

More Events

MONTHLY SUPPORT GROUPS

No registration.

"The Healing Pathway" After the Loss of a Spouse or Partner

September 10, 24 • 9:30-11 am (2nd and 4th Mondays)

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey. Led by Hospice of the West facilitators.

Stroke Recovery and Awareness

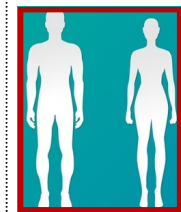
Tuesday, September 4 • 10-11 am

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. Caregivers welcome.

DISCOVER THE STORY OF YOUR BODY

with Author Christine Regan Lake

Saturday, September 29 • 11 am-12:30 pm



Each of us has a unique and one of a kind body that is impacted not only from our physical environment, but is also affected by past generations of cellular memory. If you want to secure and maintain vibrant, long-term health then you must piece together your health history. You must become an investigative journalist who unlocks the mystery of your body and literally learns the STORY of your body. To do this requires that you understand what external and internal forces are negatively affecting you emotionally, physically, mentally and spiritually. With that information then you can create a strategy for creating lifelong health and vitality. **Register:** 480-488-2286.

IMPROVING QUALITY OF LIFE THROUGH CLEAR VISION & HEALTHY EYES

Wednesday, September 19 • 2-3:30 pm



Dr. Lam is a medical optometrist in Cave Creek specializing in dry eye, ocular disease management and preventative eye care. In this presentation, she will discuss different cases in which a routine eye exam helped save her patients from life threatening conditions and/or improved their quality of life through improved vision. Learn about why yearly eye exams are so important and what can potentially be detected on a routine exam. **Register:** 480-488-2286.

EMOTIONAL CHANGES Understanding Symptoms Beyond Memory Loss & Ambiguous Loss: Living with Uncertainty

Monday, September 17 • 2-4 pm

This session will focus on helping caregivers better grasp the common emotional changes that may occur in the person with Alzheimer's disease while bringing awareness of loss as the person with dementia is physically present but psychologically different from who they once were. Strategies to infuse hope and meaning into one's life while providing care will also be discussed. Presented by **Banner Health Network**. **Register:** 602-839-6850 or baifcs@bannerhealth.com.

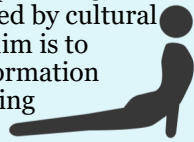
DESERT FOOTHILLS LIBRARY

HEALTH & FITNESS

Yoga for All Levels

Every Monday • 5-6 pm (No class September 3)

Kymerlin is our new Yoga Instructor influenced by cultural experiences, teachers, peers, and travels. Her aim is to teach a diverse sense of self-realization/transformation to each class. Through proper alignment, utilizing energetics of the body, and pranayama to cultivate a moving meditation through each asana. *Please bring a yoga mat or light blanket.* **Registration Required:** Contact instructor Kymerlin Brown at 602-668-6574 or kymerlinbrown@gmail.com. **Cost:** \$10 cash, pay to instructor at each class.



Restorative Yoga

Every Thursday • Noon-1 pm

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

Registration required: contact instructor Elizabeth Boisson at 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash to instructor at each class.

Yoga Nidra

Every Thursday • 1 pm-2 pm

Yoga nidra, or yogic sleep, is a state of consciousness between waking & sleeping. It is a state in which the body is completely relaxed, and one becomes increasingly aware of the inner world by following a set of verbal instructions. It is a state of deep relaxation that has many benefits, including stress reduction and increased nightly sleep. Anyone can practice Yoga nidra and there is no wrong way to practice it. It is done lying down on the back with the knees supported on a bolster and it takes about 35-40 minutes. *Please bring a yoga mat & light blanket.* **Registration required:** contact instructor Elizabeth Boisson at 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash, pay to instructor at each class.



Therapeutic Bodywork

September 15 • 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 healing from chronic pain, arthritis and/or injury while boosting your immune & reducing stress. Relaxing foot & leg massage included. **Registration:** contact Jenna Richard at jennarichard1490@gmail.com. **Cost:** \$20 for 15 minutes or \$25 for 20 minutes.



Gentle Yoga

Every Sunday • 11 am-Noon

You are only one class away from a good mood! Yoga for Every Body: through slow flow of controlled poses you'll begin strengthening your heart & bones, improving balance & sharpening the mind. *Please bring a yoga mat and light blanket.* **Registration required:** contact instructor Marina Kachur: 480-510-6572 or yokama14@gmail.com. *No class September 2 and 9.* **Cost:** \$8 cash, pay at each class.



Chi Fitness

Tone the Body & Tune the Mind

September 15 • 9:30-10:30 am

A discipline that can be practiced and benefits gained at any age—you are never too old! A blending of Qigong and Tai Chi, with deep breathing and repeated gentle motions and stretches to improve health, balance, agility and flexibility. Wear loose clothing and bare feet. **Registration required:** Contact instructor Bina Bou at 480-284-1300 or bina.b75@gmail.com. **Cost:** Free.



Details at www.dfla.org September 2018

TEEN TECH HELP DESK

Saturday, September 8, 22 • 10:30 am-Noon

Contact Brandon Holmes: 480-695-2638.

Saturday September 8, 22 • 10:30 am-2 pm

Contact Imogen Brooks:

imogenbrooks01@gmail.com.



Get help with many of your technology needs: e-mail accounts, apps, downloading e-books, setting up devices, Windows 10, websites and more! Bring your device or use a library computer to get your questions answered. Contact Brandon or Imogen for more information. No appointments needed; 1st-come, 1st-served.

E-MEDIA & LIBRARY DIGITAL CONTENT HELP

Every Tuesday • 10-11 am

eBooks & Audiobooks

Downloading eBooks and eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class 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. No question is too small! Please bring your device and have your library card ready! For Apple users your Apple ID will be needed. No registration.



Your 2018 Guide for HEALTHY EATING & BETTER HEALTH

(Last session of the 6-week class series)

Wednesday, September 5 • 10-11:30 am

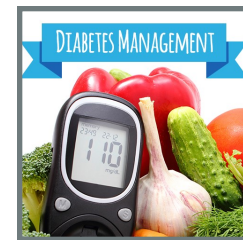
Curious why your diet does not give you the results you are longing for? The benefits of proper eating and exercise can make an impact for good for most health problems. Join us to discover how the body works with the foods you consume and can provide the benefits of a healthier life style, providing more energy and get up and go! This class is presented by Dolores Sawka, Registered Dietitian in Nutrition Education. With 12 years experience in Nutrition management, she has taught at Yavapai College, in long-term care facilities and in rehab facilities. She offers consulting in her private practice, Designs for Health, LLC. **Register:** 480-488-2286. **Cost:** \$15.



COOKING FOR DIABETES

Wednesday, September 12 • 11:30 am-12:30 pm

Nearly half of the American population has been diagnosed with type 2 diabetes or is a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet adapted to diabetes, how to implement healthy choices and be successful at maintaining those choices in your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy life style easier and share food tips and recipes as well as a few samples! **Register:** 480-488-2286.



More Events

MOVIES & DISCUSSION

The following two movie events feature a post-film discussion facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC).

International Film: French Cinema

Friday, September 14 • 3-5 pm (2nd Fridays)



Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships and 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 and country and yet, at the same time, linking a thread of humanity that stretches across the globe.

This month: *Jean de Florette*.

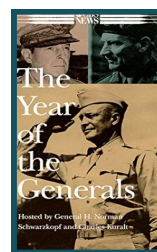
Register: 480-488-2286.

WWII Cinematic Reflections

Little Known Stories

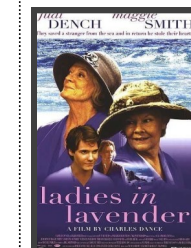
Friday, September 21 • 3-5 pm (3rd Fridays)

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 and women who made World War II modern history's seminal event. **This Month:** *The Year of the Generals*. **Register:** 480-488-2286.



MUSIC @ THE MOVIES

Thursday, September 6 • 2-5 pm (1st Thursdays)



Join us for a celebration of movie musicals! Hosted by music enthusiast, Annis Scott **September Movie:** *Ladies in Lavender* - Aging spinster sisters Ursula (Judi Dench) and Janet (Maggie Smith) discover a young man (Daniel Brühl) near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America. 104 min. No registration.

MONDAY MOVIES

@ THE LIBRARY

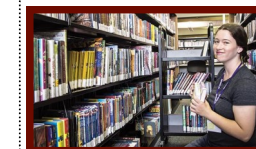
Every Monday • 3 pm

New releases, with a Foreign Film once each month! Check our website www.dfla.org for titles. No registration. *No movie September 3.*



Looking for a fulfilling

VOLUNTEER OPPORTUNITY?



Join the Desert Foothills Library and make a real impact! Volunteers are needed at the library & Chapter 2 Books. Shifts are generally 3-4 hours and available for all days of the week. Volunteers will be fully trained. Apply to Library Manager Terri Engebretson at tengebretson@dfla.org or 480-488-2286.

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

ENGLISH AS A SECOND LANGUAGE



(ESL/ELL)
(12-class series)
Mondays & Fridays, Sep 24–Nov 2 • 9:30–11 am

Beginner to low intermediate level speakers are welcome. Come, converse, & improve your English in relaxed, supportive environment. Students will participate in conversation, grammar, listening, and reading comprehension lessons. Pronunciation will be stressed. **Register:** 480-488-2286. **Cost:** \$60 per person for 12 session course OR \$5 per person per class.

WRITER'S CONNECTION

Friday, September 7 • 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 stories that are distinctively credible and compelling. **This Month:** Lois Enochs will share how changing your thoughts will change all things around you. More than telling you things to do and think, she will also reveal ordinary thoughts and words that you should stop immediately. You will be amazed and enlightened. **Register:** 480-488-2286.

PASSPORT SERVICES

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

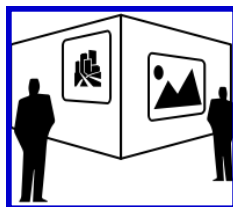


DETAILS AT WWW.DFLA.ORG

ART LECTURE

Thursday, September 13 • 4–5 pm

Local art stars will discuss their work, history, techniques, motivations, and secrets! Please join us in celebration of the rich vibrant art scene here in the foothills. You will be able to ask questions and have about ten minutes go through the show with these artists. We will serve wine and cheese to make your art experience resemble a New York museum or gallery right here in our beautiful Desert Foothills Gallery. Jim and Judy Bruce will host this art talk and gallery walk. **Register:** 480-488-2286.



MONTHLY ART CRITIQUE

presented by the Sonoran Arts League
Monday, September 10 • 4–5 pm (2nd Mondays)



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 and 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. Hang around for Sonoran Arts League Member Meeting to immediately follow. **Details & questions:** Sonoran Arts League: 480-575-6624 or info@sonoranartsleague.org. No registration.

CRAFT N CHAT

Monday, September 24 • 1–3 pm
(4th Monday)



Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. New crafters & all skill levels are always welcome! No registration.



MYSTICAL MANDALAS

Wednesday, September 26 • 2–5 pm

Learn about the fascination, origin, traditions, and rituals of the Mandala as a spiritual tool to relax the mind. We will make a Mandala from a template with pens using ancient symbols and learn some Zentangle designs. Allow your creative brain to come out and play. No artistic talent needed. After we complete our designs, we'll set our intention, meditate, & enjoy a state of healing and insight. **Register:** 480-488-2286. **Cost:** \$25 covers supplies.

LIVE. LEARN. LOCALLY.

Thursday, September 20 • 6:30–8 pm

Desert Foothills Library is a non-profit library supported by its community so once a month we will be venturing out into our community! We want to take time to appreciate the important and integral role local businesses hold in our lives, and we want to maintain the collaboration between the Cave Creek, Carefree, and surrounding area community. Come find us out-and-about to learn more about the businesses that support your library. This month you can find us at **Janey's Coffee Co. & Bodega!**



SEPTEMBER 2018

Chapter2Books
Great Books. Great Prices.

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: September 7, 8, 9
(2nd weekend each month)
Check us out on Amazon!

Donations are welcome and help support the library!

www.Chapter2BooksAZ.com 480-488-2777



BANNING BOOKS



& SILENCING STORIES

Tuesday, September 25 • 2–3 pm

Banned Books Week 2018 is September 23–29. It brings together the entire book community – librarians, booksellers, publishers, journalists, teachers, and readers of all types – in shared support of the freedom to seek & to express ideas, even those some consider unorthodox or unpopular. The books featured during Banned Books Week have all been targeted with removal or restrictions in libraries and schools. Come join your librarians in a discussion about censorship and how banned books are still happening around our county today! **Register:** 480-488-2286.

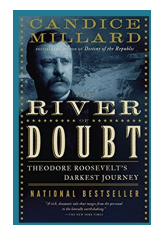
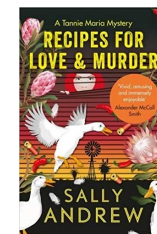
LITERATE FOODIE CLUB

Monday, September 10 • 12:30–2:30 pm
(2nd Monday this month only)

Love food, books, cooking, and conversation? We will explore all these and more.

September Topic: *Recipes for Love and Murder: A Tannie Maria Mystery* by South African author Sally Andrew. Facilitated by Dana Rakinic. Questions? Contact: danarakinic@gmail.com.

Register: 480-488-2286. **Cost:** \$10.



LIBRARY BOOK CLUB

Thursday, September 13 • 10 am–Noon
(2nd Thursdays)

Discussion of *The River of Doubt* by Candace Millard. Everyone is welcome! No registration.

ASK AT THE FRONT
DESK!!



ADULT EVENTS

SEPTEMBER 2018

Check It Out! ✓



LEARN HOW-TO
with Karsten's Ace Hardware

Tuesday, September 18 • 2–3:30 pm

Do you binge-watch HGTV and feel motivated to find your own at-home projects and fixer uppers? 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 paint an interior room. Painting isn't hard with a few tips from the pros. Anyone can be successful! All you need is patience, practice, and some advice from the helpful, local hardware folks. Our painting tips will make DIYers achieve professional results. **Register:** 480-488-2286.



REGISTER AT YOUR LIBRARY!

Friday, September 28 • ALL DAY



People cannot vote unless they are registered voters, & the General Election on November 6, 2018, is rapidly approaching! Desert Foothills Library is dedicated to help people determine the direction of our country by voting. Every vote can make a difference and our library is a safe, non-partisan place to register! Our staff & volunteers will be around all day to help friends, coworkers, neighbors, patrons, & the people of our community register to vote. Come join us to make sure you are properly registered and enjoy some fun, games, and food! **Questions? Call:** 480-488-2286.

BOOK READING & DISCUSSION

with Author Karlheinz Moll

Tuesday, September 11 • 2–3:30 pm

A short introduction to the novel EGO Shooter – The Depth of the Pain and the story line with a reading of various chapters from the book with a focus on those taking place in Scottsdale and Prescott. Q&A session and lively discussion with the audience about writing books in general, planning and finding the time writing it, development of characters and story line, integrating localities into a book, self-publishing and book marketing. **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

www.dfla.org

38443 N Schoolhouse Rd.
Cave Creek, AZ 85331

HOLIDAY—CLOSED
Monday, September 3