

MARCH 2024

INFORMATION HIGHWAYS



ASU Osher Lifelong Learning Institute
Arizona State University

CLASSES AVAILABLE

Desert Foothills

LIBRARY *Est. 1954*
enriching your community

Chapter 2 Books
Great Books. Great Prices.

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A catalog of opportunities for our community

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

HOST YOUR NEXT EVENT AT THE LIBRARY



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

- Ball Room
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- Stunning Waterfall Terrace & Botanic Garden
- Gas Kiva Fireplace
- Spectacular Mountain Views
- Full Kitchen – Food Set-Up, Catering, & Demonstrations



RESERVE YOUR SPACE
AT DFLA.ORG TODAY!
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Desert Foothills
LIBRARY Est. 1954
enriching your community

LIBRARY HOURS

Monday, Wednesday, and Friday

9 am - 5 pm

Tuesday and Thursday

9 am - 6 pm

Saturday

10 am - 4 pm

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

MARCH EVENTS



S Mon Tues Wed Thurs Fri Sat

Desert Foothills
LIBRARY *est. 1954*
 enriching your community

\$PAID PROGRAM
 • YOUTH PROGRAMS
 • TEEN PROGRAMS
 • ADULT PROGRAMS

38443 N School House Rd, Cave Creek | DFLA.org

1
 9:30 AM Bioenergetics
 2 PM Matter of Balance

2
 10 AM Jubilate - Violin Orchestra
 11:30 AM Jubilate - Childrens Singing Class
 12 PM Jubilate - Music from the Heart

3
4
 9:30 AM Essentrics 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

5
 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 Strength Training for Women\$
 4:15 PM Jubilate - Advanced Strings\$

6
 9 AM The Painters Palette
 10 AM Safeguard Your Estate
 11 AM Gentle Yoga\$
 12 PM Ukulele Jam Session
 12 PM Tech Help
 12:30 PM Death Cafe
 1:30 PM Canasta

7
 10 AM Tax Assistance
 10:30 AM Babytime
 1:30 PM AZ Medicare Guide
 3PM Drum Circle - Healing Rhythms
 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)
 5 PM Alcoholics Anonymous

8
 10 AM Library Book Sale
 9:30 AM Jin Shin Healing Energy
 2 PM Matter of Balance
 2 PM International Film Series

9
 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

10
11
 9:30 AM Essentrics Full Body Fitness\$
 9:30 AM Healing Pathway
 11 AM Gentle Chair Yoga\$
 1 PM Craft N Chat

12
 9 AM Tai Chi & Qigong\$
 10 AM Tax Assistance
 10:30 AM Family Storytime
 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

13
 9 AM The Painters Palette
 11 AM Gentle Yoga\$
 12 PM Ukulele Jam Session
 12 PM Tech Help
 1:30 PM Canasta

14
 10 AM Tax Assistance
 10 AM Library Book Club
 10:30 AM Babytime
 3 PM Safeguard Your Estate Workshop
 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)
 5 PM Alcoholics Anonymous

15
 9:30 AM Bioenergetics
 2 PM Little Known Stories of WWII

16
 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
 9:30 AM Essentrics Full Body Fitness\$
 11 AM Gentle Chair Yoga\$
 1 PM Craft N Chat

19
 9 AM Tai Chi & Qigong\$
 10 AM Tax Assistance
 10:30 AM Storytime with Logan
 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\$

20
 9 AM The Painters Palette
 11 AM Gentle Yoga\$
 12 PM Ukulele Jam Session
 12 PM Tech Help
 1:30 PM Canasta

21
 10 AM Tax Assistance
 10 AM Literary Salon
 10:30 AM Babytime
 2 PM Dream Discussions
 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)
 5 PM Alcoholics Anonymous

22
 9:30 AM Jin Shin Healing Energy
 3:30 PM Desert Foothills Gallery Reception

23
 9 AM - 12:30 PM Cave Creek/North Scottsdale Eductaional Fair

24
25
 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

26
 9 AM Tai Chi & Qigong\$
 10 AM Tax Assistance
 10:30 AM Family Storytime
 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\$

27
 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!\$

28
 10 AM Tax Assistance
 10:30 AM OLLI A Culinary Tour of France
 3:45 PM Brain Powers Chess (K-12 Beginner-Intermediate)\$
 5 PM Alcoholics Anonymous

29
 Puzzle Exchange
 9:30 AM Bioenergetics

30
 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

Special Storytime Event with Linda and Logan the Therapy Dog Tuesday, March 19, 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 "Quick as a Cricket" 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
Storytime is free but a donation to the Desert Foothills Library is appreciated



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.**

FEATURED YOUTH PROGRAMS

Family Story Time

Tuesdays, 10:30 am - 11 am

Children ages 3 to 6 years old and their families are encouraged to join Miss Dawn for a storytime featuring developmentally appropriate songs, movement, & stories to foster early literacy skills.

This program is intended for ages 3 to 6. 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.



Babytime

Thursdays, 10:30 am - 11 am

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

This program is for ages 0 to 2 years. 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.

GAME CAFÉ

OPEN
TUESDAYS 3-4

AGES 11-17

TEEN LOUNGE



Desert Foothills
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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

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

Happy Cat Rescue- Cat & Kitten Adoptions

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

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

*AZ Medicare Guide Presentation

Thursdays, 1:30 - 2:30 pm

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*

*AARP Smart Driver Refresher Course

Saturday, March 30

11:15 am - 3:15 pm



Learn new driving techniques, rule of the road, defensive driving, and how to minimize distractions. Trained volunteers instruct the AARP Smart Driver classroom course, our preeminent national older driver safety program, serving the 50+ population for more than 30 years. The course enables drivers to refresh their driving skills and understand how to adjust to age-related challenges. The course is intended to help drivers live more independently as they age and remain safe on today's roads. Since the program's inception in 1979, more than 15 million participants have completed the course. Materials are included. Completion of course may entitle you to an auto insurance discount (check with your insurer). Bring a sack lunch. For questions, call John Case at 623-521-2494. Pay instructor at class \$25 or \$20 with AARP member card (checks only payable to AARP). There is also a \$5 Desert Foothills Library registration fee. Register at dfla.org or call 480-488-2286

Osher Lifelong Learning Institute

Arizona State University

CLASSES AVAILABLE AT DESERT FOOTHILLS LIBRARY

A Culinary Tour of France

Thursday, March 28 | 10:30 am - 12 pm | Cost \$14

NASA - The 1960's

Wednesday, April 10 | 10:30 am - 12 pm | Cost \$14



New Members
Scan to Register
for OLLI

Find Out More at DFLA.org

Desert Foothills
LIBRARY
enriching your community

Existing OLLI
Members
Scan to Register
for class



FEATURED ADULT PROGRAMS

Discover How Dreams Can Help You

Thursday, March 21, 2:00 – 3:00 pm

Discover how dreams can help you. This spiritual discussion is based on excerpts from the book *ECK Wisdom on Dreams*, by Harold Klemp. Learn tips to remember and interpret your dreams, get practical help in everyday life, grow spiritually with the Light and Sound, and meet spiritual guides and Masters. 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

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 Presentation – February 8, 4:00 – 5:00 pm

Art Critique

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

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!



SONORAN
arts
LEAGUE

FEATURED ADULT PROGRAMS

TAX ASSISTANCE

PROVIDED BY

Masters of Coin

FEBRUARY 6 – APRIL 11

TUESDAYS

9:30 am - 2:30 pm

&

THURSDAYS

9:30 am - 2:30 pm



Desert Foothills
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The Volunteer Income Tax Assistance (VITA) program is an IRS-sponsored program that works with non-profit organizations to provide free basic income tax return preparation for qualified individuals. VITA uses IRS-certified volunteers to prepare an accurate, professional return that includes free electronic filing of both federal and state returns.

PLEASE CALL DFL DIRECTLY TO SECURE YOUR APPOINTMENT: 480-488-2286

Free Workshop

WEDNESDAY
MARCH 6

10:00 - 11:30 AM

Desert Foothills
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enriching your community

TO REGISTER

CALL
602-675-9000

OR
EMAIL

WORKSHOPS@SAFEGUARDYOURESTATE.COM

SAFEGUARD

Your Estate

Presented by Jeff Sykes

Discover how to retain your wealth and avoid probate. Learn how people like yourselves have safeguarded their legacies through comprehensive estate planning. Discussion to include: How to safeguard your wealth, the distinction between having a Will versus a Living Trust, how to minimize capital gains taxes and avoid the probate process, Designation of Health & Financial Powers of Attorney, and how to put a plan in place to take care of your pets.

SAFEGUARD
ESTATE AND FINANCIAL

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

FEATURED ADULT PROGRAMS

TECH HELP

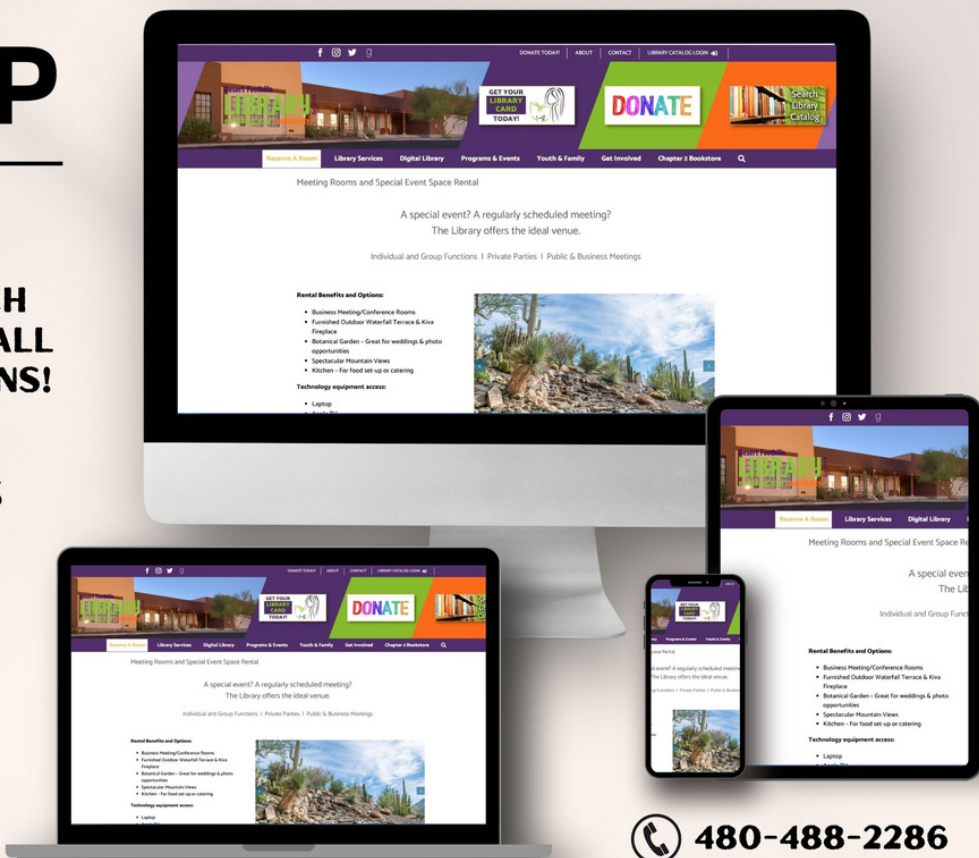
WEDNESDAYS, 12 - 5 PM

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



Puzzle Exchange

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

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!



BOOK STORE DONATIONS WELCOME!



Chapter2Books
Great Books. Great Prices.

CHAPTER2BOOKS ACCEPTS:

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

NOT ACCEPTED:

- ENCYCLOPEDIAS
- DICTIONARIES
- TEXT BOOKS
- CASSETTES
- VHS TAPES

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.

Alcoholics Anonymous

Thursdays, 5:00 - 6:00 pm

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

MONTHLY ADULT PROGRAMS

Caring for the Caregiver

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

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

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

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



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



FREE FILM PROGRAMS



Foothills Caring Corps at the Movies

Last Monday of each month

12:30 - 2:30 pm

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, 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

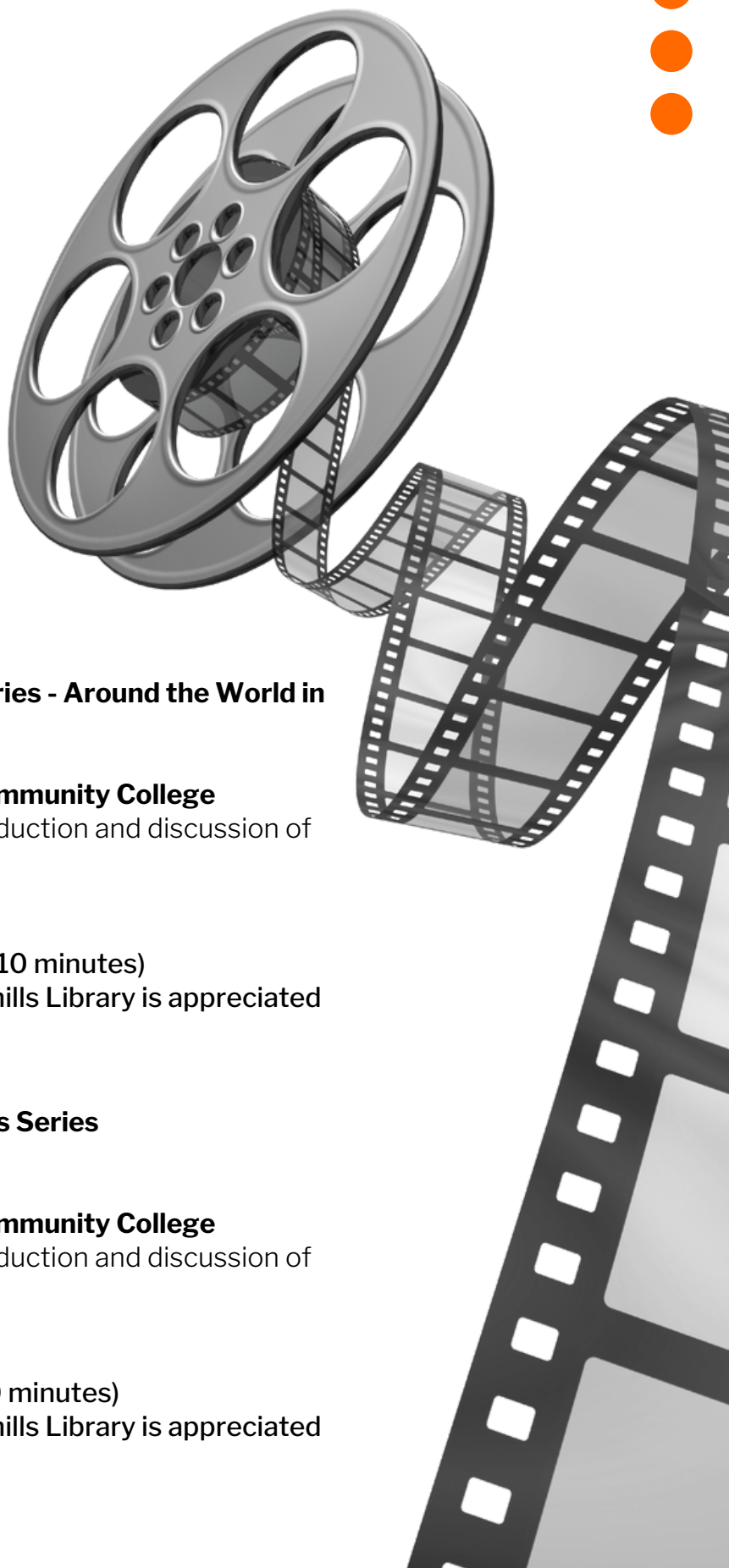
Presented by Gary Zaro & Paradise Valley Community College

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

Free | No Registration Required

Friday, 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, 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, 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



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

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

LITERARY ADULT PROGRAMS

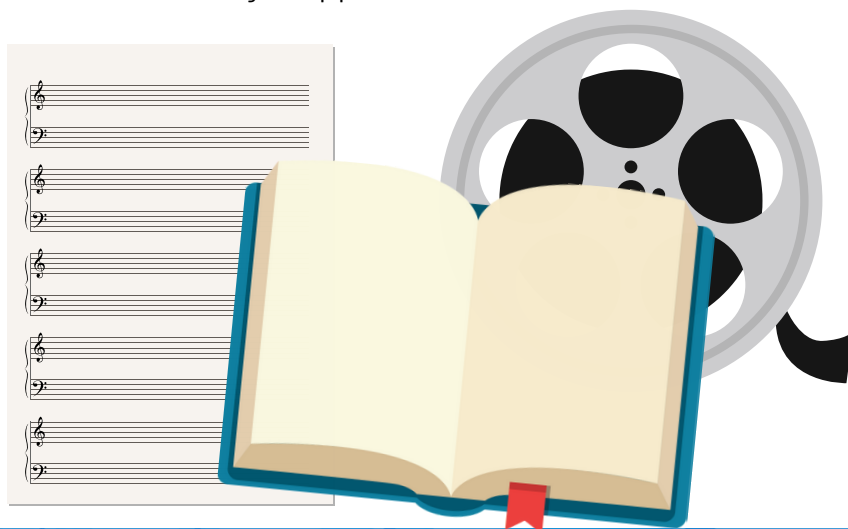
*Literary Salon

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

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.



Desert Foothills

LIBRARY

enriching your community

Est. 1954

Chapter 2 Books

Great Books. Great Prices.

MONTHLY BOOK SALE!

MARCH 8

AND

MARCH 9

9 AM - 5 PM

10 AM - 4 PM

A wonderful opportunity to purchase quality books and other media at even lower prices than the everyday bargain prices in Chapter2Books! All proceeds benefit Desert Foothills Library; Maricopa County's *ONLY* donation supported, nonprofit, public library!

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 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

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.

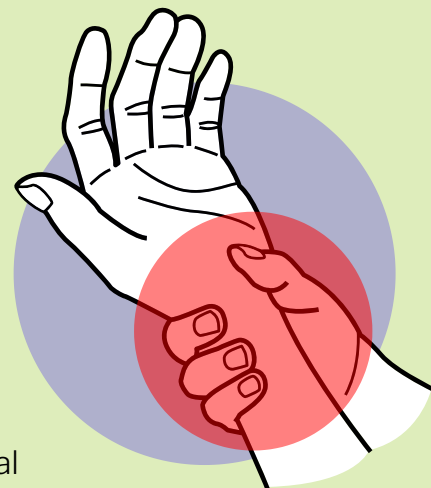
Mary Recker, OTR/L, CHT is a CA and AZ Board Certified Occupational and Hand Therapist with more than 10 years of experience in the clinical and hospital field. Prior to her achieving a degree in OT, Mary worked as a personal and group fitness trainer, yoga instructor for nearly 20 years with a special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

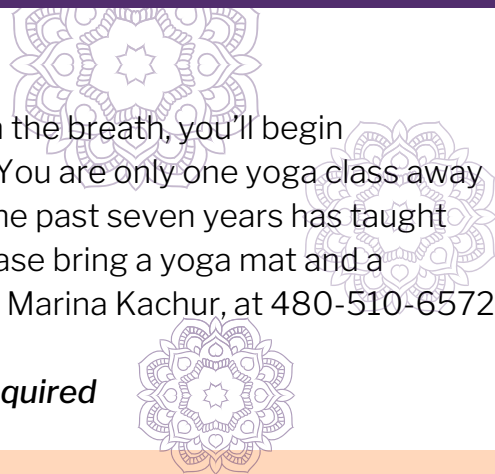
HEALTH & WELLNESS PROGRAMS

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

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 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.

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

Jin Shin- Healing Energy

Fridays, 9:30 - 10:30 am

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 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.

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





Our Team Members



Dr. Debra Lay
• Executive Director



Charity Lees
• Assistant Director



Marjorie Sutherland-Smith
• Special Events Manager



Kiersa Holleschau
• Program Coordinator



Dawn Treude
• Youth & Teen Librarian



Andrea Stewart
• Bookkeeper



Liz Hammersmark
• Lead Library Assistant



Karina Johnston
• Library Assistant



Pam Burke
• Library Assistant



Frank Samuelson
• Facilities



Mark Rose
• Data Administrator

Library Board of Directors

Eric Carlin

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Sue Salmans

Amanda Cushman

Linda Lakso

Dana Martinez Parker

Frank Tyrol

Celeste Flachsbart

Peter Lott

Joanne Rebollo

John Vranas

Jo Gemmill

Betsy Lynn

Sunnie Richer

Ronnie Wainwright

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!