**Spanish Offerings**

**Intermediate Conversational**
Every Wednesday • 10:30 am—Noon
Informal chat session using various books, flashcards, etc. Some sessions 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 of Spanish and those who have completed Spanish Levels 1–5. Class sizes are limited. Please call the instructor directly with questions about which class level to join, at 480-228-4886. Registration required 2 days prior to class start; 480-228-4886.

**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

**Spanish Foothills Library**

**WWII Cinematic Reflections**

**Little Known Stories of the War**
January 20 • 3:30 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 Zany, faculty member Parowan Valley Community College (PVCC), will follow. This month: The Hunt for Nazi Scientists (60 min.).

Register: 480-228-4886.

**Spanish Offerings**

**The Literate Foodie Club**

**Spanish Level 5**
Tuesdays, Jan 3–Feb 7

**Spanish Level 2**
Wednesdays, Jan 4–Feb 8

**Spanish Level 3**
Wednesdays, Jan 4–Feb 8

**Spanish Level 4**
Tuesdays, Jan 3–Feb 7

**Spanish Level 5**
Tuesdays, Jan 3–Feb 7

**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 • 10:30–12:30 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. Do you worry if you feel your cards are not creative — it’s a class for everyone! Bring double-sided adhesive tape, or purchase the class for $5. **Registration Required by Wednesday, January 11th, to allow time for preparing class supplies: 480-488-2286. Cost: $15.00.**

**Computer/Tablet Classes**

**All classes below taught by Tech4Life**

**iPad Class 101**
January 5 & 26 • 9:30–11:30 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.

**Password Management & Security 101**
January 19 • 9:30–11 am (3rd Thursdays)
Do you despise a million passwords? Worry about online security? 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.

**ίHol!**

**More Events**

**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 close eyes & relax in the space before sleep. Please bring yoga mat or blanket.

**Registration required:** Contact instructor Judith Zeiger: 480-775-5454 or judithzeiger@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: 480-877-4747 or silad@comcast.net.

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

**Qigong/Tai Chi Easy**
Every Friday
**REGULAR Class 9:45–1:45 pm**
**GENTLE Class 10:10–12:10 pm**
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. We open loose clothes & bare feet.

**Registration required:** Contact instructor Bina Bho: 480-384-7000 or bina.b75@gmail.com.

Cost: Prepay instructor $35 cash for 5 classes; or $10 drop-in.

**Hatha Yoga**
Every Sunday • 1:15–2 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 Lai: 480-258-4653 or tanyalaider@gmail.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 energies 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 learn in minutes.

These techniques can be done anywhere, at any time, by anyone. The way you do these practices matter! Even if you don’t have 10 yet, come and see and let us show you what’s new and how to use it! Even if you don’t have 10 yet, come and see and let us show you what’s new and how to use it! Even if you don’t have 10 yet, come and see and let us show you what’s new and how to use it!

Cost: $40 cash to instructor at each class.

**Details at www.dfa.org**

**January 2017**

**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 Trojan 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 $7K or more by using maximization techniques.

**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 stocks 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.**

Contact 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 30 • 9–11 am

Join us on this Journey that will guide you to find a “NEW NORMAL” as you process through your personal grief journey.
February questions at the end of each chapter. Check here for neuroplasticity and how the brain can improve 3 Part Series. Get the inside scoop on Andrea Korff at class.

mandakorff@cox.net

Space.


Check us out on Amazon. Donations are welcome and help support the library!

www.Chapter2BooksAZ.com

480-488-2777

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.

January 2017

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.

The Hildebrand Gurlitt Story

January 21 • 10:30–11:30 am

83 year old recluse Cornelius Gurlitt, Hildebrand’s son, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 70 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International Nugget after his 83 year old father, who had made a fortune buying Nazi plundered art of WWII. The art included the second largest collection of impressionists, which was sold to Hitler but kept for himself as a 83 year old recluse Cornelius Gurlitt, became an International

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 at the desert in 2017. It will be the first such eclipse to cross the U.S. since 1979 and will offer 100 million people a rare opportunity to view this natural wonder. 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.

Book Discussion

Better with Age: The Ultimate Guide To Brain Training

Thursday, January 26 • 3:45–5 pm


Memor Writing Group

Monday, January 9 • 10–11:30 am

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

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For Writers

Writing Connection

Developing Voice

January 6 • 1–4 pm

An agent once told award-winning author Susan Pohlmn that what she looks for in a manuscript is a solid sense of voice. Craft, or script, is note complete, but voice is the real deal. A command of voice and style proclaims to the reader 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 to read and write and have some fun as we explore a variety of exercises to help you develop your authentic voice.

Jounerialing 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 increase simplicity in 2017. Bring a journal or a notebook and pen. No writing experience required. Mary Lee Simpson is a certified journal facilitator and has taught therapeutic writing for nearly 20 years.

Register: 480-488-2286.

ASK at the FRONT DESK!