

JANUARY • FEBRUARY • MARCH 2024

INFORMATION HIGHWAYS



Desert Foothills

LIBRARY Est. 1954

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Chapter 2 Books

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A catalog of opportunities for our community

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HOST YOUR NEXT EVENT AT THE LIBRARY



FOR A GROUP OF 4 TO 200+
WE HAVE THE SPACE

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LIBRARY HOURS OPEN

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

Desert Foothills

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CLOSED

Monday, January 1st
Monday, January 15th
Monday, February 19th

For our most updated information visit DFLA.org

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

JANUARY EVENTS



S	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Library Closed	2 9 AM Tai Chi & Qigong\$ 10 AM Caring for the Caregiver 1 PM Informal Mahjong 3 PM Game Cafe	3 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 12:30 PM Death Cafe 1:30 PM Canasta	4 1:30 PM AZ Medicare Guide Presentation 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	5 9:30 AM Bioenergetics 10 AM Conversation French Beginner 2\$	6
7	8 9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 1 PM Craft N Chat 3:30 PM Art Critique	9 9 AM Tai Chi & Qigong\$ 10:30 AM Family Storytime 11 AM Taxes in Retirement Workshop 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 5 PM Get Lit Book Club	10 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	11 10 AM Library Book Club 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	12 10 AM Library Book Sale 9:30 AM Jin Shin Healing Energy 10 AM Conversation French Beginner 2\$ 2 PM International Film Series	13 10 AM Library Book Sale 10 AM Jubilate - Violin Orchestra 11 AM Cat & Kitten Adoptions 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
14	15 Library Closed	16 9 AM Tai Chi & Qigong\$ 1 PM Informal Mahjongg 2PM Karma & Reincarnation 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Books To Die For 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	17 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	18 10 AM Literary Salon 1PM Once Upon a Time ... A King and His Palace 3PM Drum Circle - Healing Rhythms 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	19 9:30 AM Bioenergetics 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance 2 PM Little Known Stories of WWII	20 10 AM Jubilate - Violin Orchestra 10:30 AM Black Mountain Dems and Friends 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart 12:30 PM LEGO Robotics Workshop\$
21	22 9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 1 PM Craft N Chat	23 9 AM Tai Chi & Qigong\$ 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	24 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	25 3:30 PM Center for Integrative Healing & Wellness 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	26 Puzzle Exchange 9:30 AM Jin Shin Healing Energy 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance 3:30 PM Desert Foothills Art Gallery Reception - 2024 Contemporary Art	27 10 AM Jubilate - Violin Orchestra 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
28	29 9:30 AM Essentrics Full Body Fitness\$ 11 AM Gentle Chair Yoga\$ 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat 1 PM Mahjongg 101\$	30 9 AM Tai Chi & Qigong\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	31 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	<p>\$PAID PROGRAM</p> <ul style="list-style-type: none"> • YOUTH PROGRAMS • TEEN PROGRAMS • ADULT PROGRAMS <p>Desert Foothills LIBRARY <small>est. 1954</small> enriching your community</p> <p>38443 N School House Rd, Cave Creek DFLA.org</p>		

FEBRUARY EVENTS



S Mon Tues Wed Thurs Fri Sat

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\$PAID PROGRAM

- YOUTH PROGRAMS
- TEEN PROGRAMS
- ADULT PROGRAMS

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1 1:30 PM AZ Medicare Guide Presentation 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	2 9:30 AM Bioenergetics 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance	3 10 AM Jubilate - Violin Orchestra 11:15 AM AARP Smart Driver Program\$ 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
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4	5 9:30 AM Essentrics Full Body Fitness\$ 10 AM Caring for the Caregiver 11 AM Gentle Chair Yoga\$ 12 PM Literate Foodies\$ 1 PM Mahjongg 101\$ 1 PM Craft N Chat 3:30 PM Art Critique	6 9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	7 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 12:30 PM Death Cafe 1:30 PM Canasta	8 10 AM Tax Assistance 10 AM Library Book Club 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4 PM Desert Foothills Gallery Presentation - 2024 Contemporary Art 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	9 10 AM Library Book Sale 9:30 AM Jin Shin Healing Energy 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance 2 PM International Film Series	10 10 AM Library Book Sale 10 AM Jubilate - Violin Orchestra 11 AM Cat & Kitten Adoptions 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
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11	12 9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 1 PM Craft N Chat 1 PM Mahjongg 101\$	13 9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$ 5 PM Get Lit Book Club	14 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	15 10 AM Tax Assistance 10 AM Literary Salon 3PM Drum Circle - Healing Rhythms 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	16 9:30 AM Bioenergetics 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance 2 PM Little Known Stories of WWII	17 10 AM Jubilate - Violin Orchestra 10:30 AM Black Mountain Dems and Friends 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
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18	19 Library Closed	20 9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 10:30 AM Family Storytime 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Books To Die For 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	21 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1 PM Winter Herbal Wellness Class 1:30 PM Canasta	22 10 AM Tax Assistance 10 AM Center for Integrative Healing & Wellness 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	23 Puzzle Exchange 9:30 AM Jin Shin Healing Energy 10 AM Conversation French Beginner 2\$ 2 PM Matter of Balance	24 10 AM Jubilate - Violin Orchestra 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart
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25	26 9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat 1 PM Mahjongg 101\$	27 9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	28 9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	29 10 AM Tax Assistance 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous 5 PM Alcoholics Anonymous		
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MARCH EVENTS



S Mon Tues Wed Thurs Fri Sat

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\$PAID PROGRAM

- **YOUTH PROGRAMS**
- **TEEN PROGRAMS**
- **ADULT PROGRAMS**

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1	2
9:30 AM Bioenergetics 2 PM Matter of Balance	10 AM Jubilate - Violin Orchestra 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart

3	4	5	6	7	8	9
9:30 AM Essentrics Full Body Fitness\$ 10 AM Caring for the Caregiver 11 AM Gentle Chair Yoga\$ 12 PM Literate Foodies\$ 1 PM Craft N Chat 3:30 PM Art Critique	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 12:30 PM Death Cafe 1:30 PM Canasta	10 AM Tax Assistance 1:30 PM AZ Medicare Guide 3PM Drum Circle - Healing Rhythms 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate) 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	10 AM Library Book Sale 9:30 AM Jin Shin Healing Energy 2 PM Matter of Balance 2 PM International Film Series	10 AM Library Book Sale 10 AM Jubilate - Violin Orchestra 10:30 AM Get to Know Your Library 11 AM Cat & Kitten Adoptions 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart

10	11	12	13	14	15	16
9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 1 PM Craft N Chat	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$ 5 PM Get Lit Book Club	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$ 5 PM Get Lit Book Club	9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	10 AM Tax Assistance 10 AM Library Book Club 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate) 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	9:30 AM Bioenergetics 2 PM Little Known Stories of WWII	10 AM Jubilate - Violin Orchestra 10:30 AM Black Mountain Dems and Friends 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart

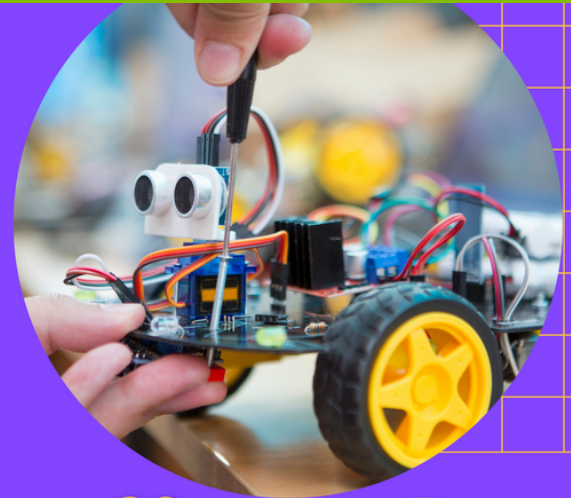
17	18	19	20	21	22	23
9:30 AM Essentrics Full Body Fitness\$ 11 AM Gentle Chair Yoga\$ 1 PM Craft N Chat	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Books To Die For 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 12:30 PM All About Hands\$ 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Books To Die For 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta	10 AM Tax Assistance 10 AM Literary Salon 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate) 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	9:30 AM Jin Shin Healing Energy 3:30 PM Desert Foothills Gallery Reception	10 AM Jubilate - Violin Orchestra 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart

24	25	26	27	28	29	30
9:30 AM Essentrics Full Body Fitness\$ 9:30 AM Healing Pathway 11 AM Gentle Chair Yoga\$ 12:30 PM Foothills Caring Corps at the Movies 1 PM Craft N Chat	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM Tai Chi & Qigong\$ 10 AM Tax Assistance 1 PM Informal Mahjongg 3 PM Game Cafe 3:30 PM Jubilate - Intermediate Strings\$ 4 PM Strength Training for Women\$ 4:15 PM Jubilate - Advanced Strings\$	9 AM The Painters Palette 11 AM Gentle Yoga\$ 12 PM Ukulele Jam Session 12 PM Tech Help 1:30 PM Canasta 2 PM Create Your Own Spring Easter Floral Design Party!\$	10 AM Tax Assistance 3:30 PM Center for Integrative Healing & Wellness 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$ 4:30 PM Overeaters Anonymous Meeting 5 PM Alcoholics Anonymous	Puzzle Exchange 9:30 AM Bioenergetics	10 AM Jubilate - Violin Orchestra 11:15 AM AARP Smart Driver Program\$ 11:30 AM Jubilate - Childrens Singing Class 12 PM Jubilate - Music from the Heart

FEATURED YOUTH PROGRAMS

LEGO Robotics Workshop

4th - 8th Graders
No Experience Necessary



Saturday, January 20
12:30 pm - 2:30 pm

These hands-on lessons are taught by award-winning teams from Education Empowers Inc. educationempowers.org as well as industry professionals.

\$10 Registration | Visit DFLA.org

Introduction to Robotics program will equip youth with an understanding of Robotics, while gaining hands on experience with coding robots.

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Special Storytime Event with Linda and Logan the Therapy Dog Tuesday, January 9, 10:30 am - 11 am

Children ages 4 to 7 years old and their families are encouraged to join us for a special Storytime event with Linda and Logan the Therapy Dog! Linda will read "Don't Tell Cooper He's a Dog" and talk about the book and the importance of therapy dogs. The children will get to pet Logan the Therapy Dog and ask Linda, his human, questions about Logan. *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 in this program. Drop-offs will not be permitted.*

Free | No registration | Questions, please call 480-488-2286



FEATURED YOUTH PROGRAMS

Special Storytime with Children's Author - Michael Ivory

Tuesday, February 20, 10:30 am - 11 am

Join us for a special Storytime featuring children's author Michael Ivory! He will be reading his book *Tubba and Friends | The Big Music Jamboree!* Follow Tubba Bear as she embarks on a fun, rhyming adventure with her pink guitar! Along the way, she travels to different places and meets many new friends with their musical instruments. What started as an idea for one quickly adds up to a harmonious day of friends on their way to the Big Music Jamboree!



MICHAEL IVERY is a children's book author, illustrator, and creator of Tubba and Friends, a new children's brand of characters, books, toys, and media inspired by his youngest daughter, Emma. As a former award-winning DJ for over 20 years, Michael turned his love for playing in clubs into playtime with his three daughters. His children continue to inspire him to be creative, have fun, and enjoy the little things in life.

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 in this program. Drop-offs will not be permitted. Free | No registration | Questions, please call 480-488-2286

GAME CAFÉ

OPEN
TUESDAYS 3-4

AGES 11-17

TEEN LOUNGE



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JUBILATE

Conservatory of Music

Winter Semester 2024

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

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.

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.

Intermediate String Ensemble

Tuesdays, Jan 15 - Mar 26, 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

Advanced String Ensemble

Tuesdays, Jan 15 - Mar 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

Jubilate Violin Orchestra

Saturdays, Jan 13 - Mar 30, 10 - 11:15 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, Jan 13 - Mar 30, 11:30 am - 12 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, Jan 13 - Mar 30, 12 pm - 12:45 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

jubilateconservatoryofmusic.org

BRAIN POWERS CHESS

THURSDAYS | 3:45 PM - 5:45 PM
JANUARY 4 - MARCH 28

LEARN TACTICS AND STRATEGIES
OF THE GAME OF CHESS

k - 12 and Adults

Interested in participating, please contact Brain Powers
at (623) 321-4123 in advance to register for the class.

\$140 FOR 4 SESSIONS

3-MONTH BUNDLE OF \$403 FOR 13 SESSIONS

Brain Powers teaches the game of Chess and other games rooted in concentration of thought and strategic principles for K-12 and adults, offering class and one-on-one instruction. Teaching the tactics and strategies of Chess and other contemplative games, we equip students with life skills development and improvement beneficial to areas such as overall academic performance, critical thinking, problem solving, personal finance comprehension, and emotional intelligence. These studies help build memory, thinking speed, and accuracy, including learning from mistakes and turning them into positive life lessons.

For this K-12 Beginner/Intermediate class, learn the game and how to craft effective and creative solutions to victory! Cultivate character-building life skills like strategy, tenacity, delayed gratification, accountability, resilience, and much more! Each week students will be learning a specific principle or group of principles central to Chess from a seasoned instructor highly skilled in the game, through interactive instruction, with challenge application to example opponent board positions and partnered in-class pairings with peers, promoting immediate reinforcement of the class teachings.

LEARN MORE AT DFLA.ORG

FEATURED ADULT PROGRAMS

CREATE YOUR OWN

Spring Floral Design PARTY

Wednesday, March 27th
2 pm - 4 pm

Join us to create your own expression of gratitude and excitement for Spring by making a stunning fresh flower arrangement in a watering can. Taught by Certified Master Florist, Tina Nestor, from Create Yours. You'll receive all the flowers, supplies, and step-by-step instructions needed; including an abundance of information about flowers, flower care, and floral design. Your finished creation will be perfect for your celebration of Spring or Easter!

Register at dfla.org | \$85 Per Person



*Drum Circle- Healing Rhythms

Thursdays, 3:00 - 4:00 pm

January 18 | February 15 | March 7

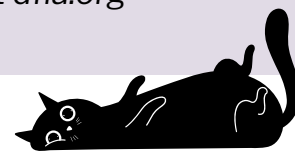
Join us for a fun and interactive drum circle led by trained HealthRhythms facilitator, Frank Thompson. Drum circles are a form of recreational music-making proven to reduce stress, boost the immune system, promote joy, and a sense of well-being and to build community. All drums and percussion instruments provided. No musical experience required! If you have a heartbeat, you can drum. Open to all adults, all ages. *FREE* | Register at dfla.org

Happy Cat Rescue- Cat & Kitten Adoptions

2nd Saturday of each month, 11:00- 3:00 pm

January 13 | February 10 | March 9

Looking for a new furry friend to add to your family?! Happy Cat Rescue will be at the Desert Foothills Library the 2nd Saturday of each month starting in August with both cats and kittens looking for their fur-ever homes.



Scan here to see just some of the furry felines looking for a home!

FEATURED ADULT PROGRAMS

ART & TRAVEL SERIES

***Once Upon a Time... A King and His Palace**

Thursday, January 18, 1:00 - 2:00 pm

Presented by Dominique Flamm

From Modest hunting lodge to magnificent royal residence, Versailles seems to come straight out of a fairy tale.

But why was it built in the first place? And what concepts guided its construction?

Please join Dominique and follow in the Sun King's footsteps.

Dominique graduated from the École du Louvre in Paris studying art history and museology, and was an Art Lecturer of the French National Museums before moving to the United States where she began her teaching career.

FREE | Register at dfla.org

Class is free but a donation to the Desert Foothills Library is appreciated



Art Critique

1st Monday of each month, 3:30 - 5:00 pm

January 8 | February 5 | March 4

The Desert Foothills Library and the Sonoran Art League are combining their critiques! Two nonprofits working together to enhance art education- a win for all!

Join us for a discussion that is designed to meet each individual's need for continual artistic growth and develop.

Come join us and bring a friend.

WHAT TO BRING...art work you are working on, this could be a work you are having trouble with, a piece you feel you can show us a new technique, a piece of art you have finished and want feedback, bring work that you are having questions about framing, or what medium to use, questions about selling art, etc. All these topics and more are open for discussion! Open to Sonoran Arts League Members and ALL artists in the community!



Desert Foothills Art Gallery

2023 Hidden in the Hills Showcase October 5, 2023, to January 10, 2024

Visit Desert Foothills Library to view featured work by local artists; members of the Sonoran Arts League

2024 Contemporary Art January 11 to March 13, 2024

2024 Contemporary Art Reception – January 26, 3:30 – 5:00 pm

2024 Contemporary Art Presentation – February 8, 4:00 – 5:00 pm



FEATURED ADULT PROGRAMS

*AZ Medicare Guide Presentation

Thursdays, 1:30 - 2:30 pm

January 4 | February 1 | March 7

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 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 your Medicare questions!

FREE | Register at dfla.org



Get to Know Your Library

Saturday, March 9, 10:30 – 11:30 am

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!

Free | No registration | Questions, please call 480-488-2286

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AARP® AARP SMART DRIVER REFRESHER COURSE

Saturday, February 3 & March 30
11:15am-3:15pm

A refresher course in driver safety and driving skills! Learn new driving techniques, rules of the road, defensive driving and how to minimize distractions. 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.

Completion of course may entitle you to a discount w/ your insurer!

Pay instructor at class \$25 or \$20 with AARP member card, plus \$5 DFL registration fee.

Register online or call 480-488-2286

*Event requires reservation, RSVP online at dfla.org | Questions, please call 480-488-2286

FEATURED ADULT PROGRAMS

*Winter Herbal Wellness Class

Wednesday, February 21, 1:00-2:30 pm

Here in the desert, the arrival of winter provides a welcome and much-needed respite from the summer heat. However, it also marks the advent of cold and flu season, a time when maintaining a healthy immune system becomes a top priority. In the Winter Herbal Wellness Workshop, we will explore a variety of natural ways to support a healthy immune system. You'll also learn how to harness the healing properties of common, easily accessible herbs and desert plants to support immune system health and overall wellness. Takeaways include a variety of simple recipes you can try at home, plus a 4 oz. "healthy immunity" herbal elixir.

Elizabeth Westcott is an Arizona transplant, originally from the Midwest. The natural world, particularly the beautiful American Southwest, archaeology, and people and their stories fascinate her. Her favorite pastimes are writing, finding new outdoor adventures, herbalism/medicinal plants, and exploring the archaeology of the Southwest. She has worked in the dietary supplement industry for the bulk of her career, and has extensive experience creating articles and blog content relating to health and fitness, natural and alternative health, dietary supplements and ingredients, and more.

Registration Required at dfla.org or call 480-488-2286 | Cost: \$30/person



TECH HELP

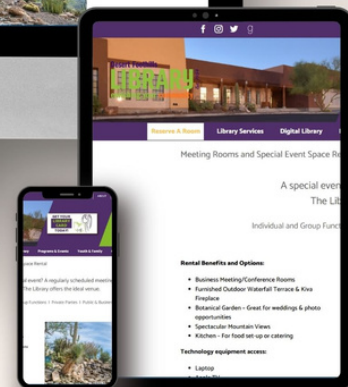
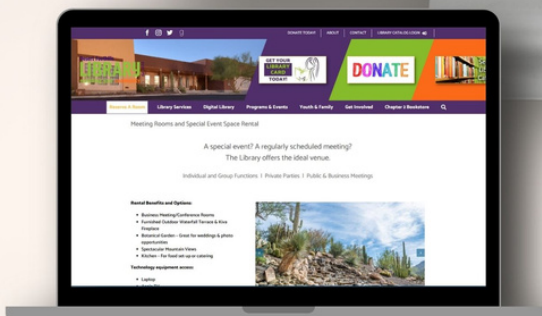
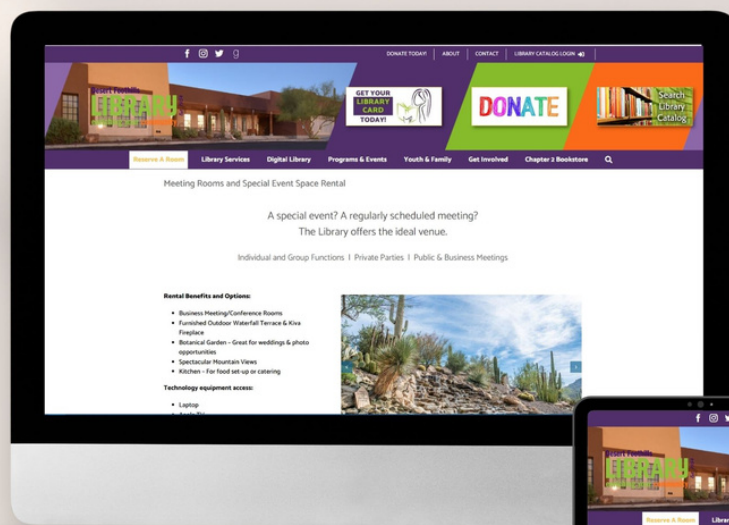
WEDNESDAYS, 12 - 5 PM


CALL TO MAKE YOUR FREE 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



 **480-488-2286**

*Event requires reservation, RSVP online at dfla.org | Questions, please call 480-488-2286

FEATURED ADULT PROGRAMS

Karma and Reincarnation

Tuesday, January 16th, 2:00 – 3:00pm

Open Discussion - "On Karma and Reincarnation "

Do you wonder how you got into your family? Are you strongly attracted to a certain city, country or time in history? Would you like to move past the past?

You're invited to attend a spiritual discussion on Karma and Reincarnation where these questions and others will be explored. Join Mark Peppers and Susane Nyberg as they share insights and spiritual exercises that help you find answers to your deepest questions.

This is a Public Presentation by Eckankar, The Path of Spiritual Freedom.

If you would like more information about the event email: Welcome@EckankarArizona.org

Free | No registration | Questions, please call 480-488-2286

Class is free but a donation to the Desert Foothills Library is appreciated

Puzzle Exchange

Last Friday of each month, 9:00 - 5:00 pm

January 26 | February 23 | March 29

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!



*Center for Integrative Healing and Wellness

Thursdays, 3:30 - 5:00 pm

January 25 | February 22 | March 28

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.

Register at dfla.org

Class is free but a donation to the Desert Foothills Library is appreciated.

BOOK STORE DONATIONS WELCOME!



CHAPTER2BOOKS ACCEPTS:

HARD COVER FICTION
PAPERBACK AND TRADE FICTION
CURRENT NON-FICTION
LARGE PRINT BOOKS
CDS & DVDS
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MAGAZINES (CURRENT WITHIN 1 YEAR)

Chapter2Books
Great Books. Great Prices.

NOT ACCEPTED:

ENCYCLOPEDIAS
DICTIONARIES
TEXT BOOKS
CASSETTES
VHS TAPES

FEATURED ADULT PROGRAMS

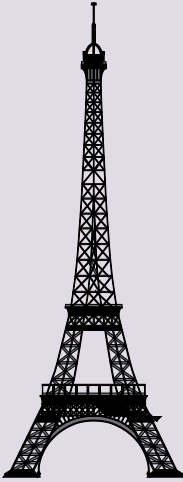
***Conversation French – 2**

Fridays, January 5 - February 23, 10:00 am – 12:00 pm

Aimez-vous parler français? This Conversation French - 2 class meets once a week for eight weeks. The focus is on building your confidence in speaking French. Handouts will be provided. So, come join and bavarois!

Bonjour! Dominique Flamm is a native French speaker and a foreign language teacher. She graduated from the Ecole du Louvre in art history and museology, and was an Art Lecturer of the French National Museums in Paris. After moving to the U.S., Dominique began a teaching career and taught French and Spanish in the Cave Creek Unified School District. Questions about the class, please contact the instructor at dominique.flamm@gmail.com.

Cost: \$80. Registration Required at dfla.org. Class limited to 10 students, register today!



***MahJongg 101: Brain Healthy Fun**

Mondays, January 29, February 5, 12, 26, 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.

Registration required at dfla.org | Questions, please call 480-488-2286

7-day cancellation policy in effect

Cost: \$90.00

***MahJongg 102: Step Up to the Next Level!**

Mondays, March 4, 11, 18, 25, 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



WEEKLY ADULT PROGRAMS

Craft N Chat

Mondays, 1:00 - 3:00 pm (No Meeting 1/1, 1/15 & 2/19)

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, 1:00 - 4:00 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. Basic game play knowledge required.*

The Painters Palette

Wednesdays, 9:00 am - 12:00 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.



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!

Canasta

Wednesdays, 1:30 - 4:30 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! Facilitation and instruction provided by Lisa Waldvogel.

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, 5:00 - 6:00 pm

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

These classes are free but a donation to the library is appreciated

MONTHLY ADULT PROGRAMS

Caring for the Caregiver

1st Monday of the month, 10:00 - 11:30 am

January 2nd (Date Change) | February 5 | March 4

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.

Free | No Registration Required

The Healing Pathway

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

January 8 & 22 | February 12 & 26 | March 11 & 25

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.

Free | No Registration Required

Class is free but a donation to the Desert Foothills Library is appreciated

Death Café

1st Wednesday of each month, 12:30 - 2:30 pm

January 3 | February 7 | March 6

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 deathcafe.com.

Free | No Registration Required

Death  Cafe

Talking about death won't kill you.

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...

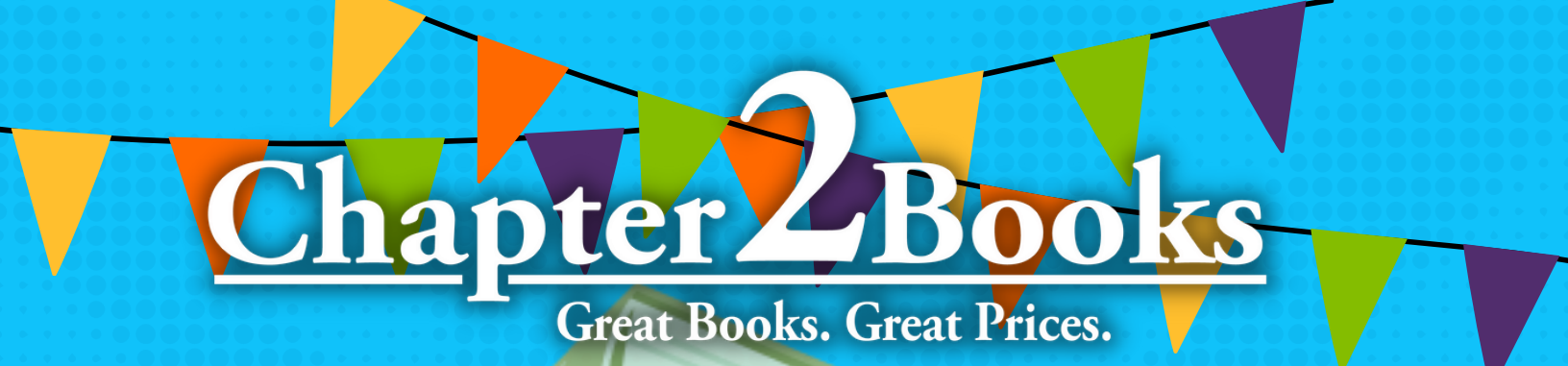
- Provide library circulation services to more than **10,000 patrons**
- Serve more than **6,000 community members** through our lifelong learning programs
- Offer more than **1400 community programs and class sessions**

Desert Foothills
LIBRARY
enriching your community

91% Of Our Funding Comes From Supporters Like You!

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





Chapter 2 Books

Great Books. Great Prices.

BOOK SALE

MARK YOUR CALENDAR!

JANUARY 12

&

JANUARY 13

9 AM - 5 PM

10 AM - 4 PM

FEBRUARY 9

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FEBRUARY 10

9 AM - 5 PM

9 AM - 4 PM

MARCH 8

&

MARCH 9

9 AM - 5 PM

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.



amazon

FREE FILM PROGRAMS



Foothills Caring Corps at the Movies

Last Monday of each month

12:30 - 2:30 pm

January 29 | February 26 | March 25

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! Open to the public!

Free | No Registration Required

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

2nd Friday of each month, 2:00 – 5:00 pm

Presented by Gary Zaro & Paradise Valley Community College

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

Free | No Registration Required

Friday, January 12: *A Regular Woman* (NR; 2019, Germany, 90 minutes)

Friday, February 9: *Open Your Eyes* (R; 1997, Spain, 119 minutes)

Friday, March 8: *Gallipoli* (PG; 1981, Australia, 110 minutes)

Class is free but a donation to the Desert Foothills Library is appreciated

Desert Foothills Library Cinematic Reflections Series

Little Known Stories of World War II

3rd Friday of each month, 2:00 - 5:00 pm

Presented by Gary Zaro & Paradise Valley Community College

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

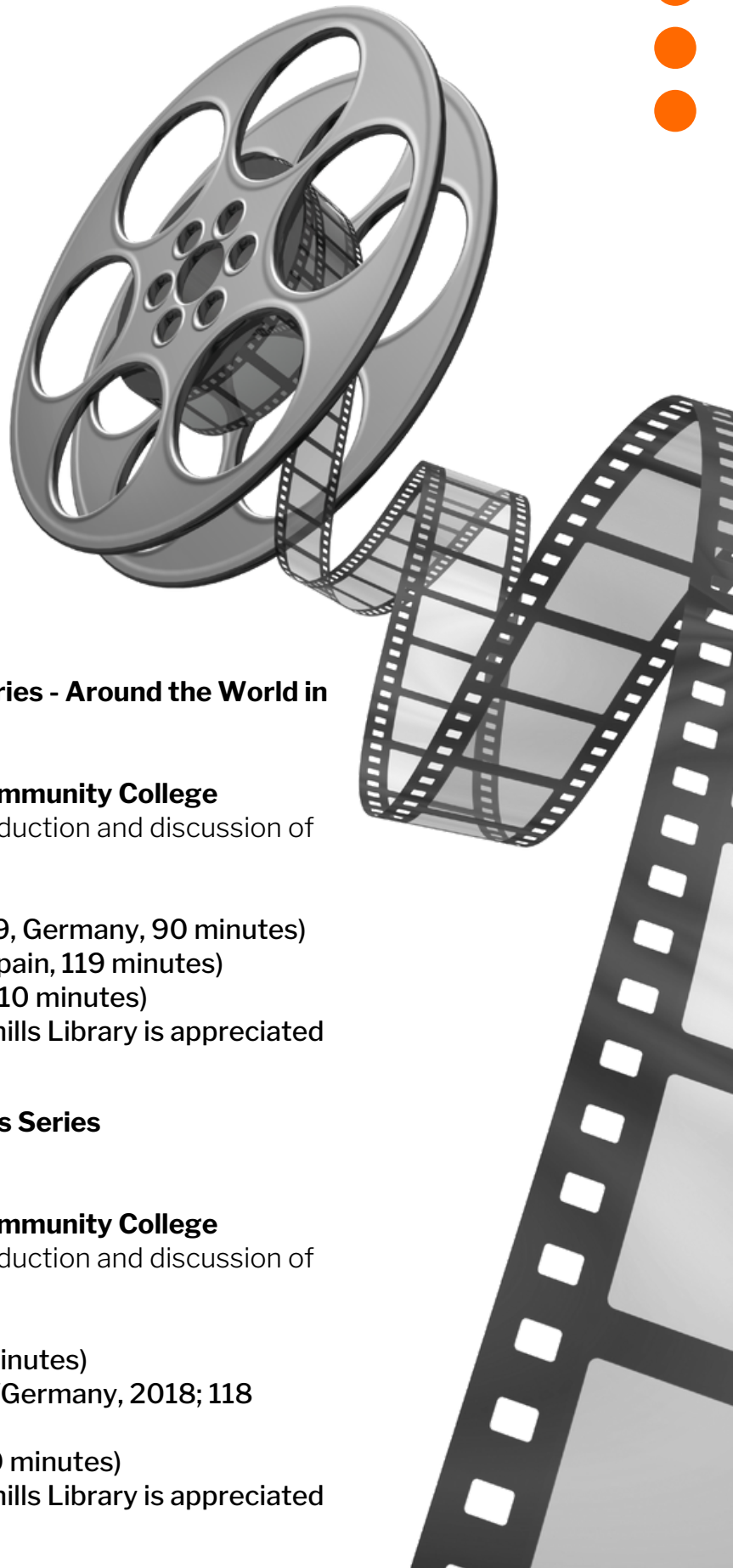
Free | No Registration Required

Friday, January 19: *Katyn* (Poland, 2007; 120 minutes)

Friday, February 16: *The Keeper* (Great Britain/Germany, 2018; 118 minutes)

Friday, March 15: *Sunken Roads* (U.S., 2019; 90 minutes)

Class is free but a donation to the Desert Foothills Library is appreciated



LITERARY ADULT PROGRAMS

*Literate Foodie Club

First Monday of the month, 12:00 - 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.

Monday, February 5th: *Finding Freedom* by Erin French

Monday, March 4th: *Treasures of the Mexican Table* by Pati Jinich

*Get Lit Book Club

2nd Tuesday of each month, 5:00 - 6:30 pm

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

Tuesday, January 9: *Let's Pretend This Never Happened* by Jenny Lawson

Tuesday, February 13: *Quiet: The Power of Introverts* by Susan Cain

Tuesday, March 12: *The Rose Code* by Kate Quinn

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!

Registration Required. Restaurants TBA on dfla.org approx. 1 week in advance of meeting



*Books to Die For: A Murder Mystery Book Club

3rd Tuesday of each month, 4:00 - 5:00 pm

Tuesday, January 16: *A Test of Wills* by Charles Todd

Tuesday, February 20: *As the Wicked Watch* by Tamron Hall

Tuesday, March 19: *When Blood Lies* by C.S. Harris

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 at dfla.org

LITERARY ADULT PROGRAMS

*Literary Salon

3rd Thursday of each month, 10:00am – 12:00pm

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! Class is free but a donation to the Desert Foothills Library is appreciated

January 18: Myths and Legends

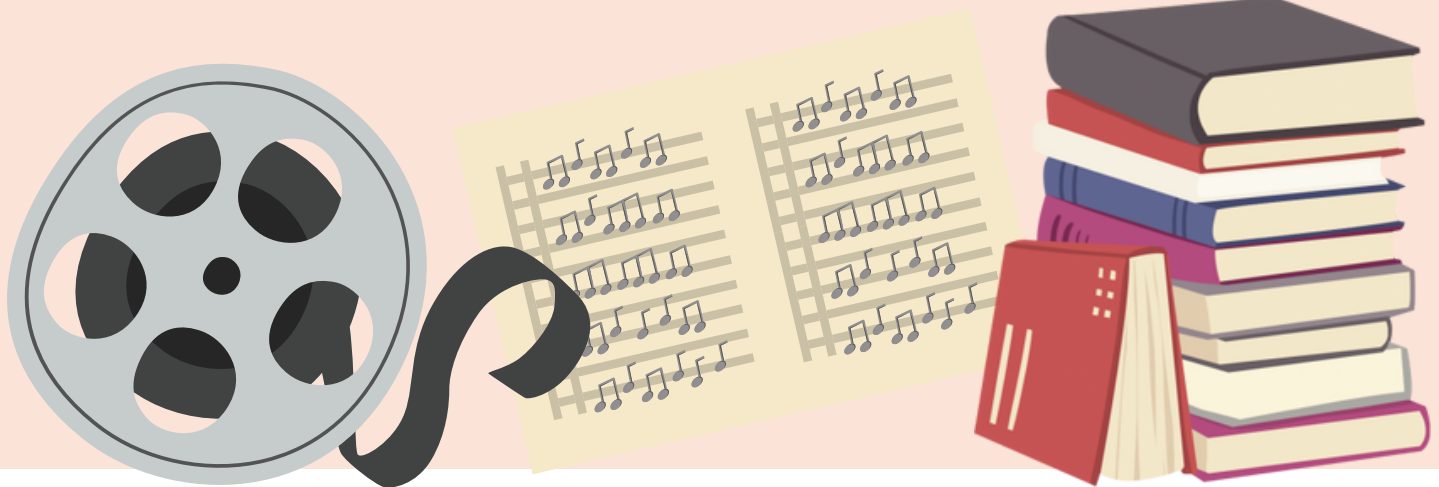
Choose a myth, legend, or any other similar genre that is either rooted in the past (as in the tales about ancient Greek gods, or the legends of King Arthur), or that has more recent origins, such as tales about vampires and werewolves. We’ll discuss what drew you to that particular tale and its relevance to today’s world.

February 15: Different Types of Love

Choose a book, film, play, or piece of music about love, and let us know what type(s) of love it deals with, and what you love about it.

March 21: Lies and Liars in Literature

Choose a fiction or nonfiction book, film, play, or piece of music about a liar, and tell us what the lie is, why the liar lies, how the lie disrupts the status quo, whether or not the liar gets away with it, and how you feel about the outcome.



Library Book Club

2nd Thursday of each month, 10:00 am - 12:00 pm

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

Thursday, January 11: *The Lioness of Boston* by Emily Franklin

Thursday, February 8: *Horse* by Geraldine Brooks

Thursday, March 14: *The Dictionary of Lost Words* by Pip Williams

Class is free but a donation to the Desert Foothills Library is appreciated

HEALTH & WELLNESS PROGRAMS

ESSETRICS Full Body Fitness

Mondays 9:30 - 10:30 am (No Class 1/1, 1/15, 2/19)

ESSETRICS® 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 if you have one.

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

Gentle Chair Yoga

Mondays, 11:00 am - 12:00 pm (No Class 1/1, 1/15, 2/19)

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 | No Registration Required

Tai Chi – Qigong for Everyone!

Tuesdays, 9:00- 10:00 am

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



HEALTH & WELLNESS PROGRAMS

***H.A.N.D.S. Wellness and Fitness Class**

Tuesdays, 12:30 - 1:45 pm

January 9 & 23 | February 6 & 20 | March 3 & 15

H.A.N.D.S is a unique educational seminar and fitness class consisting of stretching, movement, breathing and hand specific exercises. Is it difficult to use your hands due to pain or weakness? Is your sleep disrupted from hand numbness or throbbing? Do you have arthritic pain or soft tissue tightness in your hands, elbows or even shoulders? This is the class for you.

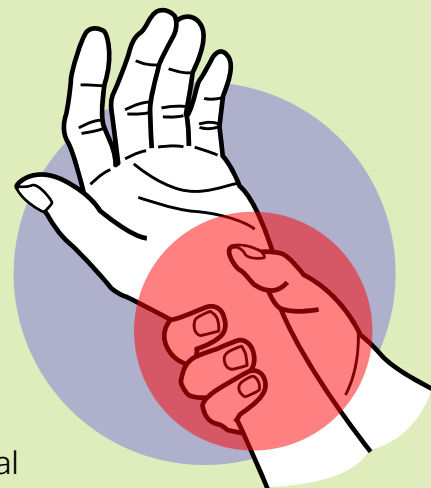
Mary Recker, OTR/L, CHT is a CA and AZ Board Certified Occupational and Hand Therapist with more than 10 years of experience in the clinical and hospital field. Prior to her achieving a degree in OT, Mary worked as a personal and group fitness trainer, yoga instructor for nearly 20 years with a special love and hobby of many forms of dance. All this contributes to creating this educational and practical fitness class.

Class is 75 minutes long and includes a Presentation and Q&A setting on how to self-treat common hand and upper extremity diagnoses (arthritis, Carpal tunnel, etc.). Also be prepared to move and stretch during a fun exercise class! Class can be progressive; set goals and apply what you learn.

Questions regarding H.A.N.D.S. class or hand therapy: Mary Recker 602-837-2635, maryreckerot@gmail.com or check FB/Instagram: hands_to_heart_hand_therapy

Bring yoga mat (not required), towel, water (chair provided for exercise level modifications)

Cost: \$20/class. Register at dfla.org or call 480-488-2286. Walk-ins also accepted



Strength Training for Women

Tuesdays, January 16 to April 30, 4:00 – 5:00pm

If you've never lifted weights in your life – and many people haven't - why should you start now? The answer is simple: Muscle tissue, bone density and strength all decrease over the years. These changes open the door to injuries and accidents that can compromise your ability to lead an independent and active life. Strength training can play a huge role in slowing bone loss and is one of the most effective ways reverse much of this decline.

Come join us for an hour of targeted exercise where we will focus on making our bodies stronger as well as emphasizing the importance of maintaining and improving our balance. Studies attest that strength training can help you manage and sometimes prevent conditions such as heart disease, diabetes, arthritis and osteoporosis. It can also protect vitality and make everyday tasks more manageable.

Wear comfortable clothes and bring a yoga mat or beach towel, water and your weights. Please start with your lightest weights (2-3 lbs.)

Start the New Year off by giving yourself the gift of good health!

One Time Class Fee of \$20.00, payable to instructor at the beginning of your first class

Class limited to 20 participants

Instructor: Joanne Rebollo

HEALTH & WELLNESS PROGRAMS

Gentle Yoga

Wednesdays, 11:00 am - 12:00 pm

Yoga for Every Body! Through a slow flow of poses coordinated with the breath, you'll begin strengthening your heart, bones, balance, and sharpening the mind. You are only one yoga class away from a good mood! Marina started practicing yoga in 1995, and for the past seven years has taught locally. 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 | No Registration Required



Bioenergetics

9:30 am – 11:00 am

January 5 & 19 | February 2 & 16 | March 1, 15, & 29

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

Free | No registration | Questions, please call 480-488-2286

Class is free but a donation to the Desert Foothills Library is appreciated

HEALTH & WELLNESS PROGRAMS

Jin Shin- Healing Energy

Fridays, 9:30 - 10:30 am

January 12 & 16 | February 9 & 23 | March 8 & 22

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.

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

Free | No Registration Required

Class is free but a donation to the Desert Foothills Library is appreciated



MATTER OF BALANCE



FRIDAYS

JANUARY 19 - MARCH 8

2 - 4 PM

GAIN CONFIDENCE AND STRENGTH THROUGH INSTRUCTOR GUIDED GENTLE EXERCISES FOR A MORE BALANCED AND STRONGER LIFE.

THIS EVIDENCE-BASED CURRICULUM IS FOR ANYONE WHO HAS A CONCERN ABOUT FALLING. JOIN US AND LEARN HOW TO INCREASE YOUR STRENGTH AND GAIN CONFIDENCE IN BALANCE.

FREE
RSVP AT
DFLA.ORG

***REGISTRATION FOR ALL 8 SESSIONS IS EXPECTED.
THIS PROGRAM IS LIMITED TO 15 PARTICIPANTS***

**IN PARTNERSHIP WITH HONORHEALTH AND
INSTRUCTORS FROM A.T. STILL UNIVERSITY**

HONORHEALTH



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• Program Coordinator



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• Special Events Manager



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• Lead Library Assistant



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COMMUNITY EVENTS

FOOTHILLS FOOD BANK & RESOURCE CENTER PRESENTS

SHRED-A-THON **& PRESCRIPTION TAKE-BACK**

Saturday, January 27, 2024
9:00am - 12:00pm

Free Event!

No proof of residency required.

Collection and Shred Site:

6061 E. Hidden Valley Drive, one block south of Cave Creek Road

Monetary & non-perishable pantry item donations are always appreciated!

Also Accepting:

Small electronics, phones, computers, gently used clothing, housewares, books
for Goldmine Thrift Store and Desert Foothills Public Library

Thank You to our community partners & sponsors!

Town of Cave Creek, Maricopa County Sheriff's Office, Desert Foothills Public Library, Goldmine Thrift Store,
Tech 4 Life, and North Valley Junk Removal.



National Bank of Arizona



6038 E. Hidden Valley Drive, Cave Creek, AZ 85331 | (480) 488-1145 | www.foothillsfoodbank.com

Desert Foothills Library



GROWING THROUGH THE DECADES

GARDEN GALA

**SATURDAY, APRIL 20, 2024
5:00 PM TO 9:00 PM**

*Please join us for a memorable evening as we
celebrate our 70th Birthday!*

For seven decades, Desert Foothills Library has had the privilege of being a place of nourishment - a garden per se - where the minds of children and adults, friendships, talents, beliefs, dreams, and abilities are nurtured.

Join us for our annual fundraising gala as we partner with our families, friends and community sponsors as we foster our foundation, spread our roots and plant new seeds in our garden and accomplish our goal to better serve and empower our community.

We cannot wait to welcome you!

**THE EVENING WILL FEATURE A LIVELY COCKTAIL RECEPTION;
A DELICIOUS, SEATED DINNER; UNIQUE SILENT AND LIVE AUCTIONS;
AND LIVE ENTERTAINMENT**

Cocktail Attire

**LIMITED SEATING - \$250 PER PERSON
ALL PROCEEDS BENEFIT DESERT FOOTHILLS LIBRARY**

RSVP

**RESERVE YOUR SEATS OR FILL A TABLE WITH FRIENDS
PLEASE RESPOND BY SATURDAY, MARCH 30, 2024 TO DFLA.ORG**

Unable to attend the Gala?

Consider making a donation!