

## More Events

## DESERT FOOTHILLS LIBRARY

### 2017 Desert Foothills Library PHOTOGRAPHY CONTEST

#### Drop off photos:

Friday, May 12 • 3–6 pm & Saturday, May 13 • Noon–4 pm

**Exhibition dates:** July 3 through 21 • library hours

**Reception/Award Ceremony:** July 8 • 4:30–6 pm

**Pick up photographs:** July 22 • Noon–4 pm

**Entry fee:** \$5 per image, by cash or check only. Free for youth aged 17 and under. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place Awards determined by 60, 30 and 10% division of the entry fee monies. Visit [www.dfla.org](http://www.dfla.org) for entry forms and rules. Please direct all questions to Jerry Sieve at [sieveimages@gmail.com](mailto:sieveimages@gmail.com).



### CRAFT N CHAT

May 22 • 1–3 pm (4<sup>th</sup> 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, May 27 • 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**, May 24, to allow time for preparing supplies: 480-488-2286. **Cost:** \$15.00.



### JOURNALING CLASSES

May 8 & 22 • 1–3 pm (2<sup>nd</sup> & 4<sup>th</sup> Mondays)

**May 8:** Unsent Letter & Dialogue

**May 22:** Stepping Stones & Perspective

Learn and experience the power of these techniques, used by professionals in the field of therapeutic writing. Bring a journal or 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.



### 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.

#### Spanish Classes

Spanish Classes Levels 1 – 5 will resume in September, 2017.



Details at [www.dfla.org](http://www.dfla.org) May 2017

### WWII CINEMATIC REFLECTIONS

#### Little Known Stories of the War

May 19 • 3–5 pm (3<sup>rd</sup> Fridays)

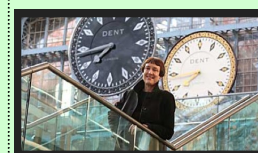
World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that war -- stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men and 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:** *Woman in Gold* (109 min.). **Register:** 480-488-2286.



### CORNELIA PARKER

#### Monuments, Memories and Movies

Wednesday, May 3 • 11 am–Noon



Conceptual artist Cornelia Parker is one of the most creative and innovative artists working in Britain today. Her wide ranging practice, chiefly in installation art and sculpture, touches on the fragility of the human experience. Exploring everything from ghosts to gravity to relics and the subconscious, she transforms everyday objects into compelling works of art. We will be exploring how Monuments, Memories and Movies have given inspiration to Cornelia Parker. Presented by Eileen Crowley, docent of The Phoenix Art Museum. **Register:** 480-488-2286.

### MUSIC @ THE MOVIES

May 4 • 2–5 pm (1<sup>st</sup> Thursdays)

**Chicago:** Nightclub sensation Velma (Catherine Zeta-Jones) murders her philandering husband, and Chicago's slickest lawyer, Billy Flynn (Richard Gere), is set to defend her. But when Roxie (Renée Zellweger) also winds up in prison, Billy takes on her case as well, turning her into a media circus of headlines. Neither woman will be outdone in her fight against each other and the public for fame and celebrity. 109 min. Hosted by Music enthusiast Annis Scott. No registration.



### MONDAY MOVIES

#### @ THE LIBRARY

Every Monday • 3–5 pm



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

### PASSPORT SERVICES

Passport books & cards with photo services and regular or expedited services.

**Appointments essential.**

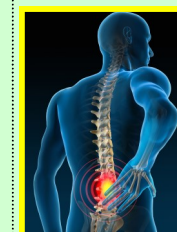
Call direct at 480-575-3201.



## More Events

### NEW TECHNOLOGIES THAT TREAT CHRONIC PAIN

Saturday, May 20 • 10:30–11:30 am



If you are one of nearly 50 million American adults dealing with chronic or severe pain resulting from injury, the wear and tear of aging, or other causes, you're invited to learn more about cutting-edge, minimally-invasive treatment options. Learn about the keys to an accurate diagnose and the importance of steering clear from symptom-only treatments.

Fellowship-trained, board certified pain medicine specialist Neil Thakkar, DO, practices locally at AZ Pain Doctors. An informal question and answer period will follow the presentation; refreshments will be served. **Register:** 480-488-2286.

### HEALTH & FITNESS

#### Guided Meditation

May 16 • 4:30–5:30 pm (3<sup>rd</sup> 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](mailto:jazeiger@gmail.com).

**Cost:** \$6 cash to instructor at each class.



#### Gentle Yoga

Every Sunday • 11 am–Noon



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

**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.

#### Restorative Yoga

Every Thursday • Noon–1 pm

Great for beginners! Improve your ease of movement, flexibility, breathing and meditation. *Please bring a yoga mat.*

**Registration required:** Contact instructor Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com).

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



### DIABETES

#### The Right Foods to Balance Blood Sugar & How to Easily Prepare Them

Thursday, May 18 • 2–3 pm



Take the guesswork out of balancing your blood sugar. Tips, recipes, and instructions on how to buy and easily prepare the right foods you can enjoy while managing diabetes. Dr. Leisa-Marie Grgula, Chiropractic Physician and Acupuncturist, will help you have more energy and feel better when you learn what to eat, when to eat, and how to make it all taste great! **Register:** 480-488-2286.



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**LITERARY SALON**

**Not Your Typical "Book Club"**

May 11 • 10:00 am–Noon (2nd Thursdays)

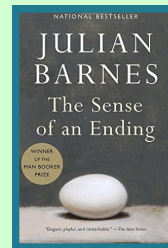


**May Topic: Treason, Revenge, and Resolution.** What many novelists cannot resist is a story involving revenge, treason, duplicity or other treachery. War stories are replete with such themes. Think of authors such as John Jakes with his trilogy North and South, Love and War, Heaven and Hell;

Harper Lee's To Kill a Mockingbird or The Bastard of Istanbul by Elif Shafak. No Registration.

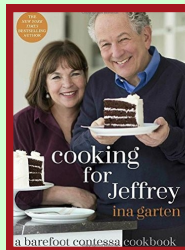
**LIBRARY BOOK CLUB**

Tuesday, May 9 • 10 am–Noon (2nd Tuesdays)  
Discussion of The Sense of an Ending by Julian Barnes. Everyone is welcome!



**THE LITERATE FOODIE CLUB**

Monday, May 1 • 1–2:30 pm (1st Mondays)



**May Topic:** The career of Ina Garten, the Barefoot Contessa. Meeting will feature recipe samples from her latest book, a cookbook with autobiographical details, Cooking for Jeffrey. Co-presenters Christine Burris and Dana Rakinic. Questions? Contact [danarakinic@gmail.com](mailto:danarakinic@gmail.com).  
**Register:** 480-488-2286.  
**Cost:** \$10.00.

**PLEASE NOTE:**



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

**SINGING IN THE RAIN**  
**Workshop Series**

Fridays, May 5 – June 23 • 10–11:30 am (8 – weeks)



Workshop Series crafted to help older adults learn how to create happiness and well-being in the midst of all that life demands (including inevitable surprises). Scientifically proven strategies are used that will help you feel more grateful, creative and joyful. Learn new skills to create positive engagements in life and develop greater resilience. Facilitator, Dawna Allington, has been working with the Area Agency on Aging as the lead in their prevention program as well as in the Maricopa Elder Behavioral Health Advocacy Coalition (MEBHAC). Sign-ups will be taken through Friday, May 12<sup>th</sup>. **Register:** 480-488-2286.

**MONTHLY SUPPORT GROUPS**



**Writing Circle...Just for Caregivers**

May 4<sup>th</sup> & 18<sup>th</sup>, 9:30 – 11 a.m. (1<sup>st</sup> & 3<sup>rd</sup> Thursdays)

Join us on a bi-monthly writing journey that will nurture your heart and spirit; as we write, connect, heal and grow in a safe and supportive circle of like-hearted caregivers. Absolutely no writing experience needed! Life and Wellness Coach, Sharon Spector, specializes in caregiver resiliency.  
**Register:** 480-488-2286.

The following groups led by *Hospice of the West* facilitators. No registration.

**Caring for the Caregiver**

May 1 • 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**

May 8 & 22 • 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.



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



at the heart of our community

**FREE\***

**Adult Events**

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

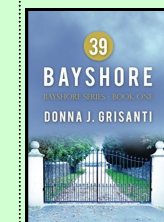
MAY 2017

**Check It Out!**

**ARIZONA AUTHORS SHOWCASE**

Wednesday, May 10 • 10 am–11:30 am

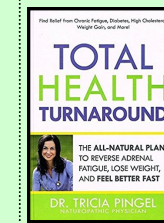
Join four local authors as they briefly tell their stories and discuss their books, which will be available for sale and signing. Books range from \$10 to \$35. Please bring cash or checks. We will have cake and tea to celebrate our authors.  
**Register:** 480-488-2286.



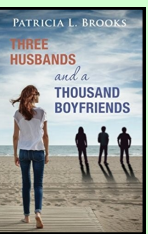
39 Bayshore, by Donna J. Grisanti. Mystery, mayhem and suspense illustrate a unique, complicated quest for Carolyn Reynolds. Well received, well developed, fun fiction.



T. H. Elkman, by Eric Heisner. The journey of a Westerner, a boisterous Gambler and a young Cowboy as they escort horses from Colorado to the wilds of Montana while being plagued by Rustlers, Indians and Nature.



Total Health Turnaround, by Dr. Tricia Pingel. Discover the master key to health: adrenal glands! Reverse diabetes; fight heart disease; beat fatigue. A comprehensive, cutting-edge, all natural plan.



Three Husbands and a Thousand Boyfriends, by Patricia L Brooks. Poignant and moving. A dangerous journey through love addiction, domestic violence, and PTSD. Offers hope and inspiration.

**LIFELONG VITALITY**

**Happy Hour**

Thursday, May 11 • 4-5 pm

Mingle and meet new friends. Singles and couples welcome! Life Coach, Allison Clay, will briefly speak about decluttering and cleansing your life in all aspects to create space for good habits and what you really want. Q & A to follow. Complimentary wine and cheese platter will be included in this delightful gathering. RSVP requested for planning; space is limited. **RSVP:** 480-488-2286.



**LIBRARY/BOOKSTORE HOURS**

Monday–Friday  
9 am–6 pm  
Saturday, 10 am–4 pm  
Sunday, 11 am–3 pm

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 Closed May 29**  
**Memorial Day**