

More Events

HEALTHY LIVING



Self-Management of Chronic Conditions

(7-week class series)

Tuesdays, October 2–November 20 • 9:30 am–Noon
This 7-week workshop series is for adults with ANY chronic health condition. Learn pain/fatigue management, restful sleep techniques, making informed decisions, and more; a class for caregivers, family and anyone interested in improving overall health & well-being. First week is an hour-long information and registration day! Hosted by Innovation Care Partners affiliated with HonorHealth. **Register:** 480-500-7171 or CDSMP@icphealth.com



MEDICARE 101

presented by Rose Agency

Saturday, October 6 • 2–4 pm

This program is an educational presentation on Medicare geared for seniors to better understand their health

MONTHLY SUPPORT GROUPS

No registration.

Caring for the Caregiver

Monday, October 1 • 10–11:30 am (1st Mondays)

Taking care of yourself is essential in being able to take care of your loved one. Come to fellowship with other caregivers. Led by Hospice of the West facilitators.

"The Healing Pathway"

After the Loss of a Spouse or Partner

October 8, 22 • 9:30–11 am (2nd and 4th Mondays)

Journey to find a "NEW NORMAL" as you process through your personal grief. Led by Hospice of the West facilitators.

Stroke Recovery and Awareness

Tuesday, October 2 • 10–11 am

If you or a friend have had a stroke, please share your experience with others, as they share their own with you. Learn how to enjoy your continuing recovery and improvement from guests, experts and patients. Caregivers welcome.



ngers of Rose Agency. **Register:** 480-488-2286.

ENGLISH AS A

2ND LANGUAGE (ESL/ELL)

(12-class series)

Mondays & Fridays, September 24–November 2 • 9:30–11 am
Beginner to low intermediate level speakers are welcome. Improve your English in relaxed, supportive environment. Participate in conversation, grammar, listening, and reading comprehension lessons. Pronunciation will be stressed.

Register: 480-488-2286. **Cost:** \$60 per person or 12 session course OR \$5 per person per class.



LIVE. LEARN. LOCALLY.

Friday, October 19 • 9 am–1 pm

Every month community-supported, non-profit Desert Foothills Library takes time to appreciate our local businesses and to maintain the collaboration among Cave Creek, Carefree and the surrounding community. This month find us at

Carefree Farmer's Market! NO registration. **ASK**

AT THE FRONT DESK!!



DESERT FOOTHILLS LIBRARY

HEALTH & FITNESS



Gentle Yoga

Every Sunday • 11 am–Noon & Wednesday Noon–1 pm
You are only one class away from a good mood! With slow, controlled poses begin to strengthen your heart & bones, improve balance & sharpen the mind. *Bring a yoga mat and light blanket.* **Registration required:** contact instructor Marina Kachur: 480-510-6572 or yokama14@gmail.com. **Cost:** \$8 cash, pay each class.



Guided Meditation

Wednesday, October 3, 17 • 4:45–5:45 pm
(1st, 3rd Wednesdays)

In this practice, we lie on the floor with closed eyes and relax in the space just before sleep. *Please bring a yoga mat or blanket.* **Registration required:** Contact instructor Payton Cooper at studiomagic@cox.net or 480-513-0701. **Cost:** \$8 cash, pay instructor each class.

Restorative Yoga

Every Thursday • Noon–1 pm (No class October 25.)
Great for beginners! Improve your ease of movement, flexibility, breathing & meditation. *Bring a yoga mat and light blanket.* **Registration required:** contact instructor Elizabeth Boisson at evboisson@yahoo.com or 480-363-5275. **Cost:** \$8 cash, pay instructor each class.



Yoga Nidra

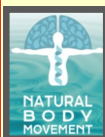
Every Thursday • 1–2 pm
(No class October 25.)

Yoga nidra, yogic sleep, is a state of consciousness between waking & sleeping. The body is completely relaxed, as one becomes increasingly aware of the inner world, following verbal instructions. Reduce and increase nightly sleep. Anyone can practice Yoga nidra. *Bring a yoga mat & light blanket.* **Registration required:** contact instructor Elizabeth Boisson at evboisson@yahoo.com or 480-363-5275. **Cost:** \$8 cash, pay instructor each class.

Qigong/Tai Chi

Every Friday, 9–10 am

A discipline that can be practiced & benefits gained at any age – you are never too old! A blending of Qigong and Tai Chi, with deep breathing, repeated gentle motions & stretches to improve health, balance, agility & flexibility. Wear loose clothing & bare feet. **Registration Required:** Contact instructor Bina Bou: bina.b75@gmail.com or 480-284-1300. **Cost:** Prepay instructor \$35 cash for 5 classes; or \$10 drop-in.



Natural Body Movement

Sunday, October 21 • 1–2:30 pm (3rd Sundays)

Classes are a gentle approach to movement. Emerge from mindfulness, learn to trust the body's sensations while increasing strength, flexibility & mental clarity. Release stress, tension & chronic pain. *Bring a light blanket.* **Registration required:** Contact Judah Page: 602-931-2865 or judah.page@gmail.com. **Cost:** \$20 cash, pay instructor each class.

Details at www.dfla.org October 2018



THERAPEUTIC BODYWORK

(Previously Quantum Light Healing)
Saturday, October 20 • 10:30 am–Noon
(3rd Saturdays)

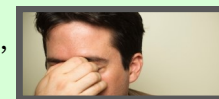
Spend 15-20 minutes experiencing the healing power of infrared therapy while relaxing on an Amethyst Biomat. Aid your body in healing chronic pain, arthritis or injury while boosting your immune & reducing stress. Relaxing foot and leg massage included. **Registration:** contact Jenna Richard at jennarichard1490@gmail.com. **Cost:** \$20 for 15 minutes or \$25 for 20 minutes.

SINUSITIS, SINUS MIGRAINES SINUS PAIN & PRESSURE

Decoding and Declogging this sinus Nightmare!

Friday, October 26 • 2–3 pm

Do you suffer from chronic sinus migraines, congestion & pain? Christine Regan Lake knows your pain, having lived it for over 20 years. She has found the secrets to healing & keeping sinuses healthy. She will share the #1 cause of over 95% of the sinus issues people suffer & explain protocols and strategies to unclog and heal your sinus issues for good. You will leave feeling hopeful and empowered to take control of your sinus health once and for all. **Register:** 480-488-2286.



WILLS AND TRUSTS 101

presented by Pavlik Law Firm

Saturday, October 6 • 10:30–11:30 am

Nicole Pavlik of Nicole Pavlik Law Firm, PLC will host a FREE Estate Planning Workshop. Learn these essentials:

- Last Will and Testament – what they do and don't do
 - Probate - what it is and how to avoid it
 - Trusts - what they are and how they are different from a Last Will and Testament
 - Executor/Successor Trustee- how to pick the "right" one
 - Beneficiary designations - why these need to be updated
- Learn, plan, and ask questions! **Register:** 480-488-2286.

TREASURES FROM THE ANTIQUES ROADSHOW

Wednesday, October 24 • 2–3:30 pm

We invite you to a special 'Treasures from Antique Road Show' event. Professional Appraiser and Broker, Elena Von Kohn will bring examples of the treasures found during Antique Road Show events and will discuss the significance of each item. Learn how to start your own treasure hunting, how to tell trash from treasure and about what treasures might be hiding in your house! **Register:** 480-488-2286. **Cost:** \$6.00.



MONTHLY ART CRITIQUE

presented by Sonoran Arts League

Monday, October 8 • 4–5 pm

Sonoran Art League knows and research validates that group critiques contribute to artist development. This once a month opportunity to have a group look at your work is open to all artists and the general public. Feedback will be honest & candid. Format is group talk. Our goal is to help us all evolve and think about our work in a constructive manner. Bring 1-2 pieces of work that would benefit from feedback. **Questions:** Sonoran Arts League: info@sonoranartsleague.org or 480-575-6624. No registration.



More Events

HEALTHY AGING EXPO

Connect with Community Resources
Sponsored by Foothills Caring Corps

Thursday, October 25 • 9:30 am–2 pm
Free and open to the public, the Healthy Aging Expo brings together local support groups and educational programs to discuss better living! Held at the Desert Foothills Library, the Healthy Aging Expo will feature health & wellness vendors and local experts. Meet and connect with our community's providers, resources, and more! Interactive events, exhibits, demonstrations, & presentations on various health related topics are offered.



Presentations

9:30 am **Four Ways to Pay for Long-Term Care**

- There are only four ways to pay for long-term care:
- Private Pay (Yours and your family's savings.)
 - Long-Term Care Insurance (new modern options)
 - VA LTC benefits for war-time veterans (complete overview)
 - Arizona's LTC Medicaid Program – ALTCS (will dispel the myth of what spend-down means)

10:30 am **Patient Advocacy: How to Talk to Your Doctor**

Presentation to help patient better understand the dynamics of an office visit, how to effectively advocate for their better care, improve communication and create mutually beneficial relationship

11:30 am **Cognitive Intervention for Early-Stage Dementia: The Smart Program**

Dr. DenBoer's presentation will focus on cognitive intervention for early-stage dementia. This will promote new & novel learning as mitigation for cognitive protection.

12:30 pm **Living with Chronic Disease**

- Subjects presented by Hospice of the Valley
- Explain chronic diseases
 - Discuss the many ways how Hospice of the Valley can assist
 - Describe community resources that are helpful

1:30 pm **Desert Foothills Family YMCA Zumba Gold**
The easy-to-follow program that lets you move to the beat at a slower rhythm than a regular Zumba class!

No registration. For more information, or to become a resource provider, volunteer or sponsor, please call 480-488-1105 or visit foothillscaringcorps.com.



Info Session:

BECOME A DEMENTIA FRIEND

Friday, October 5 • 11 am–Noon

Banner Health

This session will help you understand dementia, how it affects people and how you can make a difference in the lives of people living with dementia. Learn five key messages about dementia, the most common types & turn this understanding into an action that will help someone living with the disease. Dementia Friends Arizona is a big project that asks for a small pledge: an hour of your time to learn how to become a Dementia Friend. Presented by Banner Health. **Register:** 480-488-2286.



ART EXHIBITION Hidden in the Hills Showcase

October 12 – January 25

As part of this year's Showcase, Desert Foothills Library is honored to host quality art from young artists of the Sonoran Foothills. Come, enjoy the art of our young people!!

DESERT FOOTHILLS LIBRARY



SPANISH OFFERINGS

Intermediate Conversational

Every Wednesday • 10:30 am–Noon

Informal chat session using various books, flashcards, etc. with discussion in Spanish. No instructor. No registration.

Spanish Classes

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:** \$60 for each 6-week series.

Spanish Level 1

Wednesdays, Sep 12–Oct 17 • 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, Sep 12–Oct 17 • 10:40–11:40 am

Spanish Level 3

Wednesdays, Sep 12–Oct 17 • 11:50 am–12:50 pm

Spanish Level 4

Tuesdays, Sep 11–Oct 16 • 10:40–11:40 am

Spanish Level 5

Tuesdays, Sep 11–Oct 16 • 11:50 am–12:50 pm

TECHNOLOGY & DIGITAL CONTENT

Teen Tech Help Desk

Saturday, October 6, 20 • 10:00 am–1 pm

Contact Brandon Holmes: 480-695-2638.

Saturday October 13 • 10:30 am–2 pm

Contact Imogen Brooks: imogenbrooks01@gmail.com.

Get help with your technology needs: e-mail accounts, apps, downloading e-books, setting up devices, Windows 10, websites & more! Bring your device or use a library computer. No appointments needed; 1st-come, 1st-served.



eBooks & Audiobooks



E-Media & Library Digital Content Help

Every Tuesday • 10:00–11 am

Downloading eBooks and eAudiobooks can be easy through the library's digital collection! This drop-in class is for anyone with questions about Overdrive, RB Digital, or any of the apps the library offers. We will show you how to download the apps to your phone or tablet and how to navigate the digital collection. Bring your device and have your library card ready! For Apple users, your Apple ID will be needed. No registration.

Small Business Owners

Digital Marketing 101

Thursdays, October 2–October 23 • 1–2:30 pm (4-week series)

Presented by Tech4Life's Jen Miles. Learn to setup a fully functional digital marketing platform. Gain a full understanding of how to gather and deliver compelling content. Each week will be a different topic to better promote your small business! **Register:** 480-488-2286.



CRAFT N CHAT



Monday, October 22 • 1–3 pm (4th Mondays)

Do you knit, crochet, or practice another craft?

Join other local enthusiasts monthly for companionable creating & conversation. All skill levels are always welcome! No registration.

DETAILS AT WWW.DFLA.ORG

SILVER SCREENS

Music @ the Movies

Thursday, October 4 • 2–5 pm (1st Thursdays)

Join us for a celebration of movie musicals! Hosted by music enthusiast, Annis Scott. **October Movie:** *Billy Elliot* - The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class' exacting instructor. 111 min. No registration.



International Film: French Cinema

Friday, October 12 • 3–5 pm (2nd Fridays)

Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships & tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture & country and yet, at the same time, linking a thread of humanity that stretches across the globe. Discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This Month:** *Manon of the Spring*. **Register:** 480-488-2286.

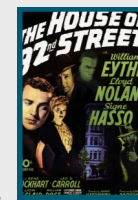


WWII Cinematic Reflections

Little Known Stories of the War

Friday, October 19 • 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, & 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. Discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This Month:** *The House on 92nd Street*. **Register:** 480-488-2286.



Monday Movies at the Library

Every Monday, 2:30 p.m. (Please note time change) New Releases, with a Foreign Film once each month! Check our website www.dfla.org for titles. No registration.



BRIDGE

Register for courses: 480-488-2286.

Cost: \$85 for each 8-week course OR \$150 for both Bridge courses. Materials included.

Bridge Bootcamp

Fridays, October 12–November 30 • 10 am–Noon

This class is designed to introduce new players to the world of bridge & to improve the skills of those who have been playing for a short time. The emphasis will be on describing opening bids, responses, some of the more popular conventions, and a very short description of the 2-over-1 bidding system.

Supervised Bridge Play

Fridays, October 12–November 30 • 1–3 pm

The supervised play class consists of a short lesson followed by two or three pre-dealt hands illustrating the lesson. Each table bids these hands separately & compares notes as to the bidding and play. The second part of class is one hour of randomly dealt hand played by each table with the instructor giving advice on both bidding and play. No special requirements for any participant. Players at any level may participate.



OCTOBER 2018

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INSIDE THE LIBRARY

OPEN 7 DAYS

North Valley's Biggest used bookstore

More than 15,000
BOOKS - DVDs - CDs - AUDIOBOOKS
Starting at just 50 cents!

Special Sale Dates: October 12, 13, 14
(2nd weekend each month)
Check us out on Amazon!

Donations are welcome and help support the library!

www.Chapter2BooksAZ.com 480-488-2777



LITERARY SALON

Thursday, October 18 • 10 am–Noon (3rd Thursdays)
Informal discussion of books, film, & theater, led by a facilitator. No requirements to read or see any particular book, film, or play. Share ideas on the selected theme. **October Topic:** Colors in Literary Titles & Films. Join a discussion of works; consider



the significance, if any, that color plays in the development of the story and characters. Examples: *The Color Purple* by Alice Walker; *The Red Tent* by Anita Diamant; *A Clockwork Orange* by Anthony Burgess; *The Bluest Eye* by Toni Morrison. No registration.

LIBRARY BOOK CLUB

Thursday, October 11 • 10 am–Noon (2nd Thursdays)
Discussion of *The Sparrow* by Mary Doria Russell. Everyone is welcome! No registration.



LITERATE FOODIE CLUB

Monday, October 1 • 12:30–2:30 pm (1st Mondays)
Love food, books, cooking and conversation? Come!

October Topic: *Eight Flavors: The Untold Story of American Cuisine* by Sarah Lohman. Facilitated by Dana Rakinic, Darlene Southern and Brian McAtamney. Questions? Contact: danarakinic@gmail.com. **Register:** 480-488-2286. **Cost:** \$10.

WRITER'S CONNECTION

Friday, October 5 • 1–3 pm (1st Fridays)

Today's world is literally at a writer's fingertips. A few keyboard strokes can open the internet information gates to help you create distinctively credible, compelling stories. **This Month:** Tom Struve will share what he has learned about writing & editing; formatting in downloadable software's like LULU & CreateSpace; publishing using Amazon's CreateSpace; marketing; and a little about finances and establishing a brand, while creating a corresponding and complimentary web site. **Register:** 480-488-2286.



MIGHTY ART WORKSHOP

(2-class series) Monday, October 22, 29 • 1–3 pm
Beginners & experienced artists are welcome & will receive independent instruction & supplies. Roberta will share the work of artists throughout history, & demonstrate the use of supplies & subject matter: techniques of rendering form & volume on paper with graphite. Instructor Roberta Kritzia is a highly respected Art Instructor who has conducted classes at the MIM. **Register:** 480-488-2286. **Cost:** \$39.00, plus \$10.00 for art supplies, paid at class.



ADULT EVENTS

OCTOBER 2018

Check It Out! ✓

PLUNDER & LOOT

How Some European & American Museums Acquired Nazi Stolen Art and Priceless Artifacts Plundered from Sacred Burial Grounds in Mexico and South America

Saturday, October 20 • 10:30 am–12:30 pm
True stories of cultural hypocrisy & institutional greed of some countries and institutions who have acquired these treasures & what they're doing to return or to keep them; of how priceless art and artifacts are moved through international underground art markets with comparative ease; of how some countries, institutions & dealers buy and sell looted art & artifacts. Mary F. Cook is an international lecturer and a member of the International Foundation for Art Research (IFAR) which, through its Art Loss Register, maintains the largest data base of stolen art in the world. Mary will share personal experience with trafficked Pre-Columbian Art in Colorado years ago. **Register:** 480-488-2286. **Cost:** \$7. All proceeds benefit the library.



MUSIC APPRECIATION

Fridays, October 12, 26 • 4–5:30 pm

Fran Rosenthal, Music Enthusiast, will educate and entertain, as she takes us on a tour of music throughout our history. **October 12:** Music for Everyone—a bit of this and a lot of that! **October 26:** Three Pieces by the Three Bs! **Register:** 480-488-2286.



LEARN HOW-TO

with Karsten's Ace Hardware

Tuesday, October 23 • 2–3:30 pm
Each month Karsten's Ace Hardware of Carefree will be providing How-To demonstrations to help you find tidbits and techniques to help around your home! **This Month:** Learn how to repair drywall from small holes to larger holes: techniques like mudding and taping along with sanding tips to have the repair look like it was done by a professional. With the help of the helpful hardware folks at Karsten's Ace, you too can be a pro. **Register:** 480-488-2286.



DRIVE-IN MOVIE THEATER

Every Thursday • 5–7 pm

Do you miss parking your car, grabbing popcorn & reclining back to watch the golden movies of yesteryear? Well, the library might not be your typical drive-in movie theater, but we can help with good, classic movies! Join us every week for a movie from the early years of film up to the 1980's—but nothing beyond that! Reminisce with your old favorites & enjoy great films pre-billion dollar productions, Netflix, or Redbox! No registration.



DESERT FOOTHILLS LIBRARY
38443 N Sch oolhouse Rd.
Cave Creek, AZ 85331
www.dfla.org

LIBRARY/BOOKSTORE HOURS

Monday–Wednesday 9 am–7 pm
Thursday 9 am–8 pm
Friday 9 am–6 pm
Saturday 10 am–4 pm
Sunday 11 am–3 pm

