

COMMUNITY PROGRAMS

MAY 2022

MUSIC AT THE
MOVIES

TEEN DUNGEONS &
DRAGONS

DESERT FOOTHILLS
ART GALLERY
PRESENTATION

[DFLA.ORG/EVENTS](https://dfla.org/events)

Desert Foothills

LIBRARY Est. 1954
enriching your community

Closed Monday, May 30th
in observance of Memorial Day

Library Hours

Monday, Wednesday, Friday

9:00-5:00 PM

Tuesday, Thursday

9:00-6:00 PM

Saturday

10:00-4:00 PM



@DesertFoothillsLibrary



@DFLibraryAZ

find us
online!

Check us out on
amazon

Chapter2Books
Great Books. Great Prices.

The largest used book store in the North Valley!

Books | DVDs | CDs | Audiobooks

starting as low as 50¢

Special Sale Dates: May 13th & 14th

Donations are welcome and help support the Library!

Find more out at DFLA.ORG/Chapter-2-Books or come in and see us

YOUTH & FAMILY PROGRAMS

Storytime at Desert Foothills Library

Children and their grownups are invited to join Miss Heather for storytimes featuring developmentally appropriate songs, movement, & stories to foster early literacy skills. Afterwards, there will be a craft or activity to expand upon storytime.



Toddler Storytime

Tuesdays, 10:30-11:00am
May 3, 10, 17, 24, 31
Children ages 2-3

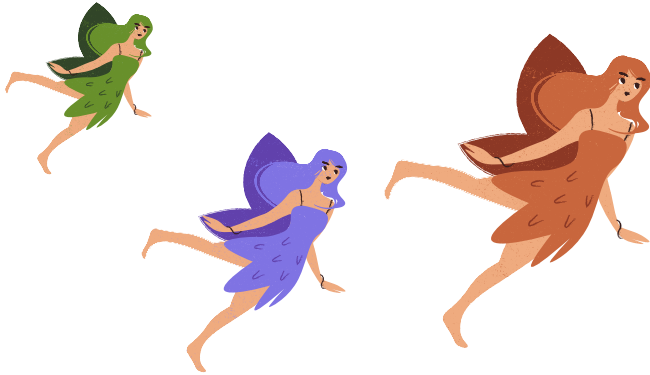
Preschool Storytime

Thursdays, 10:30-11:00am
May 5, 12, 19, 26
Children ages 4-6



Baby Storytime

Every Other Friday, 10:30-11:00am
May 6 & 20
Children ages 0-18 months



May Flower Fairies

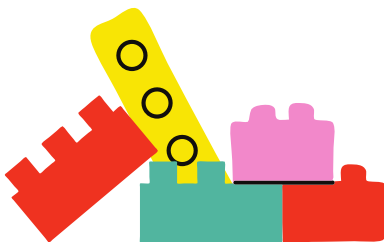
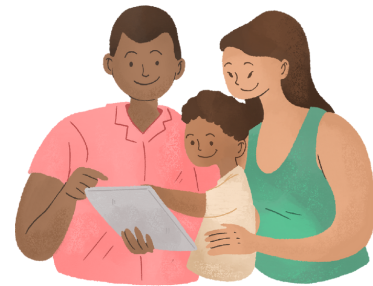
Thursday, May 12, 3:30-4:30 pm
April showers bring May Flower Fairies!
Use pipe cleaners, felt, fake flower petals, and your imagination to make a fairy complete with their own outfit to match their powers or the season. All supplies will be provided.
This program is suited for ages 7-12.

Parenting 101 in 2022

Saturday, May 21, 1:00-2:30pm

Being a parent is one of the most challenging jobs you will ever have, as well as one of the most rewarding. The end goal is to raise, confident, self-reliant, and well-grounded children. Discover options and solutions to the support you in your daily role as a parent, towards achieving that goal.

This program is for parents, guardians, and caregivers.



LEGO Build Your Own Monster

Tuesday, May 17th, 4:30-5:30pm

This LEGO challenge requires creativity and engineering! Participants will be designing and building monsters out of LEGO bricks. Librarian Heather and Teen Volunteers will be on hand to help spark ideas and problem solve when needed.

This program is suited for ages 6-12.

TEEN PROGRAMS

Teen Book Club: Manga Edition **Laid-Back Camp Vol. 1 by Afro**

Wednesday, May 25, 3:30-4:30 pm

Librarian Heather is diving into the world of manga and needs your help – either as a guide or as a fellow beginner! Each month, we will read the first volume of a different manga series to discuss it and manga in general. May's book is *Laid-Back Camp Volume 1* which chronicles the adventures of a group of friends who travel around the country to different campsites. A perfect read as you get ready for summer break. Snacks will be provided! Copies of the book are available for checkout. ***This program is suited for ages 13-18.***



Dungeons & Dragons

Saturday, May 14, 1:00-3:00pm

Interested in Dungeons & Dragons but don't know how to get started? Love D&D but don't have a group? Join Librarian Heather as she leads adventurers through a campaign, explaining the basics along the way. Both seasoned players and people new to RPGs are welcome! If you are able, please come with a filled out Level 1 character sheet (blank ones will be available in the library). There will also be premade characters available on the day of. If you missed last month's meeting – don't worry! We'll find a way to introduce your character to the party.

This program is suited for ages 12-18.



Jubilate Music Classes

**Mondays, 2:30-5:00pm | Tuesdays, 4:15-5:30pm | Wednesdays, 3:30-5:00pm
Saturday, 10:00-12:00pm | Saturday, 12:15-1:00pm**

Jubilate Conservatory of Music, a school of classical music, where young students learn to read and write music, presents in-person music classes at Desert Foothills Library. Violin, viola, cello and choir will be instructed in an after-school format. Online lessons and classes will continue with a particular favorite, Online Collaboration, where students work together online to create a music video. Information about Jubilate Conservatory of Music may be found at jubilateconservatoryofmusic.org. Saturday Music Classes are offered free of tuition. These classes are through Jubilate Conservatory of Music. Instruments are not provided. If you are interested, please contact Laya Field for more information at 480-993-6147.

WANT SOMETHING TO DO OVER THE SUMMER?

We need help with the Summer Reading Program
and other projects in the Youth & Teen sections!
Apply to be a Teen Volunteer at

<https://dfla.org/volunteer-with-the-desert-foothills-library/>



FEATURED PROGRAMS

TRENDING SHOWCASE RECEPTION

Saturday, May 21, 4:00 pm

Desert Foothills Art Gallery welcomes you to a wonderful reception to celebrate the artists in the Trending Showcase. Light refreshments are served.

No registration

DESERT FOOTHILLS ART GALLERY PRESENTATION

Thursday, May 26, 4:00 pm

Join the Desert Foothills Art Gallery to learn more about the wonderful artists featured in the Trending Showcase!

No registration

JUBILATE CONCERT

Saturday, May 21, 1:00 pm

Jubilate Conservatory of music will have two recitals at Desert Foothills Library in the Jones Coates Room in April. Voice, violin, viola, and cello students will present solos with accompanist Jeff Yoder. No admission fees will be charged at the door and all are welcome to join us in support of these young musicians.

No registration.

WEEKLY PROGRAMS

CRAFT N CHAT

Mondays, 1:00-3:00 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts weekly for companionable creating and conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome!

No registration

ADULT PROGRAMS

All programs are free
and no registration
needed unless noted.

EBOOK AND ONLINE DATABASE HELP

Tuesdays, 11:00-12:00 pm

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 Libby, Cloud Library, 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

MAHJONGG 103: UNSUPERVISED PLAY

Thursdays, 1:30-3:30 pm

Informal MahJongg play for any level! Groups, individuals, and recent students of MahJongg 101 & 102 looking for a place to come and enjoy playing with people in your community. This group is unsupervised. No sets are provided, must bring your own.

No registration

ALCOHOLICS ANONYMOUS

Thursdays, 5:00-6:00 pm

A.A. meetings are being held at Desert Foothills Library on Thursdays.

No registration

MONTHLY PROGRAMS

DEATH CAFE

Wednesday, May 4, 12:30-2:30 pm

Death Cafe is a gathering to talk about death and dying. The aim is to increase awareness of death to help people make the most of their (finite) lives. It is a global, non-profit movement begun in London in 2011: to date, more than 7,000 Death Cafes have been held in 63 countries. Death Cafe does not promote beliefs, agendas, or products, nor is it a bereavement or grief support group. Join us for open, respectful, interesting conversation about topics relevant to all of us but often considered "dark" or even taboo. For more information go to www.deathcafe.com

No registration

INTERNATIONAL FILM SERIES: WOMEN DIRECTORS WITH GARY ZARO

Friday, May 6, 2:00 pm – *Wadjda* (PG; 2012, Saudi Arabia, 98 minutes)

Friday, May 13, 2:00 pm – *Mostly Martha* (PG; 2001, Germany, 109 minutes)

Film is the most popular form of art and entertainment in the world and a wonderful way for us to communicate with each other. The International Film Series gives us a glimpse into other cultures to see their uniqueness, history, and what is important to them. It is also a great look into the universality of all countries and cultures and allows us the opportunity to see often times we share more than we realize. Travel around the world with us as we explore innovative films and fascinating cultures. A post film discussion will follow each screening with Gary Zaro.

RSVP at dfla.org

MUSIC AT THE MOVIES

Thursday, May 12, 2:00 pm

Join us for a celebration of movies with interesting or significant music of varying genres!

Hosted by music enthusiast, Annis Scott. This Month: Pavarotti.

MEDICARE 101 WITH ASC INSURANCE

Tuesday, May 17, 4:00 pm

We'll discuss and cover topics such as: Knowing your rights, options, and entitlements; The correct time to enroll in Medicare; What Medicare does/does not cover; Medicare Advantage; Medicare Supplement insurance; Medicare review for post 65 beneficiaries; & Medicare Part D.

RSVP by contacting: Derrick Cooper at 480-648-5052 or derrick.cooper@ascinsuranceaz.com OR Michael Smith at 602-793-1925 or mprsmith.benefits@gmail.com

LITTLE KNOWN STORIES OF WWII WITH GARY ZARO

Friday, May 20, 2:00 pm – *A Woman in Berlin* (2008)

Friday, May 27, 2:00 pm – *My Italian Secret* (2014)

This film series offers little known war stories filled with daring, intrigue, and sometimes such improbability 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, one that still effects our lives and world today. Everyone is invited to participate in the discussion following each film.

RSVP at dfla.org

ADULT PROGRAMS

All programs are free
and no registration
needed unless noted.

PUZZLE EXCHANGE

Friday, May 27, 9:00 am-5:00 pm

Are you sick of your puzzles at home because you have completed all of them multiple times? Come drop off your gently used puzzles and pick out a new one for free! Leave one puzzle and take four, the more the merrier. Offered on the last Friday of every month.

LITERARY PROGRAMS

LITERATE FOODIE CLUB

Monday, May 2, 12:30 pm

Literate Foodies has been meeting since March 2016. They focus each meeting on a book and topic for discussion and a rotating team of cooks prepare related recipes for a sampling by all attendants. Each month could feature chef memoirs, food travel, food history, national and international cuisines, techniques, and cookbooks! This Month: Vegetables Unleashed by Jose Andres. Andres has established himself as an amazing chef and restaurateur (Michelin-starred restaurants, James Beard award winner) and as a leading humanitarian. This book is both a glimpse into the world of Andres, and an exploration of his philosophy of food and of life! Questions about Literate Foodies, please contact facilitators, Dana Rakinic at danarakinic@gmail.com & Jan Kruse at jan-kruse@cox.net.

RSVP online at dfla.org.

Cost: \$10

WRITER'S CONNECTION

Friday, May 6, 1:00-3:00 pm

Today's world is literally at a writer's fingertips. A few keyboard strokes can open the information gates to help you create stories that are distinctively credible and compelling. This Month: Bridging Timelines Together with Ease. Most stories we write about are created with a few different timelines. Whether we are giving backstory, or writing about incidents from our childhood, or we're including various characters from different generations, time can be a tricky thing to work around in our writing.

RSVP online at dfla.org

GET LIT BOOK CLUB

Tuesday, May 10, 5:00-6:30 pm

Get Lit Book Club, a happy hour book club! Not for the faint of heart. Weird, odd, and unique books are chosen for a great discussion, so get ready for something you might not choose every day! Get Lit is at a different restaurant every month to support local businesses. This Month: Choose a book from the Villains series by Serena Valentino at Mountain View Pub.

RSVP at dfla.org

LIBRARY BOOK CLUB

Thursday, May 12 & Tuesday, May 24, 10:00-12:00 am

Book Club is offered twice every month! Same book, same facilitator, different days. Choose which day is best for you to join. Everyone is welcome! Currently held on Zoom each month. This Month: Mao's Last Dancer by Li Cunxin

LITERARY SALON

Thursday, May 19, 10:00 am

An informal discussion of books, 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. This Month: Our May Salon salutes Spring Flowers. Choose any book, film, music or other literary genre in which flowers, gardens or springtime play a prominent role. Some book ideas: The Language of Flowers, The Secret Garden, Dandelion Wine, Flowers For Algernon, The Sunflower Forest, and Desert Flower. In song, Where Have All The Flowers Gone. On film, the funny and poignant Cactus Flower. How do flowers fit into the context of the story, poem, song? Is it a metaphor, a physical entity, or both? Is it treated as a character, a natural element, or a blend the two?

HEALTH & WELLNESS PROGRAMS

CARING FOR THE CAREGIVER

Monday, May 4, 10:00-11:30 am

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

EXERCISE OVER 50

Friday, May 6, 11:00 am

Natural methods of repair are superior to managed methods of relief. We will assess your abilities such as balance, strength, body alignment. We will discuss pain and discomfort. You can regain mobility, realign the body, reduce and eliminate pain. This builds self-confidence and creates a joyful aging experience.

GENTLE CHAIR YOGA

Mondays, 11:00-12:00 pm

Yoga for Every Body! Through a slow flow of poses coordinated with breath you'll begin strengthening your heart, bones, balance and sharpening the mind. You are only one yoga class away from a good mood! Marina started practicing yoga in 1995, and for the past seven years has taught locally. Chairs are provided.

Cost: \$10 cash, paid to instructor at each class

TAI CHI – QIGONG FOR EVERYONE!

Tuesdays & Thursdays, 9:00-10:00 am

Tai Chi & Qigong is a self-care practice. It is a choice of a healthy lifestyle and living well. It improves balance, flexibility, brain plasticity, inner peace and overall wellness. This class is offered every Tuesday and Thursday. Bina Bou is a senior trainer at IIQTC. She has been sharing the ancient practice for over a decade in our community. She believes no matter where you are on your healing journey Tai Chi practice can help improve your quality of life. To learn more about her classes visit mindfocusbodyqi.com

Cost: \$10 cash, paid to instructor at each class

GENTLE YOGA

Wednesdays, 11:00-12:00 pm

Yoga for Every Body! Through a slow flow of poses coordinated with the breath you'll begin strengthening your heart, bones, balance and sharpening the mind. You are only one yoga class away from a good mood! Marina started practicing yoga in 1995, and for the past seven years has taught locally. Please bring a yoga mat and a blanket.

Cost: \$10 cash, paid to instructor at each class

MEDITATION WITH REIKI HEALING

Wednesday, May 4 & 18, 1:00-2:00 pm

Meditation and relaxation have been proven to promote mental and physical changes in a person. Come and experience meditation with guidance. Discuss your experience. Discover the power of healing through guided meditation. If you are interested in expanding your meditation practices, the reiki healing will provide a unique opportunity to experience the healing affects.

Cost: \$10 cash, paid to instructor at each class

YOGA FUSION

Thursdays, 12:00-1:00pm

Please join Elizabeth Boisson for an intermediate-level course of Yoga Fusion! We will start with breathing exercises, go through a series of stretching movements to open our hearts and our hips, and then move into Vinyasa or Flow yoga and several standing sequences, including balance exercises. We finish with 5 minutes of Savasana at the end of class.

Cost: \$10 cash, paid to instructor at each class

THE HEALING PATHWAY

Monday, May 9 & 23, 9:30-11:00 am

Join us on this journey of grief. This group will guide and support you as you discover your "new normal". The open-ended group will provide you with practical tools and supportive conversation as you are processing your personal grief journey. The group shares a common language of grief.

REIKI HEALING

Wednesday, May 11 & 25, 1:00-2:00 pm

Learn and explore through a variety of energy healing methods including Reiki. We will play with the energy for a better understanding, how you can use it and how you can consciously control more of the energy that makes up all that is you. Healing is the focus of Reiki which is multi-level.

Cost: \$10 cash, paid to instructor at each class

LONGEVITY, HEALTHY AGING, AND REGENERATION

Friday, May 20, 11:00 am

What are the habits of those who have lived into extreme old age? This has been studied and documented for centuries. What do these studies have in common? What patterns emerge. Can we change our patterns or lifestyle, if so, how and what effect will this have?

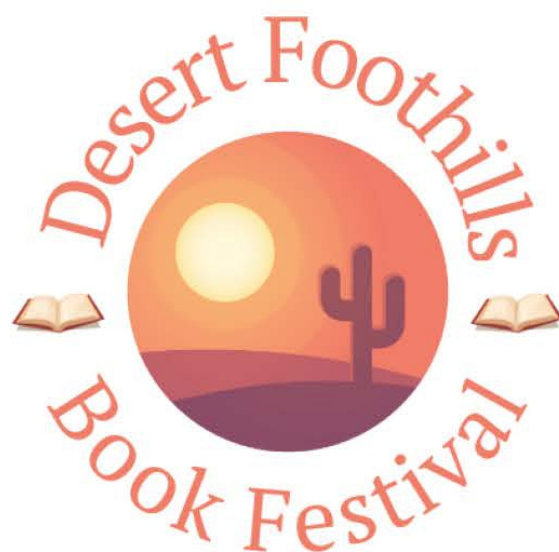
NUTRITION OVER 50

Friday, May 20, 12:00 pm

Learn and discuss nutrition and how it changes with age. Discuss healthy food options and a menu for a week. Learn the philosophy behind fasting and intermittent fasting, create a plan to change your eating patterns.

Cost: \$10 , paid to the instructor at each class

JUNE 4, 2022
9 a.m. to 2 p.m.



FIRST ANNUAL

- Meet over 50 local authors
- Purchase signed books
- Bid on gift baskets
- Win prizes
- Attend featured events

The Holland Center
34250 N 60th Street
Scottsdale, AZ 85266

FREE
ADMISSION

FEATURED EVENTS

- Children's Story Time
- Karen Odden, USA Today Bestselling Author
- Dan Baldwin, Best Books Award Winner
- Readings from Exhibiting Authors

www.DesertFoothillsBookFestival.com