

APRIL • MAY • JUNE 2023

INFORMATION HIGHWAYS

Experience • Engage • Explore

A catalog of opportunities for our community

FEATURED EVENTS LIKE:

- Teen Thursdays
- International Culinary Series
- AZ Author Series
- AARP Safe Driver Series
- Elementary Learn & Play

Chapter 2 Books
Great Books. Great Prices.

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enriching your community

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HOST YOUR NEXT EVENT AT THE LIBRARY



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- Kiva Fireplace
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- Spectacular Mountain Views
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[BIT.LY/DFLRENTAL](https://bit.ly/dflrental)

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enriching your community



LIBRARY HOURS & CLOSURES

OPEN

Monday, Wednesday, and Friday 9 am - 5 pm
Tuesday and Thursday 9 am - 6 pm
Saturday 10 am - 4 pm

CLOSED

Monday, May 29
Monday, June 19

By attending DFL programs you are giving permission
to have photos taken and potentially used for publicity

For our most updated information visit [DFLA.org](https://dfla.org)

APRIL EVENTS



S Mon Tues Wed Thurs Fri Sat

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YOUTH PROGRAMS

TEEN PROGRAMS

ADULT PROGRAMS

*DENOTES A PAID PROGRAM

Programs are subject to change or cancellation. Please visit our website at dfla.org for the most current information.

2	3 9:30 AM ESSENTRICS* 10 AM Caring for the Caregiver 11 AM Gentle Chair Yoga* 12 PM Literate Foodies* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	4 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 12 PM Tax Assistance 1 PM Informal Mahjongg 4 PM Jubilate - Beginning Strings* 4 PM Drum Circle 4:30 PM Elementary Learn & Play 4:45 PM Jubilate - Advanced Strings*	5 9 AM The Painters Palette 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 12:30 PM Death Café 1:30 PM Canasta 2 PM Tech Help 3:30 PM Jubilate Voice & Choir Class* 3:30 PM Bookgarters	6 9 AM Tai Chi & Qigong* 10 AM Tax Assistance 10:30 AM Family Storytime 2 PM AZ Medicare Guide 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	7 10 AM Library Book Sale 10 AM FREE Blood Pressure Screenings by Abrazo Health 11 AM Heart Palpitations: What Does That Mean? by Dr. Cristian Lopez- Abrazo Health 10:30 AM Babytime 1 PM Puppy Luv Adoption Event 1:30 PM Matter of Balance	8 10 AM Library Book Sale 10 AM Jubilate - Violin Orchestra 12 PM Jubilate - Music from the Heart 2 PM Foolproof No-Knead Bread Class*
9	10 9:30 AM ESSENTRICS* 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	11 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 11:30 AM Travel Scams: What to Look Out For 12 PM Tax Assistance 1 PM Informal Mahjongg 4 PM Strength Training for Women* 4:30 PM Elementary Learn & Play	12 9 AM The Painters Palette 9:45 AM Meditation & Reiki Healing* 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1:30 PM Canasta 2 PM Tech Help 3:30 PM Jubilate Voice & Choir Class* 3:30 PM Bookgarters 5 PM Get Lit Book Club	13 9 AM Tai Chi & Qigong* 10 AM Library Book Club 10 AM Tax Assistance 10:30 AM Family Storytime 1:30 PM Stay Smart, Stay Sharp 2 PM Music at the Movies 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	14 10:30 AM Babytime 10:30 AM One Family's Holocaust Story 1:30 PM Matter of Balance 2 PM Around the World in 9 Films - International Film Series	15 10 AM Jubilate - Violin Orchestra 12 PM Jubilate - Music from the Heart 1 PM Jubilate - RECITAL 2 PM International Culinary Series- Flan de Elote Tres Leches*
16	17 9:30 AM ESSENTRICS* 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	18 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 11:00 AM Estate Planning 1 PM Informal Mahjongg 4 PM Strength Training for Women* 4 PM Jubilate - Beginning Strings* 4:30 PM Elementary Learn & Play 4:45 PM Jubilate - Advanced Strings*	19 9 AM The Painters Palette 10:30 AM Estate Planning 11 AM Gentle Yoga* 1 PM Art & Travel Series- Gothic Cathedrals 1:30 PM Canasta 2 PM Tech Help 3:30 PM AZ Author Series 3:30 PM Bookgarters	20 9 AM Tai Chi & Qigong* 10 AM Literary Salon 10:30 AM Family Storytime 1:30 PM Stay Smart, Stay Sharp 3 PM Teen Thursdays 4 PM Desert Foothills Gallery Presentation 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	21 9:30 AM Jin Shin 10:30 AM Babytime 1:30 PM Matter of Balance 2 PM Little Known Stories of WWII	22 10:30 AM Black Mountain Dems and Friends 11:15 AM AARP Smart Driver Program 2 PM Biscotti by Subranni Class
23	24 9:30 AM ESSENTRICS* 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga* 12:30 PM Foothills Caring Corps at the Movies 1 PM Mahjongg 101* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin* 4 PM Art Critique	25 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Informal Mahjongg 3 PM Astrology For Teens 4 PM Strength Training for Women* 4 PM Jubilate - Beginning Strings* 4:30 PM Bricks & Books 4:45 PM Jubilate - Advanced Strings*	26 9 AM The Painters Palette 9:45 AM Reiki Healing* 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1 PM Art & Travel Series 1:30 PM Canasta 1:30 PM Books To Die For 2 PM Tech Help 3:30 PM Bookgarters 3:30 PM AZ Author Series 3:30 PM Jubilate Voice & Choir Class*	27 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 3 PM Teen Thursdays 3:30 PM Center of Integrative Healing & Wellness 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	28 Puzzle Exchange 10:30 AM Babytime 1:30 PM Matter of Balance	29 10 AM Jubilate - Violin Orchestra 12 PM Jubilate - Music from the Heart 12 PM Purrrfect Pairing- Kitten Adoptions & Happy Hour 2 PM International Culinary Series- Enchiladas Sonorenses*

MAY EVENTS



S	Mon	Tues	Wed	Thurs	Fri	Sat
30	1 9:30 AM ESSENTRICS* 10 AM Caring for the Caregiver 11 AM Gentle Chair Yoga* 12 PM Literate Foodie Club 1 PM Mahjongg 101* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	2 9 AM Tai Chi & Qigong* 1 PM Informal Mahjongg 4 PM Jubilate - Beginning Strings* 4:30 PM Elementary Learn & Play 4:45 PM Jubilate - Advanced Strings*	3 9 AM The Painters Palette 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 12:30 PM Death Cafe 1:30 PM Canasta 2 PM Tech Help 3:30 PM AZ Author Series 3:30 PM Bookgartners 3:30 PM Jubilate Voice & Choir Class*	4 9 AM Tai Chi & Qigong* 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	5 1:30 PM Matter of Balance	6 1 PM Jubilate Spring Recital
7	8 9:30 AM ESSENTRICS* 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga* 1 PM Mahjongg 101* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	9 9 AM Tai Chi & Qigong* 1 PM Informal Mahjongg 4 PM Jubilate - Beginning Strings* 4:30 PM Elementary Learn & Play 4:45 PM Jubilate - Advanced Strings*	10 9 AM The Painters Palette 9:45 AM Meditation with Reiki Healing* 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1:30 PM Canasta 2 PM Tech Help 3:30 PM Bookgartners 3:30 PM AZ Author Series 3:30 PM Jubilate Voice & Choir Class* 5 PM Get Lit Book Club	11 9 AM Tai Chi & Qigong* 10 AM Library Book Club 2 PM Music at the Movies 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	12 10 AM Library Book Sale 9:30 AM Jin Shin 1:30 PM Matter of Balance 2 PM Around the World in 9 Films - International Film Series	13 10 AM Library Book Sale 1 PM Jubilate Spring Recital
14	15 9:30 AM ESSENTRICS* 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	16 9 AM Tai Chi & Qigong* 1 PM Informal Mahjongg 4 PM Jubilate - Beginning Strings* 4:30 PM Elementary Learn & Play 4:45 PM Jubilate - Advanced Strings*	17 9 AM The Painters Palette 9:45 AM Reiki Healing* 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1:30 PM Canasta 2 PM Tech Help 3:30 PM Jubilate Voice & Choir Class* 3:30 PM AZ Author Series	18 9 AM Tai Chi & Qigong* 10 AM Literary Salon 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	19 1:30 PM Matter of Balance	20 10 AM Jubilate - Violin Orchestra 10:30 AM Family Storytime 10:30 AM Black Mountain Dems and Friends 12 PM Jubilate - Music from the Heart 2 PM Sangria Cocktails, Shrub, and Appetizers Class*
21	22 9:30 AM ESSENTRICS* 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga* 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat 3:30 PM Jubilate - Beginning Violin*	23 9 AM Tai Chi & Qigong* 1 PM Informal Mahjongg 4 PM Jubilate - Beginning Strings* 4:45 PM Jubilate - Advanced Strings*	24 9 AM The Painters Palette 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1:30 PM Books to Die For 1:30 PM Canasta 2 PM Tech Help 3:30 PM Jubilate Registration for Fall Classes	25 3 PM Teen Thursdays 3:30 PM Center of Integrative Healing & Wellness 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	26 Puzzle Exchange 9:30 AM Jin Shin 2 PM Little Known Stories of WWII	27
28	29 Library Closed	30 9 AM Tai Chi & Qigong* 1 PM Informal Mahjongg 3 PM Astrology for Teens 4:30 PM Bricks & Books	31 9 AM The Painters Palette 11 AM Gentle Yoga* 12:15 PM Ukulele Jam Session 1:30 PM Canasta 2 PM Tech Help	<div> <div> YOUTH PROGRAMS TEEN PROGRAMS ADULT PROGRAMS </div> <div> Desert Foothills LIBRARY enriching your community </div> <div> 38443 N School House Rd, Cave Creek DFLA.org *DENOTES A PAID PROGRAM Programs are subject to change or cancellation. Please visit our website for the most current information. </div> </div>		

JUNE EVENTS



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Mon

Tues

Wed

Thurs

Fri

Sat

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YOUTH PROGRAMS

TEEN PROGRAMS

ADULT PROGRAMS

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***DENOTES A PAID PROGRAM**

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Please visit our website for the most current information.

1

9 AM Tai Chi & Qigong*

4:30 PM Overeaters Anonymous

5 PM Alcoholics Anonymous

2

3

2 PM International Culinary Series- Oriental Chicken or Tofu Lettuce Cups*

4

5

9:30 AM ESSENTRICS*

10 AM Caring for the Caregiver

11 AM Gentle Chair Yoga*

12 PM Literate Foodies*

1 PM Craft N Chat

6

9 AM Tai Chi & Qigong*

1 PM Informal Mahjongg

7

9 AM The Painters Palette

11 AM Gentle Yoga*

12:15 PM Ukulele Jam Session

12:30 PM Death Cafe

1:30 PM Canasta

2 PM Tech Help

3:30 PM AZ Author Series

8

9 AM Tai Chi & Qigong*

10 AM Library Book Club

2 PM Music at the Movies

4:30 PM Overeaters Anonymous

5 PM Alcoholics Anonymous

9

10 AM Library Book Sale

2 PM Best Foreign Language Oscar Winners Film Series

10

10 AM Library Book Sale

10 AM Jubilate - Violin Orchestra

11:30 AM Jubilate - Children's Saturday Singing Class

12:15 PM Jubilate - Music from the Heart

11

12

9:30 AM ESSENTRICS*

9:30 AM Healing Pathway

11 AM Gentle Chair Yoga*

1 PM Craft N Chat

13

9 AM Tai Chi & Qigong*

1 PM Informal Mahjongg

3:30 PM Jubilate - Beginning Strings*

4:15 PM Jubilate - Advanced Strings*

14

9 AM The Painters Palette

11 AM Gentle Yoga*

12:15 PM Ukulele Jam Session

1:30 PM Canasta

2 PM Tech Help

5 PM Get Lit Book Club

15

9 AM Tai Chi & Qigong*

10 AM Literary Salon

4:30 PM Overeaters Anonymous

5 PM Alcoholics Anonymous

16

3:30 PM Desert Foothills Gallery Reception

17

10 AM Jubilate - Violin Orchestra

10:30 AM Black Mountain Dems and Friends

11:30 AM Jubilate - Children's Saturday Singing Class

12:15 PM Jubilate - Music from the Heart

2 PM International Culinary Series- Bahn Mi Bruschetta*

18

19

Library Closed

20

9 AM Tai Chi & Qigong*

1 PM Informal Mahjongg

3:30 PM Jubilate - Beginning Strings*

4:15 PM Jubilate - Advanced Strings*

21

9 AM The Painters Palette

11 AM Gentle Yoga*

12:15 PM Ukulele Jam Session

1:30 PM Canasta

2 PM Tech Help

22

9 AM Tai Chi & Qigong*

4:30 PM Overeaters Anonymous

5 PM Alcoholics Anonymous

23

2 PM Best Foreign Language Oscar Winners Film Series

24

10 AM Jubilate - Violin Orchestra

11:15 AM AARP Smart Driver Program

11:30 AM Jubilate - Children's Saturday Singing Class

12:15 PM Jubilate - Music from the Heart

25

26

9:30 AM ESSENTRICS*

9:30 AM Healing Pathway

11 AM Gentle Chair Yoga*

12:30 PM Foothills Caring Corps at the Movies

1 PM Craft N Chat

27

9 AM Tai Chi & Qigong*

1 PM Informal Mahjongg

3:30 PM Jubilate - Beginning Strings*

4:15 PM Jubilate - Advanced Strings*

28

9 AM The Painters Palette

11 AM Gentle Yoga*

12:15 PM Ukulele Jam Session

1:30 PM Books to Die For

1:30 PM Canasta

2 PM Tech Help

29

9 AM Tai Chi & Qigong*

4:30 PM Overeaters Anonymous

5 PM Alcoholics Anonymous

30

Puzzle Exchange

2 PM Best Foreign Language Oscar Winners Film Series

1

2 PM International Culinary Series- BBQ Sauces*

Pick up the Special June/July Summer Edition for all Youth Programs!

YOUTH & FAMILY PROGRAMS

Family Storytime

Tuesdays and Thursdays in April, 10:30 am - 11:00 am

No Storytimes in May except for Saturday, May 20

Children ages 1 to 4 years old and their families are encouraged to join Miss Heather for a storytime featuring developmentally appropriate songs, movements, and stories to foster early literacy skills. Afterward, there will be a craft or activity to expand upon storytime.

This program is intended for ages 1 to 4.



*Elementary Learn & Play

First Three Tuesdays of the month, 4:30 pm - 5:30 pm

Each week, Miss Heather presents an opportunity for elementary-aged children to learn and play through different types of activities. The first Tuesday will be a craft; the second Tuesday will be a LEGO challenge; and the third Tuesday will be a steam lesson and activity.

Registration is required to ensure enough supplies for each participant.

This program is intended for ages 1st through 6th graders.

Bookgardeners

Wednesdays, 3:30 pm - 4 pm

April - May 10

In this afterschool literary program, PreK & Kindergarten aged children and their grownups are invited to join Miss Heather in learning about what makes a book a book while fostering early literacy skills and development through reading, discussion, and activities.

This program is intended for ages 4 to 6.

Babytime

Fridays, 10:30 am - 11:00 am

No Storytimes in May

Babies and young toddlers are just starting to understand the world and what's going on around them. Join Miss Heather every Friday for stories, songs, bounces, sensory play, and more! All of these elements help young children develop the skills necessary for learning to read. Each session will also feature tips for caregivers on how to set that early foundation for later reading.

This program is for ages 0 to 3 years.

*Bricks & Books Club

Last Tuesday of the Month, 4:30 pm-5:30 pm

At each meeting we will discuss the book we've read and then build a LEGO challenge set by Miss Heather related to the events of the book. Building with LEGOs will reinforce problem solving skills, planning skills, and STEAM thinking as well as provide a fun way to interpret the book.

Free copies of the books will be available for registrants to keep in their home library. Please read the book before the meeting. *This program is intended for 3rd through 7th graders.*

April 25: Roll for Initiative by Jaime Formato

May 30: A Rover's Story by Jasmine Warga

Youth June & July events will be announced in a special Summer Reading edition of Information Highways!

TEEN PROGRAMS

ASTROLOGY FOR TEENS

APRIL 25 • MAY 30

3 PM - 4 PM

Take to the stars with local professional astrologer, TikToker (@babyfaerieprincess), and college student Faith Rosky for a deep dive into the divination art of astrology beyond just your sun sign. Learn what the placement of the stars say about you. Each session will feature a different topic.

This program is intended for ages 13 to 18

RSVP at DFLA.org



Desert Foothills
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Fun for Teens & Tweens

TEEN THURSDAYS

HANG OUT AT THE YOUNG ADULT LOUNGE

THURSDAYS
3 PM - 4 PM

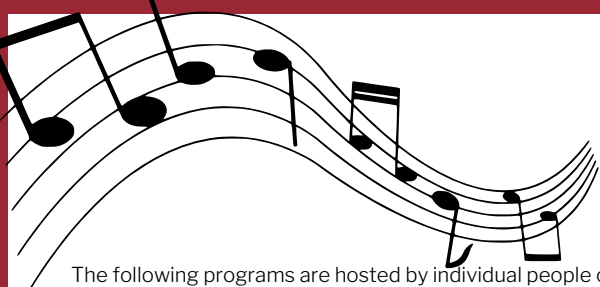
PowerPoint Party

Crafts

Games

Video Game Tournament

A DIFFERENT ACTIVITY EACH WEEK



Registration for Fall Classes 2023

Monday, May 22

3:30 – 5 pm

Wednesday, May 24

3:30 – 5 pm

The following programs are hosted by individual people or outside groups that pay to host at the library and are not a reflection of the library's values or views.

Spring Semester 2023

If you are interested in joining, please contact Laya Field for more information at
jubilateconservatoryofmusic@gmail.com

Jubilate Music Classes Mondays, Tuesdays, Wednesdays, and Saturdays Jubilate Conservatory of Music, sponsored by Kiwanis, is open to children of all ages. As a school of classical music, young students learn to read and write music through in-person music classes at Desert Foothills Library. Violin, viola, cello and choir will be instructed in an after-school format. Information about and schedule details for Jubilate Conservatory of Music can be found at jubilateconservatoryofmusic.org. Saturday Music Classes are offered free of tuition. Instruments are not provided.

Beginning Violin Class

Mondays 3:30 – 5 pm

April 3 – May 15

For students 6 years and older; Students learn to play the violin in a light-hearted setting with a class limited to 8 students.

Instructors: Joshua LaFleur & Laya Field

Voice & Choir Class

Wednesdays, April 5 – May 17 3:30 – 5 pm

For students age 9 and older. Students learn how to sing different styles of music, including classical works, with others in a group setting and follow a director.

Instructor: Laya Field

No Class 4 / 19

Beginning String Ensemble

Tuesdays, April 4 – May 23 4 – 4:45 pm

Tuesdays, June 13 – June 27 3:30 – 4:15 pm

For Students who know how to read music and play violin, viola, or cello in first position. Students enjoy playing simple pieces of music together in a group and increase their ability to engage with other young musicians.

Instructor: Sonja Prichitko

No Class 4 / 11

Jubilate Violin Orchestra

Saturdays, April 1 – 29 & May 20 10 am – 12 pm

Saturdays, June 10 – 24 10 – 11:30 am

This is a tuition-free course for beginners to advanced players of violin, viola, and cello. Beginners join the group at 10:45.

Instructors: Joshua LaFleur & Laya Field

No Class 4 / 22

Advanced String Ensemble

Tuesdays, April 4 – May 23 4:45 – 6 pm

Tuesdays, June 13 – June 27 4:15 – 5:15 pm

For students who are able to read music and play violin, viola, or cello beyond first position, focusing on technique, the ins and outs of playing together in an ensemble, and understanding the different styles of playing classic works.

Instructor: Sonja Prichitko

No Class 4 / 11



Music from the Heart

Saturdays, April 1 – 29 & May 20 12 – 1 pm

Saturdays, June 10 – 24 12:15 – 1 pm

This is a tuition-free course for tots to teens in a family-friendly setting where students learn to share in the language of music; a preparatory class for learning an instrument.

Instructors: Kira Cohen, Joshua LaFleur & Laya Field

No Class 4 / 22

Jubilate Double Bass and Piano Recital

Saturday, April 15 1 – 2 pm

Double bass soloist Nathaniel de la Cruz and collaborative pianist Rosa LoGiudice de la Cruz will perform the world premiere of two pieces, Resurgence and Concerto No. 5 “Andino”, inspired by Andean music along with an arrangement of J.S. Bach’s Sonata in A Major for violin and piano.

Open to the public - Free Admission



Jubilate Spring Recital

Saturday, May 6th & May 13th 1 – 3 pm

Students ranging in age from six to eighteen will perform pieces of music they have been working on throughout the Spring Semester; presenting voice, violin, cello, piano, and guitar. Refreshments will be served after the recital.

Open to the public - Free Admission



NEW! Children’s Saturday Singing Class

Saturdays, June 10th–June 24th 11:30 am – 12:15 pm



This is a tuition free class for children ages 5-14, where students learn to sing with others in a group setting; a preparatory class for choir. Instructor: Laya Field

jubilateconservatoryofmusic.org

FEATURED ADULT PROGRAMS

PUPPY LUV ADOPTION EVENT

Friday, April 7th
1:00 - 4:30 pm



Puppy Luv Animal Rescue will be having a special adoption event on our beautiful Waterfall Terrace with a great variety of puppies and adult dogs looking for their furever homes!



Puppy Luv is a no-kill rescue that is dedicated to saving as many dogs from high-kill shelters as possible, so they are also looking for loving foster homes as well!

Looking for other ways to help the pups?! Donations needed include towels, linens, gloves, paper towels, bleach, dog toys, dog treats, canned chicken, tuna, salmon, and pumpkin.

Fees range from \$325 to \$500. That includes Spay / Neuter, age-appropriate vaccinations (including Rabies), and microchip. A 14-day wellness guarantee, leash, collar, and a bag of transitional food.

Puppy Luv will finish up the series of vaccinations (including rabies) at no extra cost.

Desert Foothills
LIBRARY

The Purrfect Pairing

Kitten Adoption & Happy Hour Event!

Saturday, April 29th, 12 - 3:30pm

Leo Feline Foundation is a cat only educational rescue and sanctuary that primarily focuses on pregnant, abandoned and feral mommas, mommas with kittens and/or orphaned kittens. LFF is also heavily involved in species appropriate nutrition and allergy relief for cats and humans.

Join us at Desert Foothills Library to meet some fantastic felines looking for a new home, and enjoy some free cocktails, generously donated by Carefree Spirits Distillery, and wine!



CAREFREE SPIRITS
Distillery

leofelinefoundation.org

FEATURED ADULT PROGRAMS

Abrazo Health Cardiovascular Event

HEART PALPITATIONS WHAT DOES THAT MEAN?



Friday, April 7

10-11 am: FREE Blood Pressure Screenings

11 am- 12 pm: Speaker: Cardiologist Dr. Christian Lopez

Does your heart sometimes feel like it skips a beat? Heart palpitations are sensations like your heart is fluttering or skips a beat – should you be concerned? Abrazo Health Cardiologist Dr. Christian Lopez will provide a broad overview of a heart palpitations in general, and specifically focus on atrial fibrillation and understanding the diagnostic and treatment options.



Abrazo Health

REGISTER AT DFLA.ORG

Abrazo Health is one of the leading health systems in Arizona, serving the greater Phoenix area with advanced programs in cardiovascular, neurosciences, orthopedics, spine and sports medicine, trauma and emergency services, robotics, general surgery and maternity care. Abrazo Cave Creek Hospital is a neighborhood hospital designed for the needs of North Valley residents, offering inpatient and emergency care. The ER at Abrazo Cave Creek Hospital is open 24 hours a day to evaluate, stabilize and treat a wide variety of health issues. For more information about Abrazo Health hospitals, take a free health risk assessment or to find a doctor, visit AbrazoHealth.com.

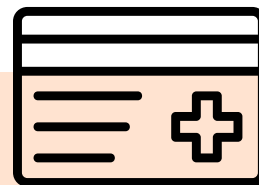
***AZ Medicare Guide Presentation**

Thursday, April 6, 2 pm - 3 pm

By Dave Piontek

Questions about Medicare? This educational meeting will help you have a clear understanding of the different parts of Medicare, as well as the role Medicare supplement plans and Medicare Advantage Plans play within the Medicare program. We'll cover the ABCs of Medicare and the estimated costs associated with each part, followed by an open Q&A session!

Presented by Dave Piontek- a licensed, independent, local Medicare broker offering clarity on the many confusing parts of Medicare. Dave has over 14 years of experience as a Medicare agent/broker, and is available to answer your Medicare questions!



FEATURED ADULT PROGRAMS



SMART DRIVER PROGRAM

A Refresher Course in Safety and Skills

Saturday, April 22 & Saturday, June 24

11:15 am – 3:15 pm

BRING A SACK LUNCH

Learn new driving techniques, rule of the road, defensive driving, and how to minimize distractions. Trained volunteers instruct the AARP Smart Driver classroom course, our preeminent national older driver safety program, serving the 50+ population for more than 30 years. The course enables drivers to refresh their driving skills and understand how to adjust to age-related challenges. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

Pay instructor at class \$25 or \$20 with AARP member card (checks only payable to AARP).

There is also a \$5 Desert Foothills Library registration fee.

For questions, call Les Ottjes at 507-288-1717

Completion of course
may entitle you to an
auto insurance discount
(check with your insurer)

RSVP online or call 480-488-2286

***New Year's MahJongg – Three R's of MahJongg..Review, Rack, Reveal**

Monday, April 10, 1 pm - 4 pm

Let's celebrate the New Year with the three R's of MahJongg!!! Instructor Maureen Johnson will review how to interpret each hand in the new 2023 MahJongg card. Supervised play with individual instruction will follow. Basic knowledge of MahJongg is required. Come join the fun. The 2023 MahJongg card is required and available at www.nationalmahjonggleague.org

Class is limited to 12 students. A waitlist will be maintained.

Registration is required, ask for Marjorie Sutherland-Smith. 7-day cancellation policy in effect.

Cost: \$25

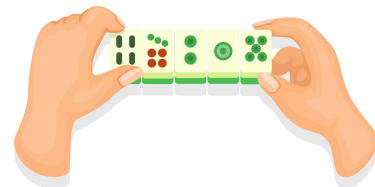
***Stay Smart, Stay Sharp**

Thursday, April 13 and April 20, 1:30 pm - 3 pm

By Barbara Zagier MA, CCC/SLP

The old adage “use it or lose it” not only applies to the body but the brain also! Evidence shows the brain works like a muscle- the harder you use and work it, the more it grows and the healthier it is. Improving “neural plasticity”, the ability of the brain to grow and change at any age, can be accomplished through cognitive activities like working with words, processing speed and accuracy, spatial reasoning, following directions, and recall. So if you're looking to develop or improve your cognitive thinking skills, then Stay Smart, Stay Sharp is for you!

Registration is for both sessions, and you must attend both sessions.



Art AND TRAVEL Series



***One Family's Holocaust Story**

Friday, April 14, 10:30 am - 12 pm

Jan Downey is the daughter and granddaughter of a German-Jewish family, some of whom managed to escape the Nazi's "Final Solution". Presenting her family's ordeal and escape, Jan will show original family documents the Nazi's demanded and defiled, and documents related to their escape from Germany and their refugee status in the United States.

A tailor in Germany, Jan's grandfather was also an artist who loved painting and photography. Once safe in this country, he created an amazing collection of small dolls representing countries invaded by Hitler. Jan will showcase the dolls as well as photographs of the original display her father helped build for his father's appreciation of this country that took him in.

***Travel Scams- What to Look Out For**

Wednesday, April 11, 11:30 am - 12:30 pm

As we head into travel season, Joan Campbell from the Maricopa County Attorney's Office will share how you can be alert, be prepared, and stay informed on the latest scams targeting travelers.

Art Critique

**Monday, April 24th
4 - 5 pm**

By Nicolette Bonnstetter

The Desert Foothills Library & Sonoran Arts League are combining their critiques!

Bring in your artwork, something new to try, a medium you have questions about, or works of others and ask questions, talk about issues, and get feedback and ideas at Art Critique!

Gothic Cathedrals

***Wednesday, April 19th
1 - 2 pm**

By Dominique Flamm

Gothic Cathedrals stand majestic and proud in the heart of Europe, but how did they come to be, and what did they really represent for the people of the High Middle Ages Join Dominique Flamm for an inside look into these magnificent feats of art and architecture!

Art Tours Creating Art on Location

***Wednesday, April 26th
1 - 2:30 pm**

By Roberta Kritzia

Roberta Kritzia is an artist of her travels, having spent the last twenty-two summers painting and sketching her way through the Italian regions of Umbria and Tuscany on painting tours that she conducts for groups of students.

DESERT FOOTHILLS ART GALLERY

Visit Desert Foothills' Library to view featured work by local artists; members of the Sonoran Arts League
Surrealism, Abstract, and Pop Art Today Exhibit

March 16 – May 24

2023 Hot Art/Cool Show Exhibit

May 25 – October 4

2023 Hot Art/Cool Show Reception

Friday, June 16, 3:30 pm – 5 pm

Join us for the Hot Art/Cool Show reception. Meet the talented local artists and enjoy conversation and refreshments.



DISCOVER · CONNECT · BELONG



ESTATE PLANNING WORKSHOP

Presented by Oath Law

FREE

Tuesday, April 18th

11 am - 1 pm

OR

3 pm - 5 pm

Wednesday, April 19th

10:30 am - 12:30 pm

OR

1:30 pm - 3:30 pm

Oath Law Attorney Nathan Askins will be covering different options Arizonans have to get their legal and financial affairs in order, such as the following topics:

- *What happens if you die without a Will or a Trust?*
- *How can you protect your money and assets from Probate Court fees?*
- *Can you simplify your planning for home inheritance, capital gains taxes, investment accounts, step-up in basis, and more?*
- *Is your Medical Power of Attorney out of date?*
- *Is your estate prepared for the ever-changing law and economy?*

Registration is Required. Seating is Limited.

Call the 24-hour reservation line at (480) 581-8535, or register online at www.oath.law/workshops

Maximize Your Retirement

SATURDAY, APRIL 1

10:30 AM – 12:30 PM

THIS COURSE WILL ADDRESS:

- Tax planning in a volatile market
- Ways to utilize Roth conversions in a down market
- Ways to decide how and when to access your retirement money
- The truth about annuities and what to be aware of
- Options for taking Social Security benefits
- How to mitigate taxes before and after retirement
- Ways to align your investments to meet your income needs in retirement
- How to pay no taxes on your Social Security and withdrawals from your IRA

WHO SHOULD ATTEND?

Individuals and couples between the ages of 55-75, those concerned about our financial markets and wanting to prepare for the next recession, investors looking for other perspectives or strategies, and Baby Boomers looking for guidance on recent academic research.

Free!

REGISTER AT DFLA.ORG

FOOLPROOF NO-KNEAD BREAD CLASS

SATURDAY, APRIL 8TH

2:00 - 3:30 PM

Tom has been making bread for over 40 years.

In the last 10 years, Tom has adopted the incomparable Jim Lahey's "No Knead" bread recipe that has revolutionized bread making.

Presented by

*Tom
Subranni*

BISCOTTI BY SUBRANNI CLASS

SATURDAY, APRIL 22ND

2:00-3:30 PM

Craving a crispy treat that begs to be enjoyed alongside or dunked into hot coffee?! Tom Subranni will teach you how to make the Italian classic, biscotti.

REGISTER AT DFLA.ORG

Sangria Cocktails, Shrub and Appetizers!

Saturday, May 20

2 pm - 3 pm

\$30 per person



Don't miss out on this one-of-a-kind event!

Come join Chef Ador, Executive Chef and Owner of Ador Cuisine, for a fun-filled Sangria, Shrub, and Appetizer class! Learn how to make delicious concoctions, tantalize your taste buds, and mingle with fellow foodies.

REGISTER AT DFLA.ORG



INTERNATIONAL

Culinary Series

SATURDAYS
2 PM - 3 PM

PRESENTED BY



Flan de Elote Tres Leches

Saturday, April 15, 2 pm – 3 pm

Join us for a special Flan de Elote Tres Leches class. Chef Ador will be leading the group in creating this delicious gluten-free dessert that you won't want to miss!

**\$30/ class
or \$125 for
all 5 classes**



Enchiladas Sonorenses

Saturday, April 29, 2 pm - 3 pm

Join Chef Ador as he revisits his mother's traditional Mexican recipes with a modern twist. Experience the delicious flavors of Enchiladas Sonorenses. Don't miss this unique opportunity to savor a truly scrumptious meal.



Oriental Chicken or Tofu Lettuce Cups

Saturday, June 3, 2 pm – 3 pm

Tantalize your taste buds and learn how to make Oriental Chicken or Tofu Lettuce Cups with a Sweet & Savory Cashew Sauce. This dish is guaranteed to be an unforgettable experience!



Bahn Mi Focaccia Bruschetta

Saturday, June 17, 2 pm – 3 pm

Don't miss this one-of-a-kind opportunity to enjoy the flavors of Vietnamese Italian cuisine.

Join Chef Ador and create a delectable dish of Bahn Mi Focaccia Bruschetta. You can be sure to get a unique and delicious experience you won't find anywhere else.



BBQ Sauces

Saturday, July 1, 2 pm – 3 pm

Are you ready to spice up your BBQ menu this summer? Join Chef Ador for a fabulous BBQ Sauce Class! Learn how to make two mouthwatering sauces - "You So Fancy Cranberry BBQ Sauce" and Oriental BBQ Sauce. Satisfy your BBQ cravings and impress your friends and family with your cooking skills!

Single Classes Register at dfla.org | To Register for all 5 Call Marjorie at 480-488-2286

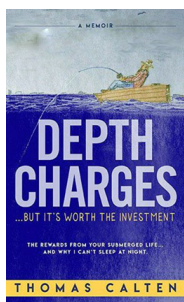
AZ AUTHOR SERIES SPRING 2023



Local authors discuss their inspiration for the art of writing and share their latest titles at Desert Foothills Library. Each author brings their own style to this series from lecture to book readings that will surely pique the curiosity. Join us for one or all eight – the choice is yours to engage with area authors in DFL's AZ Author Series 2023. Books by each author may be available at the event for purchase or bring along your own copy for an autograph.

Depth Charges

Wednesday, April 19 | 3:30 pm - 4:30 pm

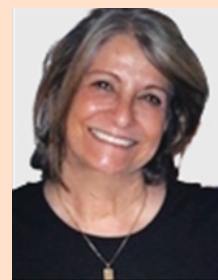


Scientist, musician, recording artist, environmentalist, lecturer, and incessant observer...**Tom Calten** began his dance with life in a small Long Island, New York town, just minutes from the ocean. That childhood setting provided endless opportunities for exploration and analysis - skills that he would use for things to come.

An Accidental Murder & Other Stories

Wednesday, May 10 | 3:30 pm - 4:30 pm

Meet **Diana M. Grillo** – A Firebird-Award Winning Author. After graduating with a B.S., Diana worked as a paralegal and social worker. Now retired, she lives with her husband in Cave Creek, Arizona. She is a short story author and playwright; adapting “An Accidental Murder” into a stage play. Diana’s short story collection, “An Accidental Murder and Other Stories,” explores women's struggles, many of whom are in abusive situations. Diana is a member of the Arizona Authors' Association. And an Artistic member of the Theatre Artists Studio, Scottsdale, AZ. For more about Diana visit shortstoriesbydiana.com



A Holocaust Memoir of Love & Resilience

Wednesday, April 26 | 3:30 pm - 4:30 pm



Dr. Ettie Zilber's birth in a Displaced Persons camp in Germany marked her with a special responsibility. Retirement from a career as an educational leader in international schools in six countries has given her the opportunity to fulfill that responsibility – to research, document, and

publish her family's Holocaust experience, reflect on their impact on subsequent generations, and share the stories and lessons with youth worldwide.

The Roar of the Lost Horizon

Wednesday, May 17 | 3:30 pm - 4:30 pm

K.N. Salustro is an award-winning science fiction and fantasy author who loves outer space, dragons, and stories that include at least one of those things. When not writing, she can be found drawing, painting, and crafting a variety of handmade items. Her office is a hoard of art supplies and story notes. A cat lives with her among the chaos.



Laid Out to Rest: A Charcuterie Shop Mystery

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



When **James E. Clapp** retired as the tasting room manager for a large upstate New York winery, he never imagined he'd be co-authoring cozy mysteries with his wife, **Ann I. Goldfarb**. His first novel, *Booked 4 Murder* (Kensington) was released in June

2017 and followed by five other books in the series. Non-fiction in the form of informational brochures and workshop materials treating the winery industry were his forte along with an extensive background and experience in construction that started with his service in the U.S. Navy and included vocational school classroom teaching. Visit the website at www.jceatonmysteries.com

Sick as My Secrets | Intestinal Fortitude

Wednesday, June 7 | 3:30 pm - 4:30 pm

Husband and wife duo, **Patricia L. Brooks & Earl Goldmann**, are prolific writers with many stories to share! Patricia is the President/Founder of Brooks Goldmann Publishing, LLC and Scottsdale Society of Women Writers, developing both over the past 18 years. Earl debuted his first memoir *Bounce Back* in 2017 at age 82, and is currently writing his third memoir to be out at age 90! *Sick as My Secrets* is a powerful, compassionate, moving memoir told by a strong and honest woman who overcame a desperate need for alcohol to handle stress in her young life.



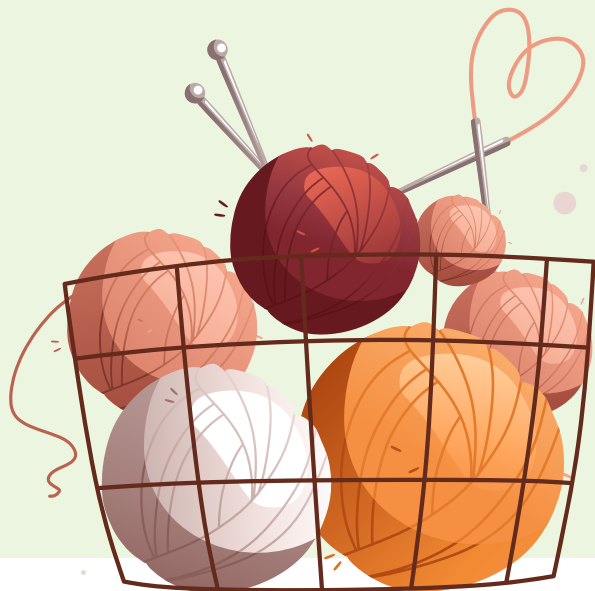
WEEKLY ADULT PROGRAMS

Craft N Chat

Mondays, 1 pm -3 pm

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

Have a craft you're not quite sure how to start, or need a little help or inspiration? Craft N Chat is a collaborative of creatives who are happy and eager to help!



***Mahjongg 101: Brain Healthy Fun!**

Mondays, April 24 – May 15, 1 pm - 4 pm

Learn the foundations of how to play this stimulating rummy-like tile game. Fun, challenging, and addictive, it helps to improve memory, decision-making skills and patience. Instructor provides individual attention in a small-group friendly setting and guides students in understanding MahJongg and how the game is played. Join in the fun. The 2023 Mahjongg Card is required & available at www.nationalmahjonggleague.org.

Registration required at dfla.org | 7-day cancellation policy in effect

Cost: \$90

***Informal MahJongg: Unsupervised Play**

Tuesdays, 1 pm – 4 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; you must bring your own.

The Painters Palette

Wednesdays, 9 am - 12 pm

Picasso, van Gogh, Michelangelo and YOU! No matter what medium you prefer to create with, all are welcome to join The Painters Palette! Open to all, this gathering is the time to let your creative juices flow. Bring your paints, pastels, watercolors, easels, and brushes, and join this colorful palette of other artists in our wonderful community! We provide the space, you create the art. Open to any and all mediums and skill levels.

***Canasta**

Wednesdays, January 18 - March 29, 1:30 pm - 4:45 pm

The card game “Canasta” is a Spanish word that means basket. A very old card game that has over 20 different versions and is played all over the world; Canasta is facilitated by Lisa Waldvogel. Easy to learn and can be played with 2, 3 or 4 players at each table; this fun game is sure to entertain you. Cards and supplies will be provided. Let’s get started!

WEEKLY ADULT PROGRAMS

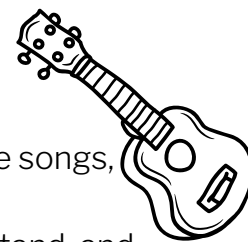
NEW! Ukulele Jam Sessions

Wednesdays, 12:15 - 2:15 pm

No meeting 4/19 | 12:15-1:15 pm on 4/26, 5/24, & 6/28

NEW at the Desert Foothills Library- Ukulele Jam Group! Pick out a few of your favorite songs, grab your ukulele and come jam!

We will be accessing our music online, so bring your tablet or iPad, as well as a music stand, and anything you like to get your jam on! Invite your friends and join the fun. All levels welcome!



TECH HELP

WEDNESDAYS | 2 PM - 3 PM



LIBRARY APPS



ELECTRONIC DEVICES



AND MORE!

DOWNLOADING EBOOKS AND EAUDIOBOOKS CAN BE EASY THROUGH THE LIBRARY'S DIGITAL COLLECTION!

Each week there will be an informal drop-in 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.**

Desert Foothills
LIBRARY
enriching your community

No Registration Required

Alcoholics Anonymous

Thursdays, 5 - 6 pm

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

Overeaters Anonymous

Thursdays, 4:30 - 5:30 pm

Overeaters Anonymous is a Fellowship of individuals who through shared experience, strength, and hope are recovering from unhealthy relationships with food and body image.



MONTHLY ADULT PROGRAMS

Chapter2Books Monthly Sale

2nd Friday & Saturday of the month

April 7 & 8

May 12 & 13

June 9 & 10

Monthly book sales provide a wonderful opportunity to purchase quality books and other media at even lower prices than the everyday bargain prices in Chapter 2. The monthly book sale is throughout Chapter 2, and are offered on the second Friday and Saturday of every month. Can't make a Sale? Check out our amazing selection on Amazon. There are hundreds of books as well as CDs, DVDs and audiobooks listed there that are not on display in the bookstore.

Chapter2Books
Great Books. Great Prices.

Death Café

First Wednesday of each month, 12:30 pm - 2:30 pm

April 5 | May 3 | June 7

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 conversations about topics relevant to all of us but often considered "dark" or even taboo. For more information go to www.deathcafe.com

Death  *Cafe*

Talking about death won't kill you.

Center for Integrative Healing & Wellness

April 27 and May 25, 3:30 pm – 5 pm

The Center for Integrative Healing & Wellness advocates a whole food, anti-inflammatory, diet as the most beneficial way of eating whether working within a cancer context or not. Ideally, this diet should be plant-based and consist mainly of minimally processed whole foods. It should also contain organic vegetables, fruits, wild-caught fish, nuts, seeds, legumes, whole grains, and omega 3 rich sources of fats. Join Dr. Fabio as he prepares delicious foods that follow his dietary plan.

April – Power Breakfast Bars

May - Smoothies

Puzzle Exchange

Last Friday of each month, 9 am - 5 pm

April 28 | May 26 | June 30

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 a puzzle, take a puzzle! Offered on the last Friday of every month. All ages and skill levels encouraged!



MONTHLY FILM PROGRAMS

Foothills Caring Corps at the Movies

Last Monday of each month

12:30 pm - 2:30 pm

April 24 | May 22 (1 week early due to Memorial Day) | June 26

Come by and watch a great movie while enjoying some snacks.

Need a ride to the movies? Reach out to Foothills Caring Corps at 480-488-1105, and let them know you'd like to arrange a ride to the movies at Desert Foothills Library!



Desert Foothills Library Cinematic Reflections Series 2023

Little Known Stories of World War II

3rd Friday of each month through May 26, 2 pm – 5 pm

Presented by Gary Zaro

April 21: *Downfall* (R, 2004, 156 minutes)

May 26: *The Captain* (R, 2017, 119 minutes)

Desert Foothills Library International Film Series 2023

Around the World in 9 Films

2nd Friday of each month through May 12, 2 pm – 5 pm

April 14: *Hero on the Front* (Portugal, NR, 2018, 85 minutes)

May 12: *Wazir* (India, NR, 2016, 103 minutes)

Best Foreign Language Oscar Winners Series

2 pm - 5 pm

June 9 | June 23 | June 30

Presented by Gary Zaro

June 9: *A Separation* (Iran, PG-13, 122 minutes)

June 23: *The Secret in Their Eyes* (Argentina, R, 127 minutes)

June 30: *Cinema Paradiso* (Italy, PG, 120 minutes)

Music at the Movies

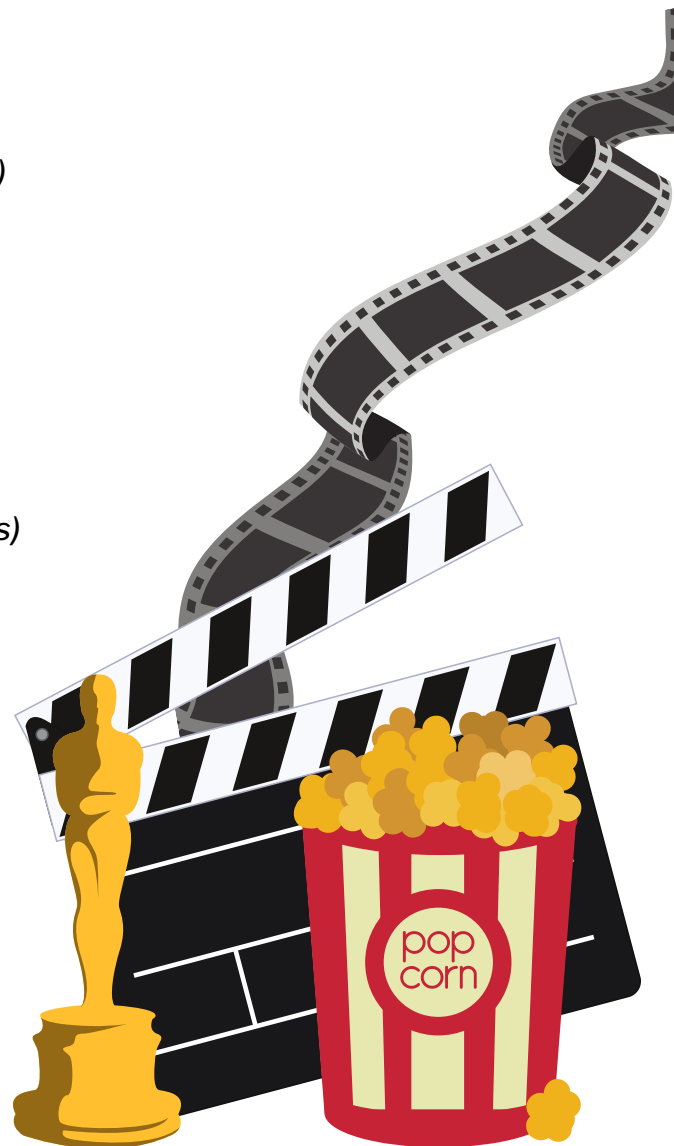
2nd Thursday of each month, 2 pm - 5 pm

Join us for a celebration of movies with interesting or significant music. Movies range from dramas, musicals, comedies, and more! Hosted by music enthusiast, Annis Scott.

April 13: *Once* (R, 2007, 85 minutes)

May 11: *To Sir With Love* (NR, 1967, 105 minutes)

June 12: *The Big Chill* (R, 1983, 105 minutes)



LITERARY ADULT PROGRAMS

***Get Lit Book Club**

2nd Wednesday of each month, 5 pm - 6:30 pm

Drinks and catching up to start at 5 pm, book discussion to start at 5:30 pm.

April 12 - *Universal Harvester* by John Darnielle

May 10 - *In Vino Duplicitas: The Rise and Fall of a Wine Forger Extraordinaire* by Peter Hellman

June 14 - *Secrets of the Sprakkar: Iceland's Extraordinary Women and How They Are Changing the World* by Eliza Reid

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! Books will include non-fiction, classics, contemporary fiction, and memoirs to list a few. Get Lit is at a different restaurant every month to support local businesses. Everyone is welcome!

Restaurants to be announced- visit dfla.org

***Books to Die For: A Murder Mystery Book Club**

4th Wednesday of each month, 1:30 pm - 2:30 pm

April 26 - *Laid Out to Rest: A Charcuterie Shop Mystery* by J.C. Eaton

May 24 - *Far From The Light of Heaven* by Tade Thompson

June 28 - *The Stranger Diaries* by Elly Griffiths

Here at Desert Foothills Library, we're booked on crime! Join us each month for the Books to Die For Murder Mystery Book Club. This book club is for lovers of all forms of mystery novels. We will explore the genre in depth, eventually coming up with the perfect plan for murder (wink, wink). Light refreshments will be provided. Registration Required.



Library Book Club

2nd Thursday of each month, 10 am - 12 pm

April 13: *Beautiful Country: A Memoir* by Qian Julie Wang

May 11: *Three Girls from Bronzeville: A Uniquely American Memoir of Race, Fate, and Sisterhood* by Dawn Turner

June 8: *Klara and the Sun* by Kazuo Ishiguro

Join the Library Book Club each month in an open discussion on a featured book. Everyone is welcome!



LITERARY ADULT PROGRAMS

***Literate Foodie Club**

First Monday of the month, 12 pm - 2:30 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!

For questions about Literate Foodies, please contact facilitators, Dana Rakinic at danarakinic@gmail.com & Jan Kruse at jan-kruse@cox.net. Please register in advance, as seating is limited.

Cost: \$15

April 3 - The topic is **HONEY**; the books will be many and your choice. There will be a guest speaker, a local beekeeper/honey producer with honey and bee products for purchase.

May 1 - *Feels Like Home*, by Linda Ronstadt AND *Taste of Tuscon: Sonoran Style Recipes Inspired by the Rich Culture of Southern Arizona*, by Jackie Alpers.

June 5 - *Cook Real Hawaii*, by Sheldon Simeon. It will be a celebration of island life.



Literary Salon

3rd Thursday of the month, 10 am - 12 pm

April 20 | May 18 | June 15

Join a host of literary fans along with the facilitation of Andrea Markowitz; a voracious reader and writer of fiction and nonfiction. She earned degrees in English, music and psychology, and explored a variety of careers in education and writing. After “retiring” she discovered her true calling is to write plays and musicals. Her dedication to writing for the stage was acknowledged recently with an ariZoni Award for best new script for “Fair Game,” a musical satire based on a true story about fake news!

April 20: A Literary Work or Film You Return to Again & Again

Is there a book, poem or film that you’ve felt compelled to read or watch more than once? Perhaps many times? What makes it special to you? What keeps pulling you back? We’ll respond to these questions and more!

May 18: A Literary Work or Film That Has a Number in the Title

Pick a number, any number, from big-digit literary works and films like “20,000 Leagues Under the Sea” to the single “One Flew Over the Cuckoo’s Nest,” and tell us all about it.

June 15: Death, Dying (& Transformation)

Good grief! The topic of death and dying can be uplifting and transformative as well as tragic. Choose a literary work or film in which death, dying and/or transformation is a major theme.

HEALTH & WELLNESS PROGRAMS

Caring for the Caregiver

1st Monday of the month, 10 am - 11:30 am

April 3 | May 1 | June 5

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

The Healing Pathway

2nd and 4th Monday, 9:30 am - 11 am

April 10 & 24 | May 8 & 22 | June 12 & 26

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: grief. Join us as we go through this journey of grief together. Led by Hospice of the West facilitator Judy Peters



ESSENTRICS Full Body Fitness

Mondays 9:30 am - 10:30 am (No class May 29 or June 19)

ESSENTRICS® is a full body fitness program designed to re-balance the entire body through simultaneously stretching and strengthening. Lifting and lengthening different parts of the body helps to unlock the joints, improve mobility, increase energy, and reverse the signs of aging. It is perfect for any age, whether you want to start a new routine or want to enhance your present fitness program.

Nancy started practicing Essentrics in 2016 after watching a special on PBS. She immediately felt the positive impact upon her body, increasing her strength and mobility and relieving stress. The choreographed music helped her experience the expansiveness of the movements. She has been teaching since May of 2020 and continues to increase her flexibility and strength through her practice and teaching.

Questions about Essentrics, please contact instructor, Nancy Salminen, at 602-332-3367 or n_salminen@yahoo.com.

Bring a yoga mat and an elastic workout band or strap

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

Gentle Chair Yoga

Mondays, 11 am - 12 pm (no class May 29 or June 19)

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. Marina also offers Gentle Yoga every Wednesday at 11:00am. Chairs are provided. Questions about Gentle Chair Yoga please contact instructor, Marina Kachur, at 480-510-6572 or yokama14@gmail.com.

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

HEALTH & WELLNESS PROGRAMS

Tai Chi – Qigong for Everyone!

Tuesdays & Thursdays, 9 am - 10 am (no class May 25)

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 www.MindBodyFocusQi.com. For questions about Tai Chi & Qigong for Everyone please contact instructor, Bina Bou, at bina.b75@gmail.com.

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

Jin Shin

Fridays, 9:30 am - 10:30 am

April 21, May 12 & 26

Learn how to use the power of your body's energy to heal yourself.

The Art of Jin Shin is an ancient Japanese healing art for balancing your life energy and enhancing your body's innate ability to heal. The Art of Jin Shin is a comprehensive system of health and healing using a gentle form of acupuncture to facilitate the flow of energy in the body. The premise is that mental, emotional, and physical illnesses are caused by a blockage in the flow of energy.

If you struggle with aches and pains, anxiety, chronic fatigue, digestive issues, or any of the numerous other ailments that make life less joyful than it could be, then learning this gentle healing art is for you. During this class you will learn and practice Jin Shin self-care techniques that you can use anywhere at any time. Warning! Side effects may include a sense of peace and calm, mental clarity, better sleep, increased energy, more joy.

In 1985 David Burrows began his studies of Jin Shin and his pursuit to bring self-empowered healing to others. Come learn and experience his teachings and presence, you will be glad you did. For more information visit our website www.JinShin.Plus or text or call 480-351-6464 or email heal@bioenergyplus.net

Instructor: Dave Burrows

Gentle Yoga

Wednesdays, 11 am - 12 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. Marina also offers Chair Yoga every Monday at 11:00 am. Please bring a yoga mat and a blanket. For questions about Gentle Yoga please contact instructor, Marina Kachur, at 480-510-6572 or yokama14@gmail.com.

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



HEALTH & WELLNESS PROGRAMS

Meditation with Reiki Healing

Wednesday, April 12 and May 10, 9:45 am - 10:45 am

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 effects.

Questions about Meditation with Reiki Healing please contact instructor, Rev. Dr. Karen Cimaglia at rockinvibs21@gmail.com or 602-721-7714.

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

Reiki Healing

Wednesday, April 26 and May 17, 1 pm - 2 pm

Learn and explore through a variety of energy healing methods including Reiki. We will play with the energy for a better understanding, of how you can use it and how you can consciously control more of the energy that makes up all that is you. Each person is here for their unique experience, no matter the age or belief system. There is something for you to glean from knowing more about yourself and how better to know yourself than through the part of you that is unseen. Healing is the focus of Reiki and healing is multi-level. Questions about Reiki Healing, please contact instructor, Rev. Dr. Karen Cimaglia at rockinvibs21@gmail.com or 602-721-7714.

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

BECOME A SUPPORTING MEMBER

Founded in 1954, We are *Maricopa County's ONLY independent, non-profit library*, funded through generous contributions from community members.

EACH YEAR WE...

- Provide library circulation services to more than **10,000 patrons**
- Serve more than **6,000 community members** through our lifelong learning programs
- Offer more than **1400 community programs and class sessions**

Desert Foothills
LIBRARY Est. 1954
enriching your community

91% Of Our Funding Comes From Supporters Like You!



Visit DFLA.org and Join One Of Our Supporting Member Giving Circles



The Desert Foothills Library, founded in 1954, is one of Arizona's only privately funded, public libraries, and the only one in Maricopa County! Serving, not only as library and resource, but a gathering place for our community.

Boasting over 90 programs a month, there is something for everyone at the Desert Foothills Library!

Check Out What YOUR Community Library Has to Offer!



CHAPTER2BOOKS

The LARGEST bookstore North of the 101, with thousands of books, puzzles, DVDs, CDs, and more at great prices



KIDS PROGRAMS

Unique and entertaining programs for youth that promote literacy, early learning, and, of course, fun! For ages 0 to grade 8



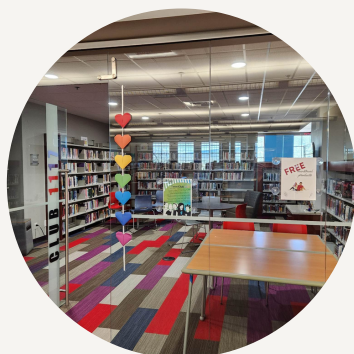
WATERFALL TERRACE

Enjoy a good book accompanied by the tranquil sounds of our waterfall under the shade of our brand new pergola



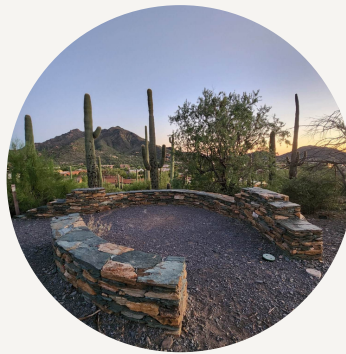
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