**BRIDGE**
**Instructor:** Peter Blake-Ward
**Register for both courses:** 480-488-2286
**No Classes November 11.**

**Cost:** $85 for each 5-week course OR $150 for both Bridge courses. Materials included.

**Skill Building**
**Fridays, September 30 – November 25** • 10 am–12 pm

For players with some experience who would like to improve their skills, you will develop bridge skills and strategies and socialize. Supervised play will help illustrate more advanced conventions as they are taught. If participants are interested, the instructor will teach the "new" standard in bridge—the 2 over 1 style of play.

**Intermediate Supervised Play**
**Fridays, September 30 – November 25** • 1 pm – 3 pm

Players should have knowledge of basic bridge conventions. Each class begins with a mini-lesson on hints in bidding and play. Participants play randomly dealt hands, during which the instructor goes over bidding and play. The instructor also provides pre-dealt hands that all of the participants play. The instructor then reviews bidding and play and provides a written critique of each hand with suggestions. Participants may keep this analysis for future reference.

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**DESSERT FOOTHILLS GALLERY**

**HIDDEN IN THE HILLS**

**Showcase Reception**
**October 15** • 5–7 pm

Celebrate Desert Foothills Gallery’s latest show. Enjoy refreshments while you look at the new exhibit.

**SKETCHING MADE EASY**
with Roberta Kritzia
October 22 & 29 • 1–3 pm

Beginners, as well as experienced artists, are welcome; all students will receive background instruction during classes. All needed supplies will be provided. Roberta will share knowledge and 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:** $50 (total for both classes) + separate materials fee of $10 at the first class.

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**DESERT FOOTHILLS LIBRARY**

**HEALTH & FITNESS**

**Tai Chi Series for Health & Vitality**

**Sundays**, October 16, 23 & 30; Nov 6; Dec 4 • 2 – 2:50 pm
(No class November 13, 20 & 27)

A Chinese health system that places great value on balance, relaxation & 'chi' flow. This is a five-class series, beginners only. Class progressively builds on 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

**Guided Meditation**

**October 4 & 18 & 25 & (3rd Tuesdays)**

In this practice, we sit on the floor with closed eyes & relax in the space just before sleep. Please bring your own meditation pillow. Registration Required: Contact Instructor Judith Zeiger: 480-760-9545 or jazeiger@gmail.com.

**Cost:** $5 cash to instructor at each class.

**Medical Qigong Series**

with Lurriha Frankfort
**October 10 • 1 – 2 pm (2nd Mondays)**

Learn simple, beneficial movements & techniques, and first aid relief from many medical problems. Instructor Alina Lowen is a highly respected Art Instructor who has conducted classes at the MIM. Register: 480-488-2286.

**Cost:** $5 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. Please bring a yoga mat. Registration Required: Contact instructor Sylvia Labrado: 480-776-4743 or spelissogog_org@gmail.com.

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

**Barre for Beginners**

Every Thursday • Noon–1 pm

Mat class will include whole body exercises that promote core strength, flexibility, balance and coordination. Workout is appropriate for individuals with osteoporosis. Small props will be provided. Please bring a mat. Registration Required: Contact instructor Michelle Gavura (Certified Poles Pilates Relates Practitioner) at 602-205-4702 or mgptpilates@gmail.com.

**Cost:** $25

**Qigong/Tai Chi Easy**

**Every Friday**

REGULAR Class: 8:45 – 9:45 am GENTLE Class 10:15–11:30 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 & relaxed gentle motions and stretches to improve health, balance, flexibility. Gentle class is for anyone who wants to take it extra slow and easy. Wear loose clothing & bring a yoga mat. Registration Required: Contact instructor Biou: 480-284-1300 or bini.bhi7@gmail.com.

**Cost:** Prepay instructor $35 cash for 4 classes, or $10 drop-in.

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**DESERT FOOTHILLS LIBRARY**

**MUSIC APPRECIATION @ THE LIBRARY**

**2 Fridays**, October 14 and 28 • 4:00–5:30 pm

Fran Rosenthal, Music Enthusiast, will educate and entertain, as she takes you on a tour of music throughout the ages. Register Required: Contact instructor Fran Rosenthal at 480-595-5500.

**ONLINE Music @ the Movies**

**October 6 • 2 – 5 pm**

**South Pacific**: Love blossoms in a South Seas Island during World War II. Music, romance, and adventure fall for a French plant, a lieutenant woos a native girl and sailors lust after island females. 158 min. (unrated) Hosted by music enthusiast Ann Scott. No registration.

**THE HAPPY Hookers**

**October 24 & 1 • 3 pm**

Do you knit, crochet, or practice another needle or table craft? Join The Happy Hookers monthly for companionship, creating and conversation! No registration.

**MADJONG**

**4-Day Beginner’s Class Series**

October 17 & 20 • 1 – 4 pm
October 18 & 21 • 1 pm – Noon

Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 5. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space.

**Register with Andrea Korff at 480-650-5999.**

**Cost:** $75

**2-Day Refresher Course**

October 25 & 26 • 9:00 am–Noon

Tips/Strategies and increasing speed and odds for winning! Limited space. Register with Andrea Korff at 480-650-5999.

**Cost:** $40

**Mahjong Club**

Every Tuesday • 12:45–3:45 pm

Must have basic knowledge of the game. Limited Space.

**Registration required:** at least 2 days prior to class start: 480-488-2286

**Cost:** $45 for 5–week session

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**Spanish Offerings**

**Intermediate Conversational**

Every Wednesday • 10:30 am–Noon

Do you wish to speak Spanish? The Downs Library offers classes that fit your needs and learning style. Spanish classes are taught by Spanish speakers, 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**

New session begins Nov/Dec. Instructor Alina Lowen is a native speaker with 30 years’ experience. Call Alina directly to discuss your appropriate class level: 480-595-5500. Limited class sizes. **Registration required** at least 2 days prior to class start: 480-488-2286

**Cost:** $45 for 5-week sessions

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**ROCKET LANGUAGES**

Choose from 13 Languages

Learn to speak a language online today! All you need is a free Desert Foothills Library Card to get started. Visit our Digital Library @ desertfoothillslibrary.org.

With our comprehensive multi-media packages you will be speaking and improving your language skills with every lesson by taking part in the modern, everyday conversations that make up our Interactive Audio Course.

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**More Events**

**COMPUTER/TABLET CLASSES**

**Registration required all classes:** 480-488-2286

**iPad Class 101**
**October 30 • 7:30-9:30 am & 1:00-3:00 pm**

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 it yet, come and see the new features and learn the upgrade process. Lecture; no computers provided, but you may bring your laptop with Windows 10 pre-installed.

**Cost:** $35

**Password Management & Security 101**
**October 20 • 9:30-11 am**

Do you despise a million passwords? Worry about credit card fraud? Has someone called you about your computer being hacked? Is your data safe? Let’s talk about computers and hackers, while learning how to protect your data, with an introduction to password managers and computer security. Lecture and handout provided; no computers.

**Cost:** $35

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**More Events**

**October 24 • 9:30 am**

Lunch Bagg! Ruffles & Ripples! Game Surprises! High Point Cash Prize Winners! Limited seats until first come first served. All proceeds benefit the Desert Foothills Library. For application and questions please email Andrea Korff at mailandakorff@cox.net. **Registration deadline:** November 1. **Cost:** $60 pre-paid

**Mail and a Book Fundraiser**

Saturday, November 12 • 9:30 am–1:00 pm

Lunch Bagg! Ruffles & Ripples! Game Surprises! High Point Cash Prize Winners! Limited seats until first come first served. All proceeds benefit the Desert Foothills Library. For application and questions please email Andrea Korff at mailandakorff@cox.net. **Registration deadline:** November 1. **Cost:** $60 pre-paid
Valley Community College (PVCC), will each one are the men and women who made that war widely depicted conflicts in history. This film World War II is one of the best known and

Attention Baby Boomers!

Not your typical “Book Club”...

October 13 • 10 am–Noon (2nd Thursdays) An informal discussion of book, film, and theater, led by a facilitator. No requirements to read or see any particular book, film or play. Everyone is invited to share ideas and reflections on the selected theme.

Chapter 2 Books

BIGGEST USED BOOKSTORE IN THE NORTH VALLEY!

Chapter 2 Books

October 2016

BROADSIDE OF THE CASE DISCUSSIONS CD - AUDIOBOOKS

Special Sale Dates: October 7, 8, 9

Browse 1000’s of books . . . . or check us out on Amazon. Donations are welcome anytime!

www.Chapter2BooksAZ.com 480-488-2777

Library Book Club

October 11 • 10 am–Noon (2nd Tuesdays)

Discussion of Fahrenheit 451 by Ray Bradbury (led by Thomas Carey, retired professor).

Everyone is welcome!

Librarian: 480-488-2286.

The Literate Foodie Club

October 3 • 1–2:30 pm (1st Mondays)

Love food, books, cooking and conversation? We will explore all things written: writing, travel, history, literature, crazy experiences, world cuisines, guest chefs and occasional special field trips.

October 20 • 2:30 pm–12:30 pm

We’ll make cards for every season, every occasion with double sided adhesive tape and a few other 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 and exciting products. Don’t worry if you feel you are not creative – it’s a class for everyone! Bring double-sided adhesive tape and a few other supplies cut and ready, and will help guide you in making 3 greeting cards.

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Facilitated by Dana Rakinik. October topic:

Explore cooking as a coping outlet... a source of creativity, relaxation and happiness. Join us for a discussion of the books My Kitchen Year by Ruth Reichl, Spoon Fed by Kim Severson, and Julia and Julia by Julia Powell. Bring in your favorite "go-to" recipes, or store-bought enhancements will be served.

Questions? Contact danarakinik@gmail.com.

Limited Space; register early!

480-488-2286.

Cost: $5

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