

## More Events

### BETTER POSTURE FOR A BETTER LIFE

Wednesday, February 15 • 5:30-6:30 pm

Learn easy, straight forward techniques to immediately improve your posture for improved mobility, balance and strength through proper alignment & biomechanics. Greatly reduce the risk of injuries and falls. Join Structural Therapists Dana Sterling and Cody Williams, as they explain how simple strategies can have a tremendous impact on your health & life quality. [carefreemovement.com](http://carefreemovement.com). **Register:** 480-488-2286.



### HIDDEN IN THE HILLS

#### Reception

Saturday, February 18 • 4-5:30 pm

Celebrate Desert Foothills Gallery's latest show. Enjoy refreshments while you browse the new exhibit. All are welcome!  
**RSVP:** 480-488-2286.



### HEALTH & FITNESS

#### Guided Meditation

February 7 & 21 • 4:30-5:30 pm (1st and 3rd Tuesdays)

In this practice, we lie on the floor with closed eyes & relax in the space just before sleep. *Please bring yoga mat or blanket.*

**Registration required:** Contact instructor Judith Zeiger: 480-760-5645 or [jazeiger@gmail.com](mailto:jazeiger@gmail.com).  
**Cost:** \$6 cash to instructor at each class.



#### Gentle Yoga

Every Sunday • 11:30 am-12:30 pm

This slow-paced class focuses on breathing, gentle yoga poses, & stretching to increase flexibility & balance. *Please bring a yoga mat.*

**Registration required:** Contact instructor Sylvia Labrado: 480-776-4743 or [agelessyogaaz@gmail.com](mailto:agelessyogaaz@gmail.com).  
**Cost:** \$8 cash, pay to instructor at each class.

#### Qigong/Tai Chi Easy

Every Friday

REGULAR Class 8:45-9:45 am  
GENTLE Class 10-10:30 am



A discipline that can be practiced and benefits gained at any age—you are never too old! This class is a blending of Qigong and Tai Chi, with deep breathing and repeated gentle motions and stretches improve health, balance, agility & flexibility. Gentle class is for anyone who wants to take it extra slow and easy. Wear loose clothing and bare feet. **Registration required:** Contact instructor Bina Bou: 480-284-1300 or [bina.b75@gmail.com](mailto:bina.b75@gmail.com).  
**Cost:** Prepay instructor \$35 cash for 5 classes; or \$10 drop-in.

#### Hatha Yoga

Every Sunday • 1-2 pm

Reduce stress, improve posture, increase coordination and renew energy with slow, controlled poses. *Please bring a yoga mat and light blanket.*

**Registration required:** Contact instructor Tanya Kern: 623-465-0507 or [tkmoon2@aol.com](mailto:tkmoon2@aol.com).  
**Cost:** \$8 cash, pay instructor at each class.



## DESERT FOOTHILLS LIBRARY

### WWII CINEMATIC REFLECTIONS

#### Little Known Stories of the War

February 17 • 3-5 pm (3<sup>rd</sup> Fridays)

World War II is one of the best known and 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. A post-film discussion, facilitated by Gary Zaro, faculty WWII expert from Paradise Valley Community College (PVCC), will follow.  
**This month:** *The Frogmen* (96 min.).  
**Register:** 480-488-2286.



### CRAFTY CARD MAKING

Saturday, February 25 • 10:30 am-12:30 pm



We'll make cards for every season, every reason! Join in the fun with Card Maker Melissa Sunde, who will have all the supplies cut and ready, and will help guide you in making 3 greeting cards. You'll learn new stamping techniques and how to use all kinds of new supplies. Don't worry if you feel you are not creative -- it's a class for everyone! Bring double-sided adhesive tape, or purchase at the class for \$3. **Registration Required by Wednesday**, February 22, to allow time for preparing class supplies: 480-488-2286. **Cost:** \$15.00

### FOR WRITERS

#### Writers Connection

#### Write the Ideal Query Letter & Book Proposal

February 3 • 1-3 pm (1st Fridays)

Learn the secrets to getting your book in front of an editor from Patricia Brooks, award-winning author and founder of Brooks Goldmann Publishing Company. She will cover how to find a good fit for you and your genre, how to write an effective query letter, and how to market yourself and your book by submitting a well-formatted book proposal. **Register:** 480-488-2286.



#### Journaling Classes

February 13 & 27 • 1-3 pm



Bring a journal or notebook and pen. No writing experience required. Mary Lee Simpson is a certified journal facilitator & has taught therapeutic writing for nearly 20 years.  
**Register:** 480-488-2286.

Monday, February 13 • 10-11:30 am (2nd Mondays)

Meet monthly to share stories and receive constructive feedback. Organized by Elena Pavlova. No registration.



at the heart of our community

## DETAILS AT WWW.DFLA.ORG FEB 2017

### MONEY MATTERS

Register for each seminar: 480-488-2286

#### Estate Planning

#### Don't Make Your Family Fill in the Blanks

Saturday, February 18 • 10:30-11:30 am

Nicole Pavlik of Nicole Pavlik Law Firm, PLC will host a free Estate Planning **Workshop**, providing a small group setting for participants to learn the essentials of developing an estate plan. A solid plan is essential to make sure your family is not left filling in the blanks. Participants will learn:

- Powers of Attorney - why they are important and what you should have in them
  - Probate - what it is and how to avoid it
  - Trusts - what they are and how they are different from a Last Will and Testament
  - Taxes - who has estate or inheritance tax
  - Beneficiary designations—why these need to be updated
- Participants have the opportunity to actively learn, plan, and ask questions in a supportive and engaging environment.

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**The following are presented by Dr. Harold Wong, PhD Economics, who writes the AZ Republic money column.**

#### Secrets of the Roth & Multigenerational IRA's

Thursday, February 23 • 1-3 pm

- \$0 tax for life
- Multiply income 2-10 times for kids & grandkids
- Protect assets for 3 generations
- Reduce investment risk



#### How to Maximize Social Security & Other Retirement Income

Saturday, February 25 • 10:30 am-12:30 pm

- Learn how to coordinate benefits with your spouse to maximize potential income
- How to integrate Social Security with other sources of retirement income
- What the Social Security office doesn't tell you
- How to increase retirement income even if you take Social Security at age 62
- Don't assume claiming Social Security at 62 is best option

### MONDAY MOVIES @ THE LIBRARY

Mondays, 3-5 pm



New releases with a Foreign Film once each month! Check our website [www.dfla.org](http://www.dfla.org) for titles.

### MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators. No registration.

#### Caring for the Caregiver

February 6 • 10-11:30 am (1st Mondays)

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

February 13 & 27 • 9:30-11 am (2nd & 4th Mondays)

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

## More Events

### PLEASE NOTE:

Programs may be subject to cancellation due to parking lot construction. We will endeavor to keep disruption to a minimum and you will be notified of any changes. During the construction period, ending April 2017, we ask that patrons car pool as much as possible. **Thank you!**

### ORIGINAL SELFIES

#### Self Portraits

#### of the World's Greatest Painters

Friday, February 24 • 1-2 pm



Until the 15th century, artists were more or less anonymous. Only after artists became famous as individuals whose names were revered, did the notion of portraying ones "SELF" become exceedingly important! Henceforth, the Original Selfies! The view of "SELF" through ones own eyes never fails to reveal the most interesting, unexpected points of view. Join presenter Suzanne Wilson for personal insights into details & facts otherwise unknown. **Register:** 480-488-2286.

### WINEMAKING

#### from Bud Break to Bottle

Monday, February 6 • 1-2 pm



A comprehensive look at the growing of wine grapes and how winemakers turn grapes into wine. Follow the cultivation and fermentation processes of red, white and rosé winemaking from the harvest of the grapes to the bottling of the wine. Speaker, Michael Pierce, is the Director of Enology at Yavapai College & a Certified Specialist of Wine.  
**Register:** 480-488-2286.



### SPANISH OFFERINGS

#### Intermediate Conversational

Every Wednesday • 10:30 am-Noon

Informal chat session using various books, flashcards, etc. Some weeks may feature a half-hour episode of the Destinos DVD series,

followed by discussion in Spanish. No instructor. No registration.

**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: \$54 for each 6-week series.**

#### Spanish Level 1

Wednesdays, Mar 1-Apr 5 • 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, Mar 1-Apr 5 • 10:40-11:40 am

#### Spanish Level 3

Wednesdays, Mar 1-Apr 5 • 11:50 am-12:50 pm

#### Spanish Level 4

Tuesdays, Feb 28-Apr 4 • 10:40 -11:40 am

#### Spanish Level 5

Tuesdays, Feb 28-Apr 4 • 11:50 am-12:50 pm



"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more."  
Rosabeth Moss Kanter

## VISION BOARD PARTY!

Saturday, February 4 • 10:30 am–3:30 pm

A vision board is a collage representing things you would like to attract to your life. You'll cut pictures and phrases out of our huge assortment of magazines (or your own magazines & photos). Glue the images and words onto a piece of poster board and place it somewhere you can see it on a regular basis - then watch magic happen! **A special bonus:** enjoy a lesson in using the power of Feng Shui on your vision board with Ro Rusnock, owner of Elements & Energy. **BRING:** poster board (maximum size 22 x 28) glue sticks and scissors (labeled with your initials). **BRING To Share:** Yummy and healthy lunch item. **We will provide:** magazines, water and iced tea, plates, utensils. Limited seating.

**Register:** 480-488-2286. **Cost:** \$25

## BRIDGE

**Instructor:** Peter Blake-Ward  
**Register for both courses:**

480-488-2286

**Cost:** \$85 for each 8-week course; \$150 for both Bridge courses. Materials included.



### Skill Building

Fridays, February 10 to March 31 • 10 am–12 pm

For players with some experience who would like to improve their skills, you will develop bridge skills and strategies and socialize. Supervised play will help illustrate more advanced conventions as they are taught. If participants are interested, the instructor will teach the "new" standard in bridge—the 2 over 1 style of play. 8 week series.

### Supervised Play

Fridays, February 10 to March 31 • 1–3 pm

One half hour demonstration of play and bidding AND play of a pre-dealt hand. Balance of the class will be bidding and play of randomly dealt hands with help from the instructor. Registration is limited to the first 12 people. 8 week series.

## MAHJONG

### 4-Day Beginner's Class Series

February 1, 9 & 10 • 1–4 pm & February 2 • 9 am–noon



Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 6. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. **Register** with Andrea Korff at 480-650-5199. **Cost:** \$75.

### 2-Day Refresher Course

February 15 • 9 am–Noon & February 16 • 1–4 pm

Tips/Strategies and increasing speed and odds for winning! Limited space. **Register** with Andrea Korff at 480-650-5199. **Cost:** \$40.

### Mahjong Club

Every Tuesday • 1–4 pm

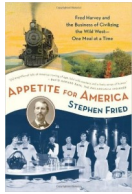
Must have basic knowledge of the game. Limited space.

**Registration required:** Andrea Korff at [mandakorff@cox.net](mailto:mandakorff@cox.net) or 480-650-5199. **Cost:** \$4 cash/session. Pay Andrea Korff at class.

## THE LITERATE FOODIE CLUB

February 6 • 10–11:30 am (1st Mondays)

**February Topic:** *Appetite for America* by Stephen Fried, a biography of the amazing Fred Harvey. Snacks will be provided based on the original Harvey House recipes. Facilitated by Dana Rakinic. Questions? Contact [danarakinic@gmail.com](mailto:danarakinic@gmail.com). **Limited Space; register early!** 480-488-2286. **Cost:** \$7.50.



## REINVENT YOURSELF

### Steps to Plan Your Next Act

Wednesday, February 8 • 1–3 pm

The best way to predict your future is for you to create it yourself. Awaken your undiscovered possibilities! This workshop is designed to inspire and assist individuals to clarify the challenges of life's transitions. Assess your interests, personal style, existing talents & experiences. Develop options and strategies to reinvent yourself. Explore the possible need for new skills, with awareness of retirement trends & where you fit. Leave with a manual that will guide you in launching your new direction and identity, & help you implement the TRANSITION PROCESS. Facilitators: Peggy Arneault, MA, LPC and Barbara Hatton, MA, LPC. **Register:** 480-488-2286 **Cost:** \$49 includes all materials.

## THE BRAIN

### Connection to Relationships

Monday, February 13 • 10–11 am

"All learning is understanding relationships," says George Washington Carver. How can we use our relationships to turn on the brains learning switch? Let's explore this human need for connection with scientific mind cookies and a few simple practices. Presenter Judah Page is a Somatic Movement and Brain Health Coach with 20 years of experience. **Register:** 480-488-2286.



## COMPUTER/TABLET CLASSES

Registration required all classes: 480-488-2286



### iPad Class 101

February 2 & 23 • 9:30–11 am (1st & 4th Thursdays)

This class will show you how to use the basic features of your iPad. We will move around apps and create folders and will even go over all the buttons, screens and settings you never knew you had! Must bring your own Apple iPad.

### Windows 10 Overview

February 9 • 9:30–11 am (2nd Thursdays)

Microsoft has a new Operating System! Come and let us show you what's new & how to use it! Even if you don't have 10 yet, come & see the new features and understand the upgrade process. Lecture; no computers provided, but you may bring your laptop with Windows 10 pre-installed.



### Password Management & Security 101

February 16 • 9:30–11 am (3rd Thursdays)



Do you despise a million passwords? Worry about credit card fraud? Has someone called you about your computer being hacked? Is your data safe? Show up and we'll explain all of this and more! Lecture and handout provided; no computers.



## Chapter 2 Books

Great Books. Great Prices.

## INSIDE THE LIBRARY

## OPEN 7 DAYS

Biggest used bookstore in the North Valley!

More than 50,000

BOOKS - DVDs - CDs - AUDIOBOOKS

Special Sale Dates: February 3, 4, 5  
(1st weekend this month only)

Check us out on Amazon.

Donations are welcome and help support the library!

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



## Not Your Typical "Book Club"

February 9 • 10 am–noon (2nd Thursdays)

An informal discussion of books, film and theater. No requirements to read or see any particular book, film or play. **February Topic: "Based on a True Story": Can Poetic License Go Too Far?** How obliged should a storyteller be to stick to the facts? We will discuss how storytellers' biases, the rules of "good" storytelling, and audience expectations all play roles in the creative recounting of actual events, and explore the pros & cons of mixing fiction with fact. Facilitated by Andrea Markowitz. No Registration.

## BOOK DISCUSSION

### Better with Age

### The Ultimate Guide to Brain Training

Thursday, February 23 • 3:45–5 pm



3 Part Series. Get the inside scoop on neuroplasticity & how the brain can improve with age in this book discussion with local author and brain coach Phyllis Strupp. We will discuss the questions at the end of each chapter. Check her website at [www.brainwealth.org](http://www.brainwealth.org). **February:** Chapters 3, 4 & 5. **March:** Chapters 6 & 7. **Register:** 480-488-2286.

## MUSIC @ THE MOVIES

February 9 • 2–5 pm (2nd Thursday this month)

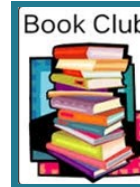


**La Boheme, The Film:** Giacomo Puccini's immortal love story in a high budget feature film version stars opera's 'Golden Couple', Rolando Villazon and Anna Netrebko. The chemistry between them is electric, unrivalled in the theatre today. 100 min. Hosted by music enthusiast Annis Scott. No Registration.

## LIBRARY BOOK CLUB

February 14 • 10 am–noon (2nd Tuesdays)

Discussion of *The Boys on the Bus* by Timothy Crouse. Everyone is welcome!



## CRAFT N CHAT

February 27 • 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 welcome! No registration.

# FREE\*

# Adult Events

\*Except where noted.  
Visit our website for details: [www.dfla.org](http://www.dfla.org)

# FEBRUARY 2017

## Check It Out!

## A Magical Evening Desert Foothills Library

### 9TH ANNUAL GALA

Saturday, February 11 • 5:30 pm



Celebrating 63 years as a 501(c)3 non-profit, built on a foundation of community support through donations, memberships, and volunteerism. Join us at 5:30 pm for a silent auction, wine pull & hosted cocktails. Gourmet Dinner at 7 pm with live entertainment, featuring renowned pianist Nicole Pesce and the Rhys Kelso Quartet. Limited seating. **Tickets** \$175. All proceeds benefit the Library. 480-488-2286.

## REGIONAL WATER SUPPLY HISTORY

### 16 Year Drought on Colorado River Basin

Thursday, February 2 • 2–3 pm



Seven states and Mexico share water from the Colorado River Basin. Years and years of agreements are now challenged by new realities brought on by 16 years of drought. Obtain the latest information about our drought so we can continue to enjoy this precious and finite natural resource - water. Speaker, Larry Person, is the Outreach Coordinator for Central Arizona Project (CAP). **Register:** 480-488-2286.

## A Civic Masterwork

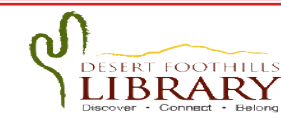
### THE NATIONAL MALL

### Washington, DC

Tuesday, February 7 • 10–11 am



Explore the development and evolution of our National Mall in Washington, DC. Imagine the National Mall as an artist's canvas on which visionaries will create an iconic landscape unlike any other in the world. The focus will not be on the monuments/memorials as individual works of art, but how they all work together as important elements in the composition of the grand civic masterwork that is our National Mall. Presented by Beth Johnston, docent of *The Phoenix Art Museum*. **Register:** 480-488-2286



38443 N Schoolhouse Rd.  
Cave Creek, AZ 85331

Front Desk: 480.488.2286

Bookstore: 480.488.2777

[www.dfla.org](http://www.dfla.org)

## LIBRARY/BOOKSTORE HOURS

Monday–Friday  
9 am–6 pm

Saturday, 10 am–4 pm  
Sunday, 11 am–3 pm

## HOLIDAYS—CLOSED

February 11 and 20