Tuesdays, October 2 – November 20 • 9:30 am – Noon
This 7-week workshop series is for adults with ANY chronic health condition and is designed to help manage your condition, restful sleep techniques, making informed decisions, and more; a class for caregivers, family and anyone interested in improving overall health & well-being. This is a no-hour-long information and registration day! Hosted by Innovation Care Partners affiliated with HonorHealth. Register: 480-509-7171 or Cumberland@cox.net.

More Events

Health & Fitness

HEALTHY LIVING
Self-Management of Chronic Conditions (5-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 and is designed to help manage your condition, restful sleep techniques, making informed decisions, and more; a class for caregivers, family and anyone interested in improving overall health & well-being. This is a no-hour-long information and registration day! Hosted by Innovation Care Partners affiliated with HonorHealth. Register: 480-509-7171 or Cumberland@cox.net.

DESSERT FOOTHILLS LIBRARY
HEALTH & FITNESS
Gentle Yoga
Every Sunday • 11 am – Noon & Wednesday • Noon – 1 pm
You are only one class away from a good life! 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 Patricia Cooper at studiomagic@cox.net or 480-533-0701. Cost: $8 cash, pay instructor each class.

Guided Meditation
Wednesday, October 3 • 11 am – 12 pm
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 480-533-0701. 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 eboisson@cox.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 eboisson@cox.com or 480-363-5275. Cost: $8 cash, pay instructor each class.

Natural Body Movement
Sunday, October 4 & 11 • 1 – 2:30 pm (3rd & 4th Saturdays)
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 Jadah Page: 602-931-2805 or Jadah page@gmail.com. Cost: $20 cash, pay instructor each class.

SINUSITIS, SINUS MIGRAINES
SINUS PAIN & PRESSURE!
Detecting and Debunking this sinus Nightmare! Friday, October 26 • 9 am – 11 am
Do you suffer from chronic sinus 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 411 on over 95% of the sinus issues people suffer & explain protocols & strategies to unclog and heal your sinus issues for good. You will leave feeling hopeful and empowered to help in the healing 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 am – 1:30 pm
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 is it and what are the costs
• Trusts – what they are and how they are different from a Last Will and Testament
• Executing your Executor Trustee – how to pick the “right” one
Benjamin benefits 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 be able to give a sign 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: $60

MONTHLY CRITIQUE
Presented by Sonoran Arts League
October 8 • 4 – 5 pm
Sonoran Arts League knows and research validates that group critiques contribute to artist development. This once a month opportunity to have a group critique 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 better understand our work in a constructive manner. Bring 4-2 pieces of work that will benefit from feedback. Questions: Sonoran Arts League: info@sonoranartleague.org or 480-378-6664. No registration.

More Events

Therapeutic Bodywork
(Previously Quantum Light Healing)
Saturday, October 20 • 10:30 am – Noon
Spend 15-20 minutes experiencing the healing power of infrared therapy while relaxing on an Amethyst Biomat. Aid your body in releasing tension, stress & pain & while boosting your immune & reducing stress. Relaxing foot & leg massage included. Registration: contact Jenna Richard at jenna@anihsa.com. Cost: $20 for 15 minutes or $25 for 20 minutes.

Therapeutic Bodywork

More Events

Healthy Aging Expo
Connect with Community Resources
Sponsored by Fothills Caring Corps
Thursday, October 25 • 4 – 7 pm
Free and open to the public, the Healthy Aging Expo brings together local support groups and educational programs to discuss the services that Desert Foothills Library, the Healthy Aging Expo will feature health & wellness vendors and local experts. Meet and connect with our community members, resources, and more! Interactive events, exhibits, demonstrations, & presentations on various health related topics are offered.

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)
• Medicaid & Medicare under certain circumstances (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 healthcare, improve communication and create mutually beneficial relationship

11:30 am Cognitive Intervention for Early-Stage Dementia: The Smart Program
Dr. Denhoer’s presentation will focus on cognitive intervention for early dementia. This will promote new & novel learning as mitigation for cognitive protection

12:30 pm Living with Chronic Disease
Presented by Banner Health
• Explain chronic diseases
• Discuss the impact that living with a chronic disease can have
• 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!

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 sponsor, volunteer or sponsor, please call 480-488-1105 or visit foothillslearningcorp.com.
Music @ the Movies

Join us for a celebration of movie musicals! Hosted by music enthusiast, Annis Scott. October Movie: Billy Elliot - the story of a coal miner’s son in Northern England, is forever changed one day when he stumbles upon a ballet class during his week home from school. 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 CLUB

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 stories of individuals up in conflicts unique to their country & culture and yet, at the same time, linking a thread of humanity that stretches across the globe.

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 and surprisingly new stories filled with daring, intrigue, & sometimes such improbability that they have to be seen to be believed. At the heart of each one is the incredible World War II story of the sinking of the USS West Virginia - history’s seminal event. Discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. This Month: Man of the Hour (1942).

Library Book Club

October Topic: Eight Flavors: The Untold Story of American Cuisine by Sarah Lohman. Facilitated by Karsten’s Ace Hardware of Carefree, questions are welcome! Everyone is welcome! No registration.

Bridges

Register for courses: 480-488-2286.

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

Bridges Bootcamp

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

This class is designed to introduce new players to the world of bridge. Covering opening bids, how to read a dealt hand, the nine bidding systems. Registration: 480-488-2286

Supervised Bridge Play

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

The supervised play that follows each lesson is led by two or three pre-dealt hands illustrating the lesson. Each table will bid hands separately & compare notes as to the bidding & playing strategy that would have been correct. Registration: 480-488-2286

SOLD OUT - Sold out for the fall 2018 semester.

Microsoft Office 365

October 23 • 10–11 am

This event is a deep dive into Office 365 & Power BI. The introduction will identify the key components of MS 365. The follow up will be a hands-on exercise of creating reports and charts using Power BI. Register: 480-488-2286

Mighty Art Workshop

(2-classes) October 23, October 30 • 10:30–11:30 am

Beginners & experienced artists are welcome & no experience necessary. Partial student & supplies. Roberta will share the work of artists throughout history, & demonstrate the use of supplies & subject matter: techniques of rendering form & volume in drawing and graphite. Instructor Roberta Kritzia is a highly respected Art Instructor who has conducted classes at the MIM. Registration: 480-488-2286

Cost: $39.00, plus $10.00 for art supplies, paid at class.

Library Book Club

Register: 480-488-2286.

Cost: $10.

WRITE A CONNECTION

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

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

CLASS IS FULL - Sold out for the fall 2018 semester.