Register:

"The Healing Pathway"
After the Loss of a Spouse or Partner
Saturday, September 10, 9 – 11 am (2nd and 4th Mondays)
Join us on this Journey that will guide you to find a "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 are hearing their story with you. Learn how to enjoy your continuing recovery. Caregivers welcome.

DISCOVER THE STORY
of Your Body
with Author Christine Regine Regan
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 also affected by past generations of cellular memory. If you want to secure and maintain vibrant, long-lasting health then you must piece together your health history. You must become an investigative generation of cellular memory. If you want to secure and maintain vibrant, long-lasting health then you must piece together your health history. You must become an investigative
generations of cellular memory. If you want to secure and maintain vibrant, long-lasting health then you must piece together your health history.

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 preventative eye care is so important and have your library card ready! For Apple users your Apple device 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; just come in, they discover that he is Andrea, a young woman who made World War II modern history's seminal event.

TECH HELP DESK
Saturday, September 8, 22 • 10:30 am – Noon
Contact Brandon Holmes: 480-657-2638.
Contact Imogen Brooks: info@dfla.org.
Get help with many different technologies: 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; just come in, they discover that he is Andrea, a young woman who made World War II modern history's seminal event.

REHABILITATION
Therapeutic Bodywork
Saturday, September 8 • 11:30 am – 12:30 pm
Gain 15-20 minutes experiencing the healing power of infrared therapy while relaxing on an Aromatherapy table. Begin your body's healing from chronic pain, arthritis and/or injury while boosting your immune & reducing stress. Relaxing foot & leg massage included. Registration required: contact instructor Elizabeth Boisson at 480-365-3775 or eboisson@yahoo.com.

E-MEDIA & LIBRARY
DIGITAL CONTENT
E-Books & Audiobooks
Every Tuesday • 10 – 11 am
Download e-books and e-audiobooks 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 12 • 10:30 am – 12:30 pm
Curious why your diet does not give you the results you are longing for? The benefits of proper eating are vast. Learn about the impact for good for most health problems. Join us to discover how the healthy lifestyle you choose can add years to your life and improve your quality of life! Registration: 480-488-2286.

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. Registration: 480-310-6572 or yakamata141@gmail.com. No charge. No class September 2 and 9.

E-Books & Audiobooks
Every Tuesday • 10 – 11 am
Download e-books and e-audiobooks 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.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.

COOKING for DIABETES
Wednesday, September 12 • 12:30 pm – 2:30 pm
Nearly half of the American population has been diagnosed with diabetes. Currently, diabetes is a pre-diabetic or a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet to adapt to diabetes, how to implement healthy choices and be successful. Chef Celine will guide you through your life as you get your numbers on track. Chef Celine will share guidelines/advice that will make that healthy lifestyle easier and share food tips and recipes as well as a few samples! Registration: 480-488-2286.
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 480-559-5565.

Registration required 2 days prior to class start: 480-488-2286. Cost: $60 for each 6-week series.

Spanish Level 1
- Tuesdays, Sep 11
- Wednesdays, Sep 12
Spanish Level 2
- Tuesdays, Sep 11
- Wednesdays, Sep 12
Spanish Level 3
- Tuesdays, Sep 11
- Wednesdays, Sep 12
Spanish Level 4
- Tuesdays, Sep 11
- Wednesdays, Sep 12
Spanish Level 5
- Tuesdays, Sep 11
- Wednesdays, Sep 12

**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.

**ART LECTURE**

Thursday, September 13 • 4–5:30 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 desert 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. Please arrive by 4 pm 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 17 • 4–5:30 pm
Sonoran Arts League knows and research validates that group critiques contribute to an artist’s 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 and we will randomly select works for our critique Monday Member Meeting to immediately follow. Details & questions: Sonoran Arts League: 480-577-6624 or info@sonoranartleague.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 • 10–11 am
Learn about the fascination, origin, traditions, and rituals of the Mandala as a spiritual tool to help relax the mind. We will make a Mandala from a template with purs using ancient symbols and learn some Zentangle designs. All you need is a left brain to come out and play. No artistic talent needed. After we complete our designs, we will set our intention, meditate, & enjoy a state of healing and insight. Register: 480-488-2286. Cost: $25 covers supplies.

**LITERATE FOODIE CLUB**
Monday, September 10 • 11 am–1 pm
Love food, books, cooking, and conversation? We will explore all these and more. September Topic: Recipes for Love and Murder: A Denise Mina Mystery to 1–2 pm with African author Sally Andrew. Facilitated by Dana Rakine. Questions? Contact: danarakine@gmail.com. Register: 480-488-2286. Cost: $10.

**BANNING BOOKS & SILENCING STORIES**
Tuesday, September 25 • 2–3 pm
Banned Books Week 2018
is September 23–29. It brings together the reading community—librarians, booksellers, publishers, journalists, teachers, and readers of all types—in shared support of the freedom to seek & to express ideas, whether 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.

**LIBRARY BOOK CLUB**
Thursday, September 13 • 10 am—Noon
Discussions of The River of Doubt by Candace Millard. Everyone is welcome! No registration.

**Ask at the Front Desk!!**
Your local library! Summer 2018
Inside the library
OPEN 7 DAYS

**North Valley’s Biggest used bookstore**
More than 15,000 BOOKS - DVDs - CDs - AUDIOBOOKS
Starting at 25 cents!
Special Sale Dates: September 7, 8, 9 (2nd weekend of each month)
Check us out on Amazon!
Donations are welcome and help support the library!
www.City2BooksAZ.com
480-488-2777

**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 tips 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 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–4 pm
Front Desk: 480-488-2286
Bookstore: 480-488-2777
www.dfla.org

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

**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 Ekes 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.

**Library Events September 2018**

Check it Out!!

**ADULT EVENTS**

**LEARN HOW-TO with Karsten’s Ace Hardware**

**Register at your Library!!**

**Book Reading & Discussion**

with Author Karlheinz Moll

**Library/Bookstore Hours**

**Passport Services**

**Writer’s Connection**

**Library Events September 2018**

Check it Out!!

**LEARN HOW-TO with Karsten’s Ace Hardware**

**Register at your Library!!**

**Book Reading & Discussion**

with Author Karlheinz Moll

**Library/Bookstore Hours**

**Passport Services**

**Writer’s Connection**