

More Events

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, Jan 4–Feb 8 • 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, Jan 4–Feb 8 • 10:40–11:40 am

Spanish Level 3

Wednesdays, Jan 4–Feb 8 • 11:50 am–12:50 pm

Spanish Level 4

Tuesdays, Jan 3–Feb 7 • 10:40 –11:40 am

Spanish Level 5

Tuesdays, Jan 3–Feb 7 • 11:50 am–12:50 pm



MUSIC APPRECIATION

@ THE LIBRARY

Friday, January 13 • 4–5:30 pm

Fran Rosenthal, Music Enthusiast, will educate and entertain, as she takes us on a tour of music throughout our history. **Topic:** *Classical Music and Famous Songs and Scores in the Movies.* **Register:** 480-488-2286.

CRAFT N CHAT

(formerly known as *The Happy Hookers*)

January 23 • 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 always welcome! No registration.



CRAFTY CARD MAKING

Saturday, January 21 • 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, January 18th, to allow time for preparing class supplies: 480-488-2286. Cost: \$15.00.**

DESERT FOOTHILLS LIBRARY

WWII CINEMATIC REFLECTIONS

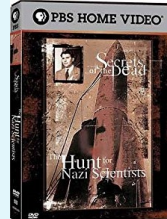
Little Known Stories of the War

January 20 • 3–5 pm (3rd 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 Hunt for Nazi Scientists* (60 min.).

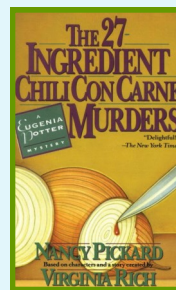
Register: 480-488-2286.



THE LITERATE FOODIE CLUB

January 5 • 12–1:30 pm

(1st Thursday this Month)



January Topic: *The 27 Ingredient Chili Con Carne Murders*, by Nancy Pickard. We start the New Year off with a fabulous chili lunch, and discuss the genre of culinary mystery. Facilitated by Dana Rakinic. Questions? Contact danarakinic@gmail.com. **Limited Space; register early!** 480-488-2286. **Cost:** \$10

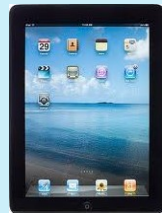
COMPUTER/TABLET CLASSES

All classes below taught by Tech4Life

Registration required: 480-488-2286

iPad Class 101

January 5 & 26 • 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

January 12 • 9:30–11 am (2nd Thursdays)

Microsoft has a new Operating System! Come and let us show you what's new and how to use it! Even if you don't have 10 yet, come and 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

January 19 • 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.

Details at www.dfla.org January 2017

HEALTH & FITNESS

Guided Meditation

January 3 & 17 • 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.

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.

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 & 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.

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.

Cost: \$8 cash, pay instructor at each class.

THE HEALER WITHIN

Saturday, January 7 • 9 am–Noon

Learn to activate the naturally occurring healing resources readily available by your body. Participants will explore the "four baskets of practice," including gentle movement, deep breathing, self-applied massage, and a quick and easy meditation technique that anyone can master in minutes.

These techniques can be done anywhere, at any time, by any body - sitting, standing or lying down! Presented by Bina Bou, Institute of Integral Qigong and Tai Chi. Limited Space.

Questions?

Visit www.mindbodyfocusQi.com or call (480)284-1300.

Registration Required: 480-488-2286. **Cost:** \$35



More Events

MONEY MATTERS

Register for each seminar: 480-488-2286



Social Security 101 Retirement Planning

Wednesday, January 11 • 6:30–7:30 pm

Join Mike Wilson of Trajan Wealth, LLC, to learn how you can maximize your Social Security Income during your retirement. Learn how you can earn an extra 8% per year by delaying your Social Security enrollment and what to consider before filing.

- Gain over \$75K or more by using maximization strategies
- Qualified vs. Non-Qualified retirement money and what it means to you
- RMD Penalty of 50% and how to avoid it
- How to safeguard your retirement assets from market DOWNTURNS

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

Secure Your Financial Future Lessons from Warren Buffet

Wednesday, January 18 • 1–3 pm

- Understand Buffet's "Rule of 100" or risk ruin in retirement
- Why your stock market portfolio violates Buffet's "Rule #1"
- Avoid the next crash in stock and bonds
- Buffet's rules for financial success

Why Tax Savings & Alternative Investments Are Better Than Wall Street

Thursday, January 26 • 1–3 pm

- Earn 6% interest by leasing refrigerated units to major grocery chains
- Learn different formulas for hotel investing
- Own apartment buildings where the rent is increased 50–100%
- Learn how real estate investment income and future profit can be tax-deferred!



PASSPORT SERVICES

Passport books & cards with photo services and regular or expedited services. **Appointments essential.** Call direct at 480-575-3201.

MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators. No registration.

Caring for the Caregiver

Thursday, January 5 • 10–11:30 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.

"The Healing Pathway" After the Loss of a Spouse or Partner

January 9 & 23 • 9:30–11 am (2nd & 4th Monday)

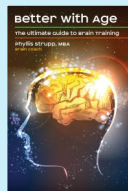
Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.



DESERT FOOTHILLS LIBRARY

BOOK DISCUSSION **Better with Age: The Ultimate Guide To Brain Training**

Thursday, January 26 • 3:45–5 pm



3 Part Series. Get the inside scoop on neuroplasticity and 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. **January:** Chapters 1 & 2. **February:** Chapters 3, 4 & 5. **March:** Chapters 6 & 7. **Register:** 480-488-2286.

MAHJONG

Mahjong Club

Every Tuesday • 1–4 pm



Must have basic knowledge of the game. Limited space. **Registration required:** Andrea Korff at mandakorff@cox.net or 480-650-5199. **Cost:** \$4 cash/session. Pay Andrea Korff at class. *Mahjong Classes Coming in February! Call Andrea to inquire.*

FOR WRITERS

Writers Connection Developing Voice

January 6 • 1–3 pm (1st Fridays)



An agent once told award-winning author Susan Pohlman that what she looks for in a manuscript is a solid sense of voice. Craft can be taught, editors can be hired, but voice is the real deal. A command of voice and style proclaims to the reader that you can be trusted, that you know who you are and you will lead them on a worthwhile journey to a place of truth. Join Susan for her interactive workshop that clarifies the definition of voice. Come ready to write and have some fun as we explore a variety of exercises to help you develop your authentic voice. **Register:** 480-488-2286.

Journaling Classes

January 9 & 23 • 1–3 pm



Completing 2016 and Creating a More Simple Life in 2017. Write your reflection on the year past and learn ways to use your journal to create simplicity in 2017. Bring a journal or a notebook and pen. No writing experience required. MaryLee Simpson is a certified journal facilitator and has taught therapeutic writing for nearly 20 years. **Register:** 480-488-2286.

Memoir Writing Group

Monday, January 9 • 10–11:30 am
(2nd Mondays)



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

DETAILS AT WWW.DFLA.ORG

2017'S AMAZING TOTAL ECLIPSE OF THE SUN OVER THE USA

Wednesday, January 11 • 10–11:30 am

A spectacular total eclipse of the Sun will be visible from 11 states in August 2017. It will be the first such eclipse to cross the U.S. since 1979 and will offer 100 million more Americans, who were alive back then, the chance to travel the path. We will discuss what to see, where to go and the importance of such an event. Speaker Paul D. Maley has a 41 year career working at the Johnson Space Center in Houston. **Register:** 480-488-2286.



GIFTED KIDS 101 WORKSHOP

Tuesday, January 3 • 2–3 pm



This discussion will focus on common characteristics of gifted students, identification, and ways in which the learning differences of gifted students can be addressed in school. We will touch on unique social and emotional characteristics and the ups and downs of raising gifted children. Program presented by Donna J Campbell, M.Ed. - President of Arizona Association for Gifted and Talented. **Register:** 480-488-2286.

THE GIFT OF A LIFETIME

Thursday, January 19 • 1–4 pm

Do you wish you had a record of the old stories told around the table at family gatherings? It's not too late to capture those stories and begin documenting your own life story. Think what a book about your parents' lives would mean to you, and realize what a wonderful gift you can create for your children, grandchildren, and future generations. Join Patricia Cox for an interactive presentation on how you can give "The Gift of a Lifetime" to your family and yourself. **Register:** 480-488-2286.



BRILLIANT EMPEROR BELOVED CONCUBINE

Art of China's Tang Dynasty

Thursday, January 5 • 3–4 pm



We will enjoy the art of China's great golden age while becoming acquainted with a love story that has been famous throughout Asia for more than a thousand years. This romance had dramatic consequences for Chinese history and took place at a time when the arts were flourishing. We will explore painting, sculpture and ceramics, precious metalwork and other art forms, much of it inspired by the art and culture of foreigners traveling to China via Silk Road trade routes. Presenter Carrie Mikkelsen is a docent at the Phoenix Art Museum. **Register:** 480-488-2286.



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DESK!!**

JANUARY 2017

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(2nd weekend each month)

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www.Chapter2BooksAZ.com

480-488-2777



**Not
your typical
"Book Club"...**

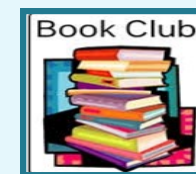
January 12 • 10 am–Noon (2nd Thursdays)

An informal discussion of books, film and theater, led by a facilitator. No requirements to read or see any particular book, film or play. **January theme: Book vs Film.** Think about books that have been made into films or other media services and vice-versa. Consider what happens when the written version is put on film, or the dynamics when an author creates an adapted screenplay. Examples include *Sunset Boulevard the Musical* (play), *Ten Little Indians*, *The Lord of the Rings Trilogy*, etc. No registration.

LIBRARY BOOK CLUB

January 10 • 10 am–Noon (2nd Tuesdays)

Discussion of *A Tale for the Time Being* by Ruth Ozeki. Everyone is welcome!



MONDAY MOVIES @ THE LIBRARY



Every Monday, 3–5 pm (no movies Jan 2 & 16)

New releases with a Foreign Film
once each month!

Check our website www.dfla.org for titles.

MUSIC @ THE MOVIES

January 12 • 2–5 pm
(2nd Thursday this month)

Mao's Last Dancer: The inspiring true story of Li Cunxin and his extraordinary journey from a poor upbringing in rural China to international stardom as a world-class ballet dancer. Based on the best-selling autobiography, the film weaves a moving tale about the quest for freedom and the courage it takes to live your own life. 118 min. Hosted by music enthusiast Annis Scott. No registration.



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Adult Events

*Except where noted.
Visit our website for details: www.dfla.org

JANUARY 2017

Check It Out!

MUFON EVOLVED

Surfing the Leading Edge of Ufology

Saturday, January 28 • 10:30 am–Noon

Phoenix MUFON is one of the three chapters of the Mutual UFO Network in Arizona. Jim Mann and Stacey Wright, the co-Directors, will present material on exactly what MUFON is, how investigations are handled, and will discuss some of the most interesting ufo-related cases that have been reported around the world. **Register:** 480-488-2286.



BRAIN & BODY DYNAMICS

Tuesday, January 31 • 10–11 am



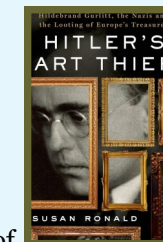
Approximately 94% of your brain is designed to gather information based on movement. Discover how the brain learns through our physical movements, the thoughts we choose, the emotions we experience and the environment in which we live. Presenter Judah Page will also share how dancing the Argentine Tango applies to bio-plasticity. Judah is a Somatic Movement and Brain Health Coach with 20 years of experience. **Register:** 480-488-2286.

HITLER'S ART THIEF...

The Hildebrand Gurlitt Story

Saturday, January 21 • 10:30–11:30 am

83 year old recluse Cornelius Gurlitt, Hildebrand's son, became an International media super-star in 2013 when 1400 paintings worth \$1.4 Billion believed to be part of a trove of art Hildebrand plundered for Hitler but kept for himself as WWII came to an end. The art was hidden in Cornelius's small apartment in Munich for 70 years, just leaning against the walls. Mary F. Cook will tell the story of how he was caught and what happened to the paintings after his death. Mary is an award-winning author, international lecturer, and has focused 30 years of research on the subject of art theft including the Nazi plundered art of WWII. **Register:** 480-488-2286.



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

HOLIDAYS—CLOSED
January 1, 2 & 16