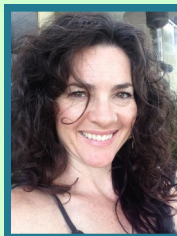


More Events

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? For the artist and wanna-be artist who wants to loosen self judgement for vitality. Presenter Judah 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 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.



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 Steward 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 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 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 Bou: 480-284-1300 or bina.b75@gmail.com. **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 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.

DESERT FOOTHILLS LIBRARY



MAHJONG

4-Day Beginner's Class Series

March 3, 9 am–noon March 6 & 8 • 1–4 pm
March 9, 1:30–4:30 pm

Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong almost 30 years and has enthusiastically taught the game for 8. She guarantees a solid foundation for playing this exciting & challenging game. Limited Space. **Register** with Andrea at 480-650-5199. **Cost:** \$75.

2-Day Refresher Course

March 16 & 17 • 9 am–Noon

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 or 480-650-5199. **Cost:** \$4 cash/session. Pay Andrea Korff 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 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 retirement assets from market DOWNTURNS

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



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 & 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

March 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

March 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.

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

More Events

WWII CINEMATIC REFLECTIONS

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 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 & 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: Operation Sussex** (53 min.). **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 • 9:30–11 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.

FOR WRITERS

Writers Connection

Creating Characters with Depth

March 3 • 1–3 pm (1st Fridays)



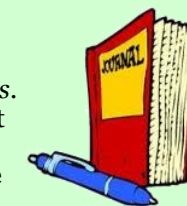
Award-winning mystery writer Betty Webb's popular workshop explores the many ways writers can explore their own lives to find the "heart" of each one of their characters. Betty also gives pointers on what to do when a character steps out of line & takes over a book, a situation that happened to her in her new Lena Jones mystery, "Desert Vengeance." **Register:** 480-488-2286.

Journaling Classes

March 13 & 27 • 1–3 pm

March topic: Writing through transitions.

Gain clarity and understanding of a current life transition you are experiencing. Learn lots of tips and writing tools for making the most of it. 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, March 13 • 10–11:30 am (2nd Mondays)

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

DESERT FOOTHILLS LIBRARY

THE LITERATE FOODIE CLUB

March 6 • 1-2:30 pm (1st Mondays)



March Topic: *Behind the Door Marked Private: Confessions of a Small Town Bed and Breakfast Owner* by Nancy Huisenga. Meeting will feature samples from recipes in the book, and a live interactive interview with Nancy via FaceTime! Co-presenters Char McKeever and Dana Rakinic. Questions? Contact danarakinic@gmail.com. **Limited Space; register early!** 480-488-2286. **Cost:** \$10.00.

CRAFT N CHAT

March 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.



MOVIES, MORE MOVIES

Monday Movies at the Library

Every Monday • 3-5 pm

New Releases, with a Foreign Film once each month! Check our website www.dfla.org for titles.



Music at the Movies

March 2 • 2-5 pm (1st Thursdays)



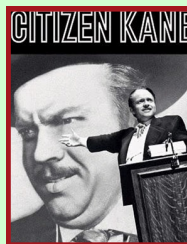
Mamma Mia: Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs. A young woman about to be married discovers

that any one of three men could be her father. She invites all three to the wedding without telling her mother, Donna, who was once the lead singer of Donna and the Dynamos. 110 min. Hosted by Music enthusiast Annis Scott. No Registration.

Orson Welles Citizen Kane

Saturday, March 4 • 1-3 pm

Hailed by critics and fans alike as one of the greatest films ever made, *Citizen Kane* continues to influence filmmakers and astound viewers 75 years later. Nominated for nine 1941 Academy Awards®, with a win for Best Original Screenplay, **Orson Welles'** controversial masterpiece uses the innovative flashbacks and groundbreaking cinematography to follow the epic rise and fall of a wealthy newspaper magnate.



Register: 480-488-2286.

DETAILS AT 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 with graphite, in order to learn the techniques of rendering form and volume on paper. Instructor Roberta Kritzia is a highly respected Art Instructor who has conducted classes at the MIM. **Register:** 480-488-2286. **Cost:** \$39 (includes material fee).



CRAFTY CARD MAKING

Saturday, March 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, March 15th**, to allow time for preparing class supplies: 480-488-2286. **Cost:** \$15.00.

MUSIC APPRECIATION @ THE LIBRARY

Fridays, March 10 & 24 • 4:00-5:30 pm

Fran Rosenthal, Music Enthusiast, will educate and entertain, as she takes us on a tour of music throughout our history. **Register:** 480-488-2286
March 10: "Musical Humor...What is it that makes music Funny, Light, or a Joke?"
March 24: "Mozart and Puccini Opera...Melodic Heaven!!"



AARP DRIVER SAFETY

Saturday, March 11 • 10:30 am-3:00 pm



A refresher course in driver safety and driving skills (lecture). Materials are included. Completion of the course may entitle you to an auto insurance discount (check with your insurer; not all participate). Bring a sack lunch. Class Limit 15. Email instructor Scott Rexinger at 480-575-3152 with questions. **Registration Required:** 480-488-2286. **Pay Instructor at class:** \$20; or \$15 with AARP member card (checks only), plus \$5 cash or check to Desert Foothills Library.



at the heart of our community

MARCH 2017

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Special Sale Dates: March 10, 11, 12
(2nd weekend each month)

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Donations are welcome and help support the library!

www.Chapter2BooksAZ.com 480-488-2777



Not Your Typical "Book Club"

March 9 • 10 am-noon (2nd Thursdays)

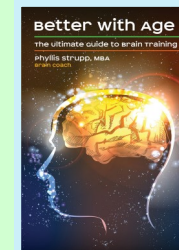
An informal discussion of books, film and theater. No requirements to read or see any particular book, film or play.

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 connotation.] No Registration.

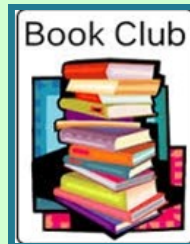
BOOK DISCUSSION

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 • 10 am-noon (2nd Tuesdays)

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 discuss 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.



FREE* Adult Events

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

MARCH 2017

Check It Out!



FROM SEA TO SHINING SEA
The American Spirit is Defined by its Land

Monday, March 20 • 1-2 pm

Through the paintings of our 19th Century artists, join us as we journey from the first colonies along the Atlantic to the Ohio River Valley, through the Louisiana Purchase and the North-west Territory, from California Coasts to the Rio Grande, as America inches its way to complete the "footprint" of the continental United States. From the Spanish American War through the most recent War on Terror, we have fought to preserve this land and the unique gift it represents ... a beacon of hope that stretches from "Sea to Shining Sea." Presented by Sherry Koopot, docent of *The Phoenix Art Museum*. **Register:** 480-488-2286.

PETER & 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, *Peter and the Wolf*. Musicologist Fran Rosenthal will present all of the music, share 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.



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

38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

PASSPORT SERVICES

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

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!**

