

DFLA.ORG • 38443 N SCHOOL HOUSE RD, CAVE CREEK • 480-488-2286

JULY PROGRAMS



3 PM Kids Craft Lab (PM)

Anonymous

String Ensemble*

AUGUST PROGRAMS

S	Mon	Tues	Wed	Thurs	Fri	Sat
30	31 11 AM Gentle Chair Yoga* 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat	1 Summer Reading Program Ends 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café	9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 12 PM Ukulele Jam Session 12:30 PM Death Café 1 PM Tech Help 1:1 Appts. 1:30 PM Canasta 3 PM Kids Craft Lab (PM) 3 PM AZ Medicare Guide Presentation	3 10:30 AM Family Storytime 2 PM Bullet Journaling Basics for Teens 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	4 9:30 AM Bioenergetics-Healing Energy 10:30 AM Babytime 2 PM Back to School Bracelets	5
6	7 9:30 AM ESSENTRICS* 10 AM Caring for the Caregiver 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 1 PM MahJongg 102: Step Up to the Next Level*	8 10:30 AM Family Storytime 1 PM Informal Mahjong 1 PM Fall Prevention Awareness Presented by HonorHealth 3 PM Game Café 5 PM Get Lit Book Club- Off Site	9 9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 1 PM Tech Help 1:1 Appts. 1:30 PM Canasta 3 PM Kids Craft Lab (PM)	10 10 AM Library Book Club 10:30 AM Family Storytime 2 PM Music at the Movies 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	11 10 AM Library Book Sale 9:30 AM Jin Shin- Healing Energy 10:30 AM Babytime	10 AM Library Book Sale 10:30 AM Get to Know Your Library 11 AM Cat & Kitten Adoptions
13	9:30 AM ESSENTRICS* 9:30 AM The Healing Pathway 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 1 PM MahJongg 102: Step Up to the Next Level*	15 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café	9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 1 PM Tech Help 1:1 Appts. 1:30 PM Canasta 3 PM Kids Craft Lab (PM)	17 10:30 AM Family Storytime 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	18 9:30 AM Bioenergetics-Healing Energy 10:30 AM Babytime	19
20	9:30 AM ESSENTRICS* 11 AM Gentle Chair Yoga* 1 PM Craft N Chat 1 PM MahJongg 102: Step Up to the Next Level*	22 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café	23 9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 1 PM Tech Help 1:1 Appts. 1:30 PM Canasta 1:30 PM Books to Die For: A Murder Mystery Book Club 3 PM Kids Craft Lab (PM)	24 10:30 AM Family Storytime 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	Puzzle Exchange 9:30 AM Jin Shin- Healing Energy 10:30 AM Babytime	26
27	9:30 AM ESSENTRICS* 9:30 AM The Healing Pathway 11 AM Gentle Chair Yoga* 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat 1 PM MahJongg 102: Step Up to the Next Level*	29 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café	30 9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 1:30 PM Canasta 3 PM Kids Craft Lab (PM)	31 10:30 AM Family Storytime 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	YOUTH PROGRAMS TEEN PROGRAMS ADULT PROGRAMS 38443 N School House Rd, Cave Creek DFLA.org *DENOTES A PAID PROGRAM Programs are subject to change or cancellation. Please visit our website at dlfa.org for the most current information.	

SEPTEMBER PROGRAMS

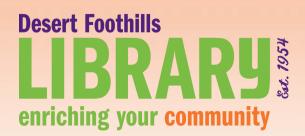
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3	4 Library Closed	5 9 AM Tai Chi & Qigong* 10 AM Caring for the Caregiver 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café	6 9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 12:30 PM Death Café 1:30 PM Canasta 3 PM Kids Craft Lab (PM) 3 PM AZ Medicare Guide Presentation	7 10:30 AM Family Storytime 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	8 10 AM Library Book Sale 9:30 AM Jin Shin- Healing Energy 10:30 AM Babytime 2 PM Around the World in 9 Films- International Film Series 3 PM Grandparents Day Storytime & Craft	9 10 AM Library Book Sale 10 AM Jubilate- Registration for Fall Classes 10:30 AM Get to Know Your Library 11 AM Cat & Kitten Adoptions
10	9:30 AM ESSENTRICS* 9:30 AM The Healing Pathway 11 AM Gentle Chair Yoga* 12 PM Literate Foodie Club 1 PM Craft N Chat 1 PM MahJongg 101: Brain Healthy Fun* 3:30 PM Jubilate- Cello Class* 4 PM Jubilate- Beginning Violin Class*	12 9 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Informal Mahjong 3 PM Game Café 3:30 PM Jubilate- Beginning String Ensemble* 4:30 PM Jubilate- Advanced String Ensemble* 5 PM- Get Lit Book Club- Off Site	9 AM The Painters Palette 10 AM Kids Craft Lab (AM) 11 AM Gentle Yoga* 12 PM Ukulele Jam Session 1:30 PM Canasta 3 PM Kids Craft Lab (PM) 3:30 PM Jubilate- Beginning Voice & Choir* 4 PM Jubilate- A Capella Choir & Voice Class*	14 10 AM Library Book Club 10:30 AM Family Storytime 2 PM Music at the Movies 3 PM Teen Thursdays 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous	9:30 AM Bioenergetics- Healing Energy 10:30 AM Babytime 2 PM Little Known Stories of WWII: Cinematic Reflection Series 3:30 PM Novels & Nails- Book Club for Teens	16 10 AM Jubilate - Violin Orchestra 10:30 AM Black Mountain Dems & Friends 11:30 AM Jubilate- Children's Saturday Singing Class 12:15 PM Jubilate- Music from the Heart
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RESERVE YOUR SPACE

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AT DFLA.ORG TODAY!



OPEN

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

CLOSED

Tuesday, July 4th Monday, September 4th

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

FEATURED YOUTH PROGRAMS

Stuffed Animal Sleepover- Special Storytime Thursday, July 13, 10:30 am- 11:00 am

Bring your favorite stuffed animal to the Desert Foothills Library for this special storytime event! Drop off your stuffed animals to spend the night at the library and return the next day anytime after 12pm to see what fun they had! Each participant will receive a picture book of all the fun their stuffed animals had at the library! At Drop off Mrs. Sierra will read a story to all the children AND their fuzzy friends! This program is intended for ages 4 to 7. This program is designed for children and accompanying adults. Please plan to attend and be engaged with your child for this program. Drop offs will not be permitted.

David Sharpe and the PapaHugs Band Performance Saturday, July 15, 1:30 pm - 2:30 pm

Local Grammy-Nominated children's musician David Sharpe will be coming to DFL for an acoustic performance, consisting of 12 original children's songs. Sharpe has performed for thousands of children around the country at libraries, Children's Museums, Children's Festivals, and Children's Hospitals. During the performance various items will be passed out to the children such as Kazoos, Pirate Wrist Bands, Glow Sticks, Foam Red Clown Noses to name a few, all of which go along with certain songs. The show will be visited by one of Sharpe's "PapaHugs Characters" such as "Fitness The Frog", "Wonder The Kangaroo", "Stinky Beetle", or "Robbie The Robot". This program is intended for children ages 8 and under.



*Pizza Party Puppet Workshop: Special Teen Thursday Thursday, July 27, 3:00 pm - 5:00 pm

Let's get together and have a pizza party! In this workshop, you'll make your very own talking pizza puppet. The workshop will utilize and teach STEAM concepts, basic sewing techniques, and how to puppeteer. Pizza will be served at the end of the program! This program is intended for 8th through 12th graders.

Bullet Journaling Basics for Teens Thursday, August 3, 2:00 pm - 3:00 pm

Get ready to go back to school with Mrs. Sierra at our Bullet Journaling Basics hang out. Join us in the Teen Lounge to learn how to streamline your plans, tasks, notes and to-do lists into an aesthetically pleasing Bullet Journal. (Stay after for Teen Thursday from 3-4pm!) *Bring your own journal!* This program is intended for ages 14-18



Back to School Bracelets Friday, August 4, 2:00 pm - 3:00 pm

Grown ups, bring your littles for this back to school comfort bracelet making event. Going to school for the first time or going back to school after a long summer can be hard. Come make matching bracelets for the first day of school to remind your littles that you are always there for them! We will provide all bracelet materials, and there will also be a special back-to -school storytime with Mrs Sierra.

This program is intended for grades Pre-k to 3rd. Please plan to attend and be engaged with your child for this program. Drop offs will not be permitted

YOUTH & FAMILY PROGRAMS

Family Storytime

Tuesdays & Thursdays, 10:30 - 11:00 am

Children ages 4 to 7 years old and their families are encouraged to join Mrs Sierra 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 4 to 7. Please plan to attend and be engaged with your child for this program. Drop-offs will not be permitted

Game Café

Tuesdays, 3:00 - 4:00 pm

Join Mrs. Sierra in the Teen Lounge every Tuesday afternoon from 3-4pm for fun and exciting gaming hangouts! Tournaments, Co-Op, Speedruns, Cozy Gaming, Board games and more! This program is intended for ages 11-17. If participant is under the age of 16, guardian must remain at library. No drop-offs will be permitted.



Kids Craft Lab

Wednesdays, 10:00 am & 3:00 pm

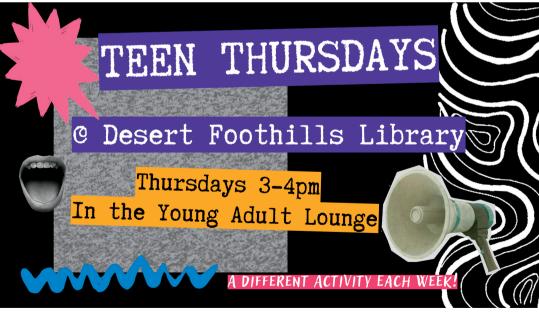
Many children don't know their creative skills until they get the chance to use them! Crafting with kids promotes problem solving, cuts down on screen time, and helps kids relax and explore their creativity! Join Mrs Sierra every week at either the morning or afternoon session in the Imagination Lab and get those creative juices flowing! We'll supply the crafts, just bring your imagination!

This program is intended for 3rd to 7th graders. Guardian must remain in library during program. Drop-offs will not be permitted

Teen Thursdays Thursdays, 3:00-4:00 pm

Come to the Young Adult Lounge for a dedicated time for teens! Each week will have a different featured activity or craft! Check our online calendar for details on each week. This program is intended for 9th to 12th graders

Babytime Fridays, 10:30-11:00 am



Babies and young toddlers are just starting to understand the world and what's going on around them. Join Mrs Sierra 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 intended for ages 0 to 3 years. Please plan to attend and be engaged with your child for this program. Drop-offs will not be permitted



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

Summer Semester 2023

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

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. Saturday Music Classes are offered free of tuition. Instruments are not provided.

Beginning Cello Class

Mondays, September 11 -25, 3:30 - 4:15 pm

For students 8 years and older. Students learn in a lighthearted setting with a class limited to 6 students.

Instructor: Lava Field

Beginning Violin Class

Mondays, September 11 - 25, 4 -4:45 pm

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

Instructor: Lava Field

Beginning String Ensemble

Tuesdays, July 11 -25, 3:30 - 4:45 pm Tuesdays, September 12 -26, 3:30 - 4:30 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: Sonia Prichitko

Advanced String Ensemble

Tuesdays, July 11 -25, 4:15 - 5:15 pm

Tuesdays, September 12 -26, 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

Voice & Choir Class

Wednesdays, September 13 -27, 3 - 4 pm

For students 6 years and older. Students sing with others in a joyful atmosphere.

Instructor: Lava Field

A Capella Choir & Voice Class

Wednesdays, September 13 - 27, 4 - 4:50 pm

Students learn how to sing different styles of a capella music in a group. For ages 8 and older, it is an excellent course to prepare students for singing in choir at school.

Instructor: Lava Field

Jubilate Violin Orchestra

Saturdays, July 1 - 29, 10 - 11:30 am Saturdays, September 9 - 30. 10 - 11:30 am

This is a delightful tuition free course for beginners to advanced players for violin, viola, and cello, with a focus on music immersion and group participation. Beginning, Intermediate, and Advanced students participate together.

Instructors: Sonja Prichitko & Laya Field

Children's Saturday Singing Class

Saturdays, July 1 -29, 11:30 am - 12:15 pm Saturdays, September 9 - 30, 11:30 - 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

Music From the Heart

Saturdays, July 1 -29, 12:15 - 1 pm | Saturdays, September 9 -30, 12:15 - 1 pm

This is a tuition free course for tots to teens in a family friendly setting where students learn to play an instrument or sing in the choir. Instructors: Kira Cohen, Joshua LaFleur & Laya Field

FEATURED ADULT PROGRAMS

Get to Know Your Library 2nd Saturday of each month, 10:30 - 11:30 am **Starting August 12th | September 9th**

Everyone knows you can check out books at the library, but did you know at Desert Foothills Library, your FREE library card includes access to over 100 programs a month, online borrowing and services. ancestry resources, the largest bookstore in the North Valley, and SO MUCH MORE?! Join us as we showcase all the different ways you can use your local library, ask questions, and meet some of our

staff!

Fall Prevention Awareness Thursday, July 20th & Tuesday, August 8th, 1:00 - 2:00 pm

Did you know that the number one cause of Level 1 traumas is fall injuries resulting in a myriad of serious injuries and even death? Joe Meier from HonorHealth will introduce and discuss the causes of falls. the results of falls, and various methods of prevention!

HonorHealth has six local hospitals, three of which are AZ designated and ACS verified Level 1 Trauma Centers. They also have a state of the art, first of its kind combination satellite ER/Urgent Care and over 65 medical and specialty treatment groups!



*Mahjongg 102: Step Up to the Next Level! Mondays, August 7th-28th, 1:00 - 4:00 pm

The class is designed for those who have a basic understanding of the game and want to take it to the next level. Students will learn how to categorize and select hands and discard defensively and offensively. Hands-on attention in a small-group relaxed setting makes learning and playing fun while stimulating and improving your brain health. The 2023 Mahjongg Card is required & available at www.nationalmahjonggleague.org.

Cost: \$90 | Registration required at dfla.org | 7-day cancellation policy in effect

*Mahjongg 101: Brain Healthy Fun! Mondays, September 11th-October 2nd, 1:00 - 4:00 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. The 2023 Mahjongg Card is required & available at www.nationalmahjonggleague.org.

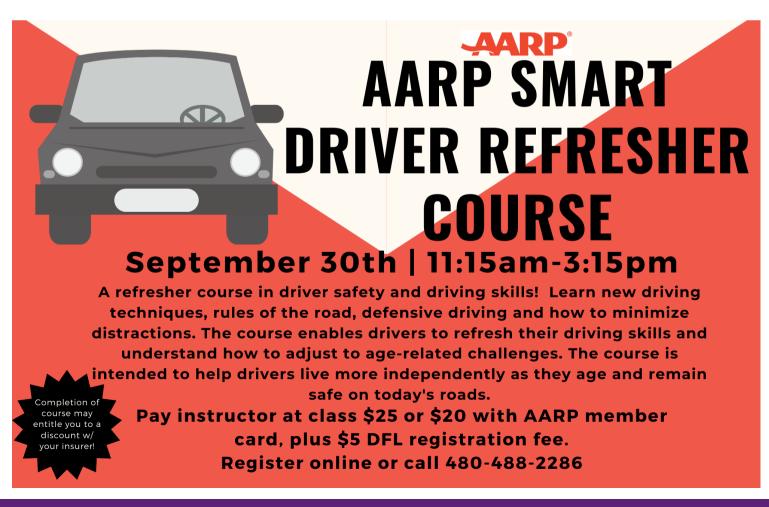
Cost: \$90 | Registration required at dfla.org | 7-day cancellation policy in effect

FEATURED ADULT PROGRAMS

AZ Medicare Guide- Free Presentation Wednesday, August 2nd & September 6th, 3:00 - 4:00 pm

Ouestions 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 ABC's of Medicare and the estimated costs associated with each part. followed by an open Q&A session! Presented by Dave Piontek-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 vour Medicare questions!





WEEKLY FREE ADULT PROGRAMS

Craft N Chat

Mondays, 1 pm - 3 pm

Do you knit, crochet, needlepoint, bead, 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!



*Informal MahJongg: Unsupervised Play Tuesdays, 1 pm – 4 pm (No Meeting July 4th)

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. Basic game play knowledge required.

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, 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. 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!

July 5th - September 6th: There will be no facilitator, just open play. Cards and supplies will still be provided, and all skill levels are welcome! Lisa Waldvogel will resume facilitating September 13th.

Ukulele Jam Sessions

Wednesdays, 12:00 - 2:15 pm

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!

WEEKLY FREE ADULT PROGRAMS

TECH HELP

WEDNESDAYS, I - 5 PM THRU AUG 16TH

MAKE YOUR <u>FREE</u> APPOINTMENT WITH OUR TECH INTERN, ROSS, TO HELP WITH ALL YOUR TECH RELATED QUESTIONS!

Get help with:

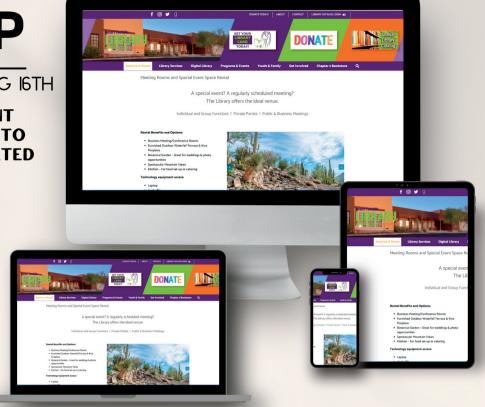
-Using our FREE digital library resources

-Downloading apps

-Email

-Phones, Tablets, Laptops
-Navigating the digital collection
-and MORE!

PLEASE BRING YOUR DEVICE AND HAVE YOUR LIBRARY CARD READY! FOR APPLE USERS, YOUR APPLE ID WILL BE NEEDED



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.

Alcoholics Anonymous

Thursdays, 5 - 6 pm

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



Chapter 2 Books Great Books, Great Prices.

BOOK SALE MARK YOUR CALENDAR!

JULY 7 9 AM - 5 PM **E** JULY 8 10 AM - 4 PM

AUGUST 11 9 AM - 5 PM 8 AUGUST 12 10 AM - 4 PM

SEPTEMBER 8 9 AM - 5 PM SEPTEMBER 9 10 AM - 4 PM

The Chapter2Books monthly book sales provide a wonderful opportunity to purchase quality books and other media at even lower prices than the everyday bargain prices in Chapter2Books!

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.

MONTHLY FREE ADULT PROGRAMS

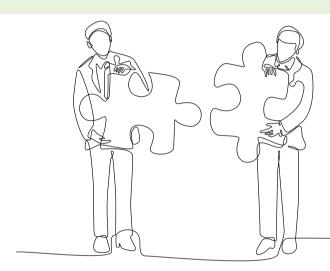
Death Café

First Wednesday of each month, 12:30 pm - 2:30 pm July 5th | August 2nd | September 6th



Talking about death won't kill you.

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



Puzzle Exchange Last Friday of each month, 9 am - 5 pm July 28th | August 25th | September 29th

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!

BECOME A SUPPORTING MEMBER

Founded in 1954, we are Maricopa's ONLY donation supported, nonprofit, public library, funded through generous contributions from our community. 91% of our funding comes from supporters like you!

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 enriching your community

91% Of Our Funding Comes From **Supporters Like You!**



MONTHLY FREE FILM PROGRAMS

Foothills Caring Corps at the Movies Last Monday of each month 12:30 pm - 2:30 pm July 31st | August 28th | September 25th

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!



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.

Thursday, July 13th: Shall We Dance (2004, PG-13, 106 min)
Thursday, August 10th: The Bodyguard (1992, R, 129 min)

Thursday, September 14th: West Side Story (1961, PG-13, 153 min)

Best Foreign Language Oscar Winners Series 2 pm - 5 pm

July 7th - August 4th

Presented by Professor Gary Zaro with introduction and discussion of the film after.

Friday, July 7th: Departures (Japan, PG-13, 130 min)

Friday, July 14th: The Lives of Others (Germany, R, 135 min) Friday, July 21st: Kolya (Czech Republic, PG-13, 105 min)

Friday, July 28th: No Man's Land (Bosnia & Herzegovina, R, 98 min)

Friday, August 4th: Babette's Feast (Denmark, G, 103 min)

Desert Foothills Library International Film Series-Around the World in 9 Films

2nd Friday of each month starting in September, 2 pm – 5 pm

Presented by Professor Gary Zaro with introduction and discussion of the film after

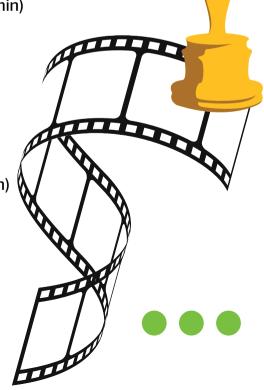
September 8th: The Queen (Great Britain, PG-13, 2006, 103 min)

Desert Foothills Library Cinematic Reflections Series -Little Known Stories of World War II 3rd Friday of each month starting in September, 2 -5 pm

Presented by Professor Gary Zaro with introduction and

discussion of the film after

September 15th: Dara of Jasenovac (Serbia, R, 2020, 125 min)



LITERARY ADULT PROGRAMS

*Literate Foodie Club

First Monday of the month starting in September, 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!

Cost: \$15

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.

September 11th: My American Dream: A Life of Love, Family, and Food by Lidia Bastianich (Menu will be Italian, of course!)

*Get Lit Book Club

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

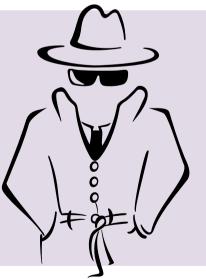
Drinks and catching up to start at 5 pm, book discussion to start at 5:30 pm

July 11th: Finna by Nino Cipri

August 8th: How To: Absurd Scientific Advice for Common Real-World Problems by Randall Munroe September 12th: Office of Historical Corrections by Danielle Evans

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 on dfla.org approx. 2 weeks in advance of meeting



*Books to Die For: A Murder Mystery Book Club 4th Wednesday of each month, 1:30 pm - 2:30 pm July 26th: A Deadly Inside Scoop by Abby Colette August 23rd: A Rising Man by Abir Mukherjee September 27th: They Never Learn by Layne Fargo

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

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

July 13th: Demon Copperhead by Barbara Kingsolver August 10th: The Personal Librarian by Marie Benedict

September 14th: The Measure by Nikki Erlick

HEALTH & WELLNESS PROGRAMS

Caring for the Caregiver

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

July 3rd | August 7th | Tuesday, September 5th (Due to Federal Holiday)

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 - 11:30 am July 10th & 24th | August 14th & 28th | September 11th & 25th

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 July 31st, September 4th or 18th)

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 September 4th)

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

Gentle Yoga

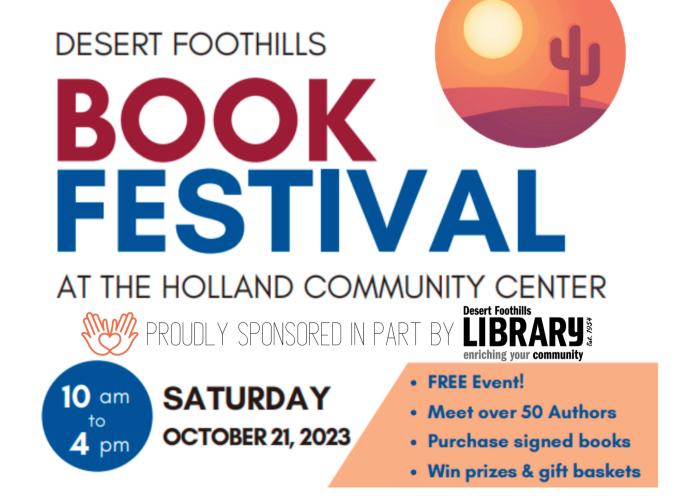
Wednesdays, 11 am - 12 pm

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

Holland Community Center 4250 N 60th St in Scottsdale HollandCenter.ora



HEALTH & WELLNESS PROGRAMS

NEW! Bioenergetics- Healing Energy Every Other Friday Starting July 7th, 9:30 am - 10:30 am

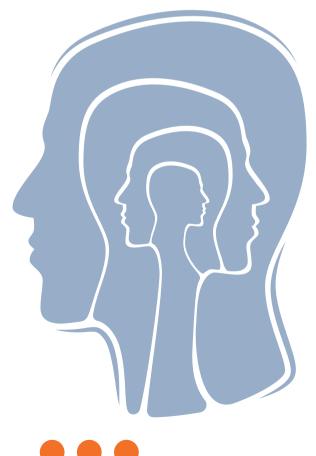
Are your energy pathways blocked? Discover how to release and balance any blocked energy you may have.

The premise is that mental, emotional, and physical illnesses are caused by a blockage in the flow of energy. The first step is to identify blocked energy. The second step is to then restore the correct flow of energy which in turn allows the body to naturally regenerate and heal.

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 utilizing this cutting-edge technology may assist you in pinpointing the root cause with actionable recommendations to help restore balance and harmony. During this class you will receive one complimentary bioenergetic scan which is completely safe and nonintrusive. You will also learn how to read and understand your bioenergetic scan results. 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 with eastern medicine 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 www.Bioenergy.Plus or text or call 480-351-6464 or email heal@bioenergyplus.net

Dave is offering this class FREE. Each attendee will receive one complementary bioenergetic scan and have access to their scan results via the internet. Come check out what Bioenergetics is all about!



Jin Shin- Healing Energy Every Other Friday Starting July 14th, 9:30 am - 10:30 am

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 acupressure 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. Instructor: Dave Burrows. For more information visit www.JinShin.Plus or text or call 480-351-6464 or email heal@bioenergyplus.net





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• Adult Program Manager



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"The Mission of the Desert Foothills Library is to enrich the Desert Foothills Community by promoting literacy and advancing knowledge through library resources and programs that inspire lifelong learning." Desert Foothills

LIBRARY

**SOLUTION

Enriching your community





TOGETHER

We will make a difference



Working in partnership with these local organizations builds a stronger community

























