More Events

LIFE AS ART
Thursday, March 30 • 10–11 am
"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep," said Scott Adams. Living offers the opportunity to learn and explore; inspiration can arrive in the most unusual places. How can we use play to free our capacity to live artfully, to increase our express-ability and infuse meaning into the mundane? Find out from the tea leaves, the fortune teller, and the artist who wants to lower self-judgement for vitality. Presenter Judith Page is a Somatic Movement and Brain Health Coach with 20 years of experience. Register: 480-488-2286.

Health & Fitness

Guided Meditation
March 28 • 4:30–5:30 pm (4th Tuesday this month only)
In this practice, we lie on the floor with closed eyes & relax in the space just before sleep. Please bring a yoga mat and/ or blanket. Registration required: Contact instructor Judith Zeitler, 480-760-9545 or jzeiger@gmail.com. Cost: $6 cash to instructor at each class.

Tai Chi Series for Health & Vitality
Sundays, March 5 to April 2 • 1–1:50 pm
A Chinese health system that consists of a slow and gentle sequence of movements. The emphasis of this class is on balance, relaxation and 'chi' flow. This is a five-class series, and because each class progressively builds on the previous class, drop-ins are not allowed. Instructor Roger Stewart has practiced Tai Chi since 1966. Over the course of ten years (before retiring), he taught Tai Chi to more than 2000 in Raleigh, North Carolina. Register: 480-488-2286. Cost: $40 for 5-week series.

Qigong/Tai Chi Easy
Every Friday
REGULAR Class 8:45–9:45 am
GENTLE Class 10–10:30 am
A discipline that can practiced and benefits gained at any age—you are never too old! This class is a balanced Qigong & Tai Chi, with deep breathing & repeated gentle motions and stretches improve balance, health, agility and 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 Scott, 480-284-3000 or bina@bina.scott. Cost: Prepay instructor $35 cash for 5 classes; or $10 drop-in.

Gentle Yoga
Every Sunday • 11:30 am–12:30 pm
Reduce stress, improve posture, increase coordination and improve energy with slow, controlled poses. Please bring a yoga mat and light blanket. Registration required: Contact instructor Karin Kerker, 623-687-0607 or tkmno2@aol.com. Cost: $8 cash, pay instructor at each class.

Desert Foothills Library

MAHJONG
4-Day Beginner's Class Series
March 16 & 17 • 9–9:45 am–Noon

Gentle Yoga
Every Tuesday • 1–2 pm
Must have basic knowledge of the game. Limited space. Registration required: Andrea Kop at mandaakorff@cox.net or 480-650-5199. Cost: $44.00 cash/session. Pay Andrea Kop at class.

Money Matters
Register for each seminar:
480-488-2286

Social Security 101
Retirement Planning
Wednesday, March 8 • 6:30–7:30 pm
Join Mike Wilson of Tranjan 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 benefits enrollment to age 70–if you can consider more 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 retirement assets from market downturns. Destinos DVD series, followed by discussion in Spanish. No instructor. No registration.

The following are presented by Dr. Harold Wong, PhD Economists, who senior the AZ Republic money columns! Social Security 101 Informational Sessions
Protect Your Money
Saturday, March 18 • 10:30 am–12:30 pm
From fake/biased financial advisors • From the next stock and bond market collapse • From higher taxes due to the Affordable Care Act • From running out of money in your retirement years

Post-Election Economic & Market Forecast
Wednesday, March 22 • 6–7 pm
Learn how the result of this election can change the rules for retirement. • How will the stock/bond market react & what can you do? • Will taxes go up or down? • Will the housing market stay strong? • Will interest rates rise? What will happen if they do? • What is the future of Medicare and Social Security? • What will happen to the overall economy?

Details at www.dfla.org

March 2017

COMPUTER/TABLET CLASSES

Registration required all classes: 480-488-2286

iPad Class 101
March 2 & 9 • 9:30–10:11 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 we will even go over all the buttons, screens and settings you never knew you had! Must bring your own Apple iPad.

Windows 10 Overview
March 9 • 9:30–11:01 am (2nd Thursdays)
Microsoft has a new Operating System! Come and let us teach you what’s new & how to use it! Even if you don’t have one, 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
March 16 • 9:30–11 am (3rd Thursdays)
Do you despise a million passwords? Worry about credit card fraud? Has someone called 221-B about you or 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.

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 video on a particular topic. No instructor. No registration. This month: "Desert Vengeance." Register: 480-488-2286.

Spanish Level 1
Wednesday, Mar 1–April 5 • 9:30–10:30 am
No knowledge necessary. This class is a refresher. Oral skills will be emphasized; students learn basic grammatical concepts to communicate on everyday topics.

Spanish Level 2
Wednesday, Mar 1–April 5 • 10:40–11:40 am

Spanish Level 3
Wednesday, Mar 1–April 5 • 11:50 am–12:50 pm

More Events

WIIII CINEMATIC REFLECTIONS
CLASSES

Little Known Stories of the War
March 17 • 3–5 pm (3rd Fridays)
World War II is one of the best known and widely depicted conflicts in history. This film series will feature little known stories from that war—stories filled with daring, intrigue, and sometimes such improbability that they have been known to be believed. At the heart of each are the men & women who made World War II modern history's seminal event. Each film discussion, facilitated by Gary Zaro, faculty WWII expert from Paradise Valley Community College (PVCC), will follow. This month: Operation Sucus (53 mins.). Register: 480-488-2286.

MONTHLY SUPPORT GROUPS
Led by Hospice of the West facilitators. No registration.

Caring for the Caregiver
March 6 • 10–11:30 am (1st 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 the Loss of a Spouse or Partner
March 13 & 27 • 9–11 am (1st & 4th Mondays)
Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.

For Writers

 Writers Connection
Creating Characters with Depth
March 2–April 6 • 1–3 pm (1st Fridays)
Award-winning mystery writer Betty Webb's popular workshop explores the many ways writers can explore their own lives to find the "real heart" of each one of their characters. Betty also gives pointers on what to do when a character steps out of line & takes over a book, a situation that happened in her new Lena Jones mystery. "Desert Vengeance." Register: 480-488-2286.

Journaling Classes
March 13 & 27 • 1–3 pm
March Style: Writing as life transitions. Gain clarity and understanding of a current life transition you are experiencing. Learn lots of tips and writing ideas for making the most of it. Bring a journal or notebook and pen. No writing experience required. Mary Lee Simpson is a certified journalament and has taught therapeutic writing for nearly 20 years. Register: 480-488-2286.

Memoir Writers
March 13 • 10–11:30 am (2nd Mondays)
Meet monthly to share stories and receive constructive feedback. Organized by Elena Pavlova. No registration.

For more information, visit www.dfla.org
**MIGHTY ART WORKSHOP**

Saturday, March 25 • 1-3 pm

Beginners, as well as experienced artists, are welcome; all students will receive independent instruction during classes. All needed supplies will be provided. Roberta will share work done by artists throughout history, and will do a demo to illustrate how art supplies and subject matter are to be used. Students will select from objects, and begin working. New crafters and all skill levels are welcome!


**MARCH 2017**

**FEAR & THE WOLF - CLASSICAL**

Thursday, March 30 • 2-3:30 pm

Adults and children of all ages are invited to a musical story hour of the well-loved story, *Fear and the Wolf*. Musicologist Fran Rosenthal will present all of the music, sharing several picture books, and talk about the story and the instruments depicting the characters and the animals. This a great way to introduce children to classical music! Geared to ages 5 and up. Register: 480-488-2286.

**LILY, THE WOLF & THE WOLF - CLASSICAL**

March 30, 2017 • 2-3:30 pm

Adults and children of all ages are invited to a musical story hour of Lily, the Wolf & The Wolf. Musicologist Fran Rosenthal will present all of the music, sharing several picture books, and talk about the story and the instruments depicting the characters and the animals. This a great way to introduce children to classical music! Geared to ages 5 and up. Register: 480-488-2286.

**NOT YOUR TYPICAL “BOOK CLUB”**

March 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. March Topic: Angels Among Us. Have you ever experienced or witnessed situations where disaster was averted by only a moment? Or had the feeling that you were being guided in some way? Maybe a Good Samaritan helped you out? (Note: theme is not intended to have a religious connection).

Register: 480-488-2286.

**BOOK DISCUSSION**

Better with Age

The Ultimate Guide to Brain Training

Thursday, March 16 • 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. March: Chapters 6 & 7. Register: 480-488-2286.

**LIBRARY BOOK CLUB**

March 14 & 21 • 10 am–noon (2nd and 4th Mondays)

Discussion of Abide With Me by Elizabeth Strout. Everyone is welcome!

**DOMESTIC VIOLENCE & ELDER ABUSE**

Thursday, March 9 • 1-2 pm

This educational presentation will be given by Police Officer Jess Cuthbertson to educate and entertain, as she takes us through the scope of the issue of domestic violence and elder abuse, signs that abuse may be occurring, resources to utilize for any victim of abuse, as well as how to protect yourself from predators. Speaker, Lizzie Kazan, is currently the DOVES Community Programs Manager at the Area Agency on Aging, Region One. Register: 480-488-2286.