of the West facilitators

Monday, December 2 • 10-11:30 am (1<sup>st</sup> 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 Loss of a Spouse or Partner with Hospice of the West.

Mondays, December 9, 23 • 9:30-11 am (2<sup>nd</sup> Tuesday & 4<sup>th</sup> Monday)

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



### Health and Nutrition with Dr. Jacquie

Wednesday, December 18 • 1-2:30pm (3<sup>rd</sup> Wednesday)

Open dialogue support group about energy, weight, and social life altered by digestive problems due to leaky gut and other ailments. Facilitated by Dr. Jacqueline Greenfield, twenty years as a Naturopathic physician integrating conventional with Natural and Traditional Chinese Medicine, coaching, & personalizing nutrition utilizing functional lab analysis and epigenetics, and treating pain syndromes with ultrasound guided advanced regenerative stem cell, growth factors, and PRP injection therapy when necessary.

## ONGOING HEALTH AND FITNESS

### Gentle Yoga

Every Sunday and Wednesday • 11 am-Noon

You are only one class away from a good mood! Slow poses begin to strengthen your heart and bones, improve balance, and sharpen your mind. *Bring a yoga mat and light blanket.* **Registration:** contact Marina Kachur: [yokama14@gmail.com](mailto:yokama14@gmail.com) or 480-510-6572. **Cost:** \$8 cash, pay each class.



### Yoga Inspired Soul Play

Every Monday • 9:15-10:30 am

A hybrid yoga class for all levels; yoga styles infused with play-bringing us to our true inner child space. Movement of dance for body awareness of strength, balance, resilience & flexibility. Meditation - Guided visualizations, energy, & breath flow, use of voice via chant. **Questions:** Jennifer Mathews, [jen72mathews@yahoo.com](mailto:jen72mathews@yahoo.com) or 480-707-8377. **Cost:** \$8 paid at class.

### Yoga Fusion (Intermediate level)

Every Thursday • Noon-1 pm

This intermediate-level course starts with breathing exercises, stretching movements to open hearts and hips and then into Vinyasa or Flow yoga and standing sequences with balance exercises. 5 minutes of Savasana ends the class. **Questions:** Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com). **Cost:** \$8 cash, pay to instructor at each class.



### Tai Chi—Qigong for Everyone!

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 and stretches to improve health, balance, agility, & flexibility. Wear loose clothing & bare feet. **Questions:** Bina Bou at [bina.b75@gmail.com](mailto:bina.b75@gmail.com) or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.

### Practical uses of Reiki

#### Energy Modalities in Meditation, Relaxation, Healing, Health, & Overall Self-Care

Wednesday, December 11 • 10:30-11:30 am (2<sup>nd</sup> Wednesday this month only)

A discussion explores the energy body & how it functions & the effects this unseen energy force or body and how you use it. We will play with body energy to learn how to control it to consciously use the energy that makes up all that is you. **Questions:** Contact instructor Karen Cimaglia: [rockinvibs21@gmail.com](mailto:rockinvibs21@gmail.com) or 602-721-7714. **Cost:** \$8 cash, pay to instructor at each class.





## THE SILVER SCREEN MOVIE SCENE

### Monday at the Movies

Every Monday • 2:30 pm

New releases with a foreign film once each month. Check our website [dfla.org](http://dfla.org) for titles. No registration.



### Music @ the Movies

Thursday, December 5 • 2-5 pm (1<sup>st</sup> Thursday)

Join us for a celebration of music featured in the movies! Hosted by music enthusiast, Annis Scott.

**This Month:** *Polar Express*, with Tom Hanks, who lends the voice of the Conductor of the Polar Express as it speeds on a Christmas Eve adventure to the North Pole, carrying a young boy, who learns about friendship, bravery and the Spirit of Christmas. 100 min. No registration.

The following two movie series feature a post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC).

### Cinematic Reflections: Little Known Stories of WWII

Friday, December 6 • 3:00 pm (1<sup>st</sup> Friday this month only)

World War II is one of the best known & widely depicted conflicts in history. This film series will explore little known stories from that war — 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. This Month: *Nazi Titanic* 1943, Germany. 92 min. **RSVP** online or call 480-488-2286.



### Around the World in 9 Films

Friday, December 13 • 3:00 pm (2<sup>nd</sup> Friday)

Movies are a great way to learn about different cultures — how people live, love, laugh, and cope with hardships & tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their cultures and countries & yet, at the same time, linking a thread of humanity that stretches across the globe. This Month: *Titanic*, 1943, Germany. 85 min. **RSVP** online or call 480-488-2286.

## TECHNOLOGY & DIGITAL CONTENT

### E-Media & Library Digital Content Help

Every Tuesday • 10-11 am

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



### Teen Tech Help

Saturday, December 14 • 10 am-1 pm (2<sup>nd</sup> Saturday)

Get help with many of your technology needs; e-mail accounts, apps, and downloading e-books, setting up devices, Windows 10, websites, & more! Bring your device or use a library computer to get your questions answered. Contact Imogen for more information: [imogenbrooks01@gmail.com](mailto:imogenbrooks01@gmail.com). No appointments needed; 1st-come, 1st-served. Stop by the circulation desk to check-in for Teen Tech Help.

### Introduction to Technology

Sunday, December 15 • 1-3 pm

A group of Desert Mountain High School seniors will hold introductory courses about iPhones, download apps and more. They will be able to answer any questions you have about your tech, so come on in! Imogen Brooks (already a Teen Tech Helper at our Library), Sarah Glomski and Jessica Keane want to do more to help everyone who comes to the Library with iPhone tech needs. No registration.



## PARA CONTINUAR EL ESPAÑOL

### Intermediate Conversational Spanish

Every Wednesday • 10:30 am-Noon

Informal chat session using various books, flashcards, etc. No instructor. No registration.

# Desert Foothills Library

Saturday, February 8, 2020

# IMAGINE



Dinner • Cocktails • Auctions  
\$200 per person • Library Benefit