

JULY • AUGUST • SEPTEMBER 2024

INFORMATION HIGHWAYS



Experience • Engage • Explore
A catalog of opportunities for our community

Desert Foothills
LIBRARY Est. 1954
enriching your community

Chapter 2Books
Great Books. Great Prices.

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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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- Furnished, Outdoor Patio w/ Lit Pergola
- Stunning Waterfall Terrace & Botanic Garden
- Gas Kiva Fireplace
- Spectacular Mountain Views
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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

Thursday, July 4
Friday, July 5
Monday, September 2

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.

JULY EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

1

9:30 AM Essentrics*
10 AM Caring for the Caregiver
11 AM Gentle Yoga*
1 PM Craft N Chat

2

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help
12:30PM Taxes in Retirement
1 PM Informal Mahjongg

3

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
12:30 PM Death Cafe

4

Library Closed

5

Library Closed

6

7

8

9:30 AM Essentrics*
9:30 AM Healing Pathway
11 AM Gentle Yoga*
1 PM Craft N Chat
1 PM Monday Movie Classics

9

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help
1 PM Informal Mahjongg
1 PM Card Making for Kids
1 PM Safety First
4 PM Game Cafe
5 PM Get Lit Book Club

10

9 AM The Painter's Palette
9:30 AM Play-OOZA
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

11

9 AM Tai Chi & Qigong*
10 AM Library Book Club
10:30 AM Hop, Bop & Roll
12 PM Tech Help
1 PM Fun Fusion
1:30 PM - AZ Medicare Guide
5 PM Alcoholics Anonymous

12

10 AM Library Book Sale
9:30 AM - Family Friendly Flicks
2 PM Mystery & Suspense Thrillers

13

10 AM Library Book Sale
1 PM Sticky Note Mantra Madness

14

15

9:30 AM Essentrics*
11 AM Gentle Yoga*
1 PM Craft N Chat

16

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help
1 PM Informal Mahjong
1 PM Safety First
1 PM Pages to Paintbrushes
3 PM Sound Healing Meditation*
4 PM Game Cafe
4 PM Books To Die For

17

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
10 AM Safeguard Your Estate
10:30 AM Tales4Tails
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

18

9 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll
12 PM Tech Help
1 PM Manga & Anime Fest
5 PM Alcoholics Anonymous

19

2 PM Mystery & Suspense Thrillers

20

10:30 AM Black Mountain Dems and Friends

21

22

9:30 AM Essentrics*
9:30 AM Healing Pathway
11 AM Gentle Yoga*
1 PM Craft N Chat
1 PM Monday Movie Classics

23

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help
1 PM Informal Mahjongg
4 PM Game Cafe

24

9 AM The Painter's Palette
9:30 AM Play-OOZA
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Safety First

25

9 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll
12 PM Tech Help
1 PM - Fun Fusion
3 PM Safeguard Your Estate
5 PM Alcoholics Anonymous

26

Puzzle Exchange
9:30 AM - Family Friendly Flicks
2 PM Mystery & Suspense Thrillers

27

11 AM - PapaHugs Children's Music Concert
1 PM Jubilate "Here Comes the Sun" Summer Concert

28

29

11 AM Gentle Yoga*
12:30 PM Foothills Caring Corps at the Movies
1 PM The Baby-Sitters Club Party
1 PM Craft N Chat

30

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help
1 PM Informal Mahjongg
1 PM Safety First
4 PM Game Cafe

31

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Teen Crafternoon
1:30 PM Change Your Attitude... Change Your Life

*PAID PROGRAM

- YOUTH PROGRAMS
- TEEN PROGRAMS
- ADULT PROGRAMS

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AUGUST EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

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- YOUTH PROGRAMS
- TEEN PROGRAMS
- ADULT PROGRAMS

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1

10:30 Hop, Bop & Roll
1 PM Tech Help
5 PM Alcoholics Anonymous

2

2 PM Mystery & Suspense Thrillers

3

4

5

10 AM Caring for the Caregiver
11 AM Gentle Yoga*
1 PM Monday Movie Classics
1 PM Craft N Chat

6

1 PM Informal Mahjong
1 PM Safety First
1 PM Tech Help

7

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
12:30 PM Death Cafe
1 PM Canasta
1 PM Tech Help

8

10 AM Library Book Club
1:30 PM AZ Medicare Guide
1 PM Tech Help
5 PM Alcoholics Anonymous

9

10 AM Library Book Sale
2 PM Mystery & Suspense Thrillers

10

10 AM Library Book Sale
11 AM Cat & Kitten Adoptions

11

12

9:30 AM The Healing Pathway
11 AM Gentle Yoga*
1 PM Craft N Chat

13

1 PM Informal Mahjongg
1 PM Safety First
1 PM Tech Help
5 PM Get Lit Book Club

14

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tech Help

15

10:30 AM Hop, Bop & Roll
1 PM Tech Help
5 PM Alcoholics Anonymous

16

17

18

19

11 AM Gentle Yoga*
1 PM Monday Movie Classics
1 PM Craft N Chat

20

10:30 AM Family Storytime
1 PM Informal Mahjongg
1 PM Safety First
1 PM Tech Help
3 PM Sound Healing Meditation*
4 PM Books To Die For
4 PM Game Cafe

21

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tech Help
3:30 PM Tales 4 Tails

22

10:30 AM Hop, Bop & Roll
1 PM Tech Help
5 PM Alcoholics Anonymous

23

9:30 AM Home School Social and Swap Meet

24

10:30 AM Jubilate Registration
12 PM Teen Crafternoon

25

26

9:30 AM Healing Pathway
11 AM Gentle Yoga*
12:30 PM Foothills Caring Corps at the Movies
1 PM Craft N Chat

27

10:30 AM Family Storytime
1 PM Safety First
1 PM Informal Mahjongg
1 PM Tech Help
4 PM Game Cafe

28

9 AM The Painter's Palette
9:30 AM Play-OOZA
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tech Help

29

10:30 AM Hop, Bop & Roll
1 PM Tech Help
3:30 PM Fun Fusion
5 PM Alcoholics Anonymous

30

Puzzle Exchange

31

SEPTEMBER EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

1

2

**Library
Closed**

3

10 AM Caring for the Caregiver
10:30 AM Family Storytime
1 PM Tech Help
4 PM Game Cafe

4

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
12:30 PM Death Cafe
1 PM Canasta
1 PM Tech Help
3:30 PM Tales4Tails

5

10:30 AM Hop, Bop & Roll
1 PM Tech Help
1:30 PM AZ Medicare Guide
5 PM Alcoholics Anonymous

6

10 AM Beginner to Intermediate Bridge

7

10:30 AM Jubilate Fall Registration

8

9

9:30 AM Healing Pathway
11 AM Gentle Yoga*
12 PM Literate Foodies*
1 PM Craft N Chat
1 PM Mahjongg 101

10

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12:30 PM All About Hands*
1 PM Taxes in Retirement
1 PM Informal Mahjongg
1 PM Tech Help
3:30 PM Jubilate Beginning Percussion 5 - 7
4 PM Jubilate Beginning Recorder
4 PM Teen Advisory
5 PM Jubilate Beginning Percussion 8 - 12
5 PM Get Lit Book Club

11

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
9:30 AM Play-OOZA
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tech Help

12

10 AM Library Book Club
10:30 AM Hop, Bop & Roll
1 PM Tech Help
3:30 PM - Fun Fusion
5 PM Alcoholics Anonymous

13

10 AM Library Book Sale
10 AM Beginner to Intermediate Bridge
2 PM International Film Series

14

10 AM Library Book Sale
11 AM Cat & Kitten Adoptions
10 AM Jubilate Violin Orchestra
11:30 AM Jubilate Singing Class & Music from the Heart
12 PM Jubilate Littles on Fiddles

15

16

11 AM Gentle Yoga*
1 PM Monday Movie Classics
1 PM Craft N Chat
1 PM Mahjongg 101

17

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
1 PM Informal Mahjongg
1 PM Tech Help
3 PM Sound Healing Meditation*
3:30 PM Jubilate Beginning Percussion 5 - 7
4 PM Jubilate Beginning Recorder
4 PM Game Cafe
4 PM Books to Die For
5 PM Jubilate Beginning Percussion 8 - 12

18

9 AM The Painter's Palette
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Homeschool Library Time
1 PM Tech Help
3:30 PM Tales 4 Tails

19

10:30 AM Storytime with Smokey the Bear
1 PM Tech Help
5 PM Alcoholics Anonymous

20

10 AM Beginner to Intermediate Bridge
2 PM Little Known Stories of WWII

21

10 AM Jubilate Violin Orchestra
11:30 AM Jubilate Singing Class & Music from the Heart
12 PM Jubilate Littles on Fiddles
12 PM Teen Crafternoon

22

23

9:30 AM Essentrics*
9:30 AM Healing Pathway
11 AM Gentle Yoga*
1 PM Craft N Chat
1 PM Mahjongg 101
1 PM Monday Movie Classics

24

9 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12:30 PM All About Hands*
1 PM Informal Mahjongg
1 PM Tech Help
3:30 PM Jubilate Beginning Percussion 5 - 7
4 PM Jubilate Beginning Recorder
4 PM Game Cafe
5 PM Jubilate Beginning Percussion 8 - 12

25

9 AM The Painter's Palette Open House
9:30 AM Play-OOZA
9:45 AM Gentle Chair Yoga*
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tech Help

26

10:30 AM Hop, Bop & Roll
1 PM Tech Help
3:30 PM - Fun Fusion
5 PM Alcoholics Anonymous

27

Puzzle Exchange
10 AM Beginner to Intermediate Bridge
1:30 PM The Calvary Trilogy: John Ford, John Wayne, and the Making of Three Classic Westerns

28

10 AM Jubilate Violin Orchestra
11:30 AM Jubilate Singing Class & Music from the Heart
12 PM Jubilate Littles on Fiddles

29

30

9:30 AM Essentrics*
11 AM Gentle Yoga*
12:30 PM Foothills Caring Corps at the Movies
1 PM Craft N Chat
1 PM Mahjongg 101

*PAID PROGRAM

• YOUTH PROGRAMS

• TEEN PROGRAMS

• ADULT PROGRAMS

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FEATURED YOUTH PROGRAMS

Hop Bop & Roll

Thursdays
10:30 am – 11 am

Desert Foothills
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Calling all wiggle worms!
Sing, laugh and learn in this music and movement class.



for children six and under and their favorite grownup

Family Storytime

Tuesdays, 10:30 - 11:00 am

Children ages 3 to 6 years old and their families are encouraged to join Miss Dawn for a storytime featuring developmentally appropriate songs, movements, & 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 in this program. Drop-offs will not be permitted.

PLAY-OOZA

Wednesdays, 9:30 - 10:30 am

PLAY-OOZA is a dedicated time to play, create, and collaborate for preschool-age children. Join Miss Dawn for focused fun that supports fine motor and Early Literacy skills through informal learning activities, crafts, and imagination!

This program is designed for preschool children and accompanying adults. Please plan to attend and be engaged with your child in this program. Drop-offs will not be permitted. Space is limited.
Free | No Registration Required

July 24- Shark Week

August 28 - Play-Doh

September 11 - Sorting Games

September 25 - Play-Doh



FEATURED YOUTH PROGRAMS

Fun Fusion

Thursdays

July 11 & 25, 1pm - 2 pm | August 29, September 12 & 29, 3:30 - 4:30 pm

Join us in the Imagination Lab for planned fun! This time is designed for school-age children to have opportunities to craft, build, and create.

This program is intended for 1st through

5th graders. 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.

Free | No Registration Required

July 11 - STEAM with Ozobots!

July 25- Shark Week

August 29 - Marble Maze

September 12 - Lego Builders

September 29 - Mystery Craft



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

CARD MAKING For Kids

JULY 9
1 PM - 2:30 PM

Presented by Dena Varnam

Local Creative Memories Independent Advisor

Each participant will create
six cards to take home.
All supplies are provided.

FREE | REGISTRATION IS REQUIRED | SPACE IS LIMITED

AGES 8-12



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

FEATURED YOUTH PROGRAMS

FAMILY- FRIENDLY FRIDAY FLICKS

Join Us at 9:30 AM!

CLOUDY WITH
A CHANCE OF
MEATBALLS

JULY 12



SHARK TALE
JULY 26



Pages to Paintbrushes: Art Adventures with Beloved Storybook Characters

Tuesday, July 16, 1:00 - 3:00 pm

Our favorite characters will come to life in this fun-filled storybook adventure! We will be using beloved children's books as inspiration for beautiful art projects. Children 6-12 are welcome to join us for a great time brought to you by Cactus Kids Art Studio.

Please plan to have younger siblings occupied and supervised in another area of the library, not in the program room.

Free | Registration is required. Space is limited.



Tales4Tails

Wednesdays, July 17, 10:30 - 11:30 am | August 21, September 4 & 18, 3:30 - 4:30 pm

Looking for an opportunity for your emerging or early readers to practice their skills? Please come visit Logan, DFL's resident certified therapy dog, who loves being read to. Reading aloud builds independence and confidence. Bring a book from home or, better yet, borrow one from the library!

Perfect for kids of all ages!

Free | No Registration Required

FEATURED YOUTH PROGRAMS

Manga & Anime Fest

Thursday, July 18, 1:00 - 3:00 pm

Calling all manga and anime-loving teens! Come to the library to meet others who share your passion for Japanese art and storytelling. We'll be discussing favorite series, book-to-screen adaptations and supporting newcomers to the genre who would like guidance on where to begin. In addition, there will be giveaways, drawing, and cosplay. In fact, cosplay is encouraged!

This is a teen event, please plan to have younger siblings occupied and supervised in another area of the library, not in the program room.

Free | No Registration Required



PapaHugs Children's Music Concert

Saturday, July 27, 11:00 - 12:00 pm

Welcome back to the Desert Foothills Library PapaHugs! The PapaHugs world is a place where imagination and music can take you anywhere you want to go! Children, their Parents, and Grandparents will laugh and sing along to the GRAMMY® Award Nominated Children's songs of David "PapaHugs" Sharpe. All of the music is upbeat, interactive, and educational. This music is based upon all the imaginative things children say and do. A fabulous time will be had by everyone!



TEEN CRAFTERNOON

CALLING ALL TEENS WHO ENJOY MAKING COOL STUFF! CRAFTERNOON IS FOR YOU! EACH SESSION WE WILL DO A SIMPLE, BUT FUN, MAKE-AND-TAKE PROJECT.

JULY 31, 1:00-2:00 PM - BUTTON MAKING

AUGUST 24, 12:00-1:00 PM - CRICUT DECAL MAKING

SEPTEMBER 21, 12:00-1:00 PM - PERLER BEADS

Free | No Registration Required



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

FEATURED YOUTH PROGRAMS

All home school families are welcome to our...

HOME SCHOOL Social & Swap Meet

Friday, August 23 | 9:30 am - 11:30 am

Bring your used curriculum, board games, craft supplies, and more to exchange with other homeschool families. Enjoy mingling with other parents and youth while explaining and exchanging lessons, ideas, and content. Teens can enjoy socializing in our designated teen space during this time.

The Baby-Sitters Club PARTY

Monday, July 29, 1:00 - 2:00 pm

Are you a fan of The Baby-Sitters Club series? Come celebrate this great series with other fans. We'll discuss favorite characters, do a craft, and enjoy a treat. Best of all, there are giveaways!

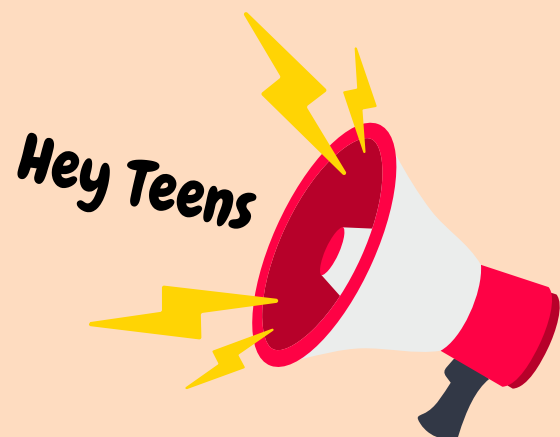
Free | No Registration



Teen Advisory Board (TAB)

Tuesday, September 10, 4:00 - 5:00 pm

Are you looking for a way to serve your community and support the library at the same? If so, the Desert Foothills Library Teen Advisory Board (TAB) may be for you. TAB members meet once a month to plan youth and teen events, make recommendations for teen book selection and support library operations. You can earn service credit time doing something you enjoy at a place you love! Open to ages 12-17.



FEATURED YOUTH PROGRAMS

Homeschool Library Time

Wednesday, September 18, 1:00 - 2:30 pm

Come to listen and learn at the library with our Youth & Teen Librarian! Each 30-minute session is geared toward a specific age group with a story, activity, and opportunity to learn more about how to use the library. Choose the time slot that corresponds with your child's grade level.

Free | No Registration required

1:00 - 1:30 pm – Kindergarten & 1st Grade

1:30 - 2:00 pm- 2nd & 3rd Grade

2:00 - 2:30 pm – 4th & 5th Grade



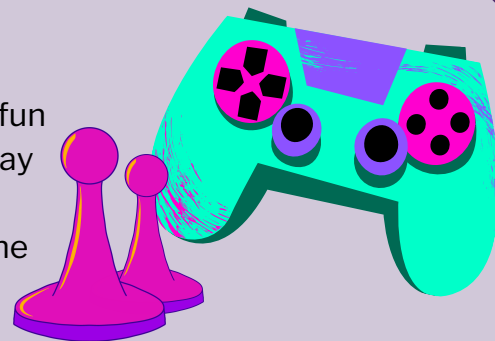
Game Cafe

Tuesdays, 4:00 - 5:00 pm

Join us in the Teen Lounge every Tuesday afternoon from 4-5 pm for fun and exciting gaming hangouts! Bring a game from home to share or play one of ours. This program is intended for ages 11-17.

If the participant is under the age of 16, the guardian must remain at the library. No drop-offs will be permitted.

Free | No Registration



A Special Storytime with

SMOKEY THE BEAR

THURSDAY, SEPTEMBER 19

10:30 AM - 11:30 AM

Meet Smokey the Bear for a storytime that highlights fire prevention.

Fun for all ages!



Fall 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.

Beginning Percussion Class (5 - 7 Year Olds)

Tuesdays, September 10 - December 10, 3:30 - 4:00 pm

This class is an introduction to music for children ages 5-7 years with a focus on percussion. Simple songs and movements will be employed allowing students to become comfortable engaging in music with others. Class is limited in size. Tuition fee required. Instructor: Laya Field

Beginning Recorder Class (8 - 12 Year Olds)

Tuesdays, September 10 - December 10, 4:00 - 4:50 pm

This class instructs the mechanics of playing the soprano recorder, and reading simple notes and rhythms, for students ages 8-12 years. An excellent introduction to wind instruments or for students with an interest in recorder ensemble. Class is limited in size. Tuition fee required. Instructor: Cordi DeDecker

Beginning Percussion Class (8 - 12 Year Olds)

Tuesdays, September 10 - December 10, 5:00 - 5:50 pm

This class introduces students to the world of percussion and drum circle, teaching techniques and reading simple notes and rhythm patterns, for students ages 8-12 years. Class is limited in size. Tuition fee required. Instructor: Cordi DeDecker

Jubilate Violin Orchestra

Saturdays, September 14 - December 14, 10:00 am - 11:15 am (No Class 12/7)

All ages and levels are welcome, from beginners to advanced. This is a tuition-free course for violin, viola, and cello students. Instructors: Sonja Prichitko & Laya Field

Singing Class & Music From the Heart

Saturdays, September 14 - December 14, 11:30 am - 12:00 pm (No Class 12/7)

All ages and levels are welcome. This is a tuition-free course exploring the world of music and singing. Instructor: Laya Field

Littles on Fiddles

Saturdays, September 14 - December 14, 12:00 pm - 12:45 pm (No Class 12/7)

A violin class for ages 4-6. Students must meet with the instructor to determine readiness. Tuition is charged for this class. Instructors: Kira Cohen, Joshua LaFleur & Laya Field

FEATURED ADULT PROGRAMS



CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

Presented by Virginia Brooks



WEDNESDAY, JULY 31

1:30 PM - 2:30 PM

This talk will be a lighthearted look at our attitudes; both the good and the bad. The bad ones can be surprisingly humorous! Virginia will share some of her own not-so-wonderful attitudes to get us started. And she'll tell you how she managed to change. Virginia is not a therapist. Just a Foothills artist who has been around the block more than once and finally learned a thing or two!

Free | No Registration Required

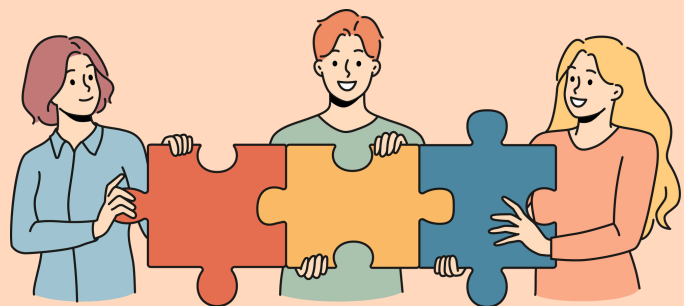
Virginia Brooks started by encouraging herself to really look at where she was at this stage of her life and then made some changes to the attitudes that were getting in the way. In the process, she discovered she also had a treasure trove of good attitudes she needed to celebrate! Reliable, humorous, resilient, still growing. What a kick! If she can do it ...so can you! She will give you some ideas about the process and help you see why it can be a surprisingly fun journey. She'll be bringing things to illustrate what she has finally learned. Come join us and have some fun! Think of it as a Public Service!

Puzzle Exchange

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

July 26 | August 30 | September 27

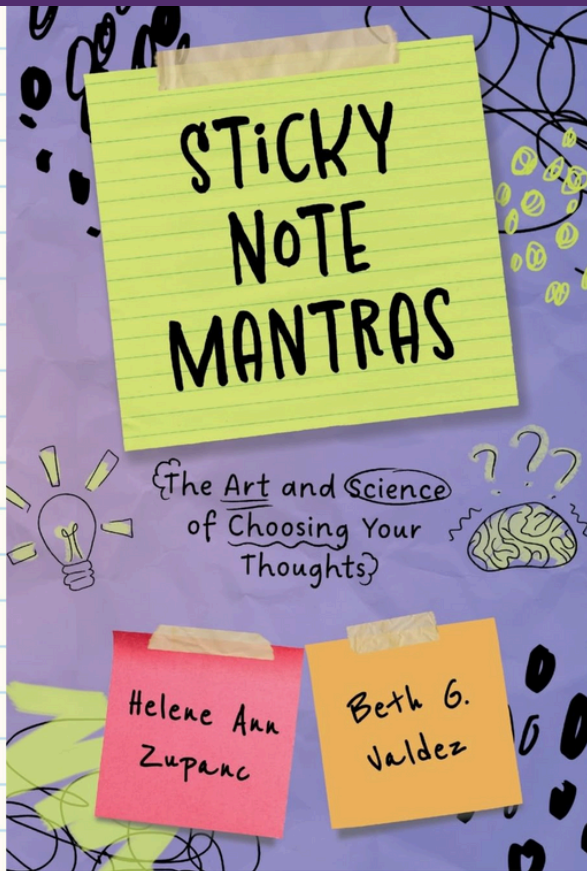
Are you sick of your puzzles at home because you have completed all of them multiple times? Come drop off your gently used puzzles and pick out a new one for free! Leave a puzzle, take a puzzle! Offered on the last Friday of every month. All ages and skill levels encouraged!



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

FEATURED ADULT PROGRAMS



JOIN US FOR A FUN AND UNIQUE CELEBRATION OF A NEW BOOK

Saturday, July 13
1 pm - 4 pm



The book introduces a lighthearted way to choose healthy, balanced thoughts: mantras! This event is not just about the book but also about the transformative power of mantras in our lives. There will be inspiring activities related to the book, refreshments, giveaways, and more! Come meet the authors and learn about using mantras in your life! Celebrate and explore impactful strategies such as gratitude, self-compassion, motivation, inner strength, letting go, laughter, and mindfulness. One of the authors' favorite mantras is Focus on the Good. That's what we'll be doing together!

Free | Register at dfla.org

Questions About Medicare?

AZ MEDICARE GUIDE PROGRAM

PRESENTED BY

Dave J Piontek

THURSDAYS
JULY 11 | AUG 8 | SEPT 5
1:30 - 2:30 PM



Medicare

This FREE 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 will cover the ABC's of Medicare and the estimated costs associated with each part.

Desert Foothills
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REGISTER AT DFLA.ORG

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

FEATURED ADULT PROGRAMS

*The Space Wellness Center – Sound Healing Meditation

3:00 – 4:00 pm

Tuesdays, July 16, August 20, and September 17

Join The Space Healing Sanctuary for this 60-minute Sound Healing Meditation. Sound healing is a powerful modality that promotes wellness and assists healing with; anxiety, stress, pain, clarity, memory, immunity, creativity, and more. Everything in the known universe is vibrating at various frequencies. We are not only surrounded by these frequency-emitting sounds, but we create our very own frequencies. With guided meditation and healing through the use of overtone-emitting instruments like gongs, bowls, bells and chimes, we can allow our mind, body and spirit to cultivate a sense of relaxation and rejuvenation.

\$20 Per Person | Register at dfla.org or call the library at 480-488-2286.



*TECH HELP- Library Apps, Electronic Devices, and More!

Tuesdays & Thursdays, 12:00 - 4:00 pm | July

Tuesdays, Wednesdays & Thursdays, 1:00 - 4:00 pm | August & September

Downloading eBooks and eAudiobooks can be easy through the library's digital collection! Each week there will be an opportunity for anyone with questions about Libby, Cloud Library, any of the apps the library offers, and basic questions about your personal electronic devices to receive technical help. We will show you how to download the apps to your phone or tablet and how to navigate the digital collection. No question is too small! Please bring your device and have your library card ready! For Apple users, your Apple ID will be needed. Appointment is required to attend. Please visit or call the circulation desk at 480-488-2286 for appointment availability.



BOOK STORE DONATIONS WELCOME!

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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

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

FEATURED ADULT PROGRAMS

TAXES IN RETIREMENT PRESENTED BY 567 WORKSHOPS

**TUESDAY, JULY 2
12:30 PM – 1:30 PM**

The facilitator will equip you with the most up-to-date and comprehensive information on navigating the retirement tax maze. This includes social security, 401(k)/IRA, other sources, or all. You will be better positioned to develop a successful retirement tax strategy that can potentially safeguard you from over-taxation and save you more money.

This is a **FREE**, educational seminar open to the public.
Visit dfla.org for more information & link to sign up.

Desert Foothills
LIBRARY
enriching your community

Happy Cat Rescue - Cat & Kitten Adoptions

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

August 10 | September 14

Looking for a new furry friend to add to your family? Happy Cat Rescue will be at the Desert Foothills Library on the 2nd Saturday of each month starting in April 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!



Views and beliefs discussed in programs are of the facilitators and attendees, not of Desert Foothills Library

Open House: The Painter's Palette

Wednesday, September 25, 9:00 am – 12:00 pm

Desert Foothills Library would like to invite everyone to The Painters Palette Open House. The exhibition will be on view in the Arizona Room on Wednesday, September 25th. It is open to everyone and available to view from 9:00 a.m. to 12:00 p.m.

The exhibit will feature pieces by the many creative and talented women of one of our most popular weekly programs, The Painter's Palette. Experience the colors, textures, contrasts, shapes, and more derived from varying painting techniques highlighted in each of the artfully hand-crafted pieces of work. You will also have the chance to meet each artist, ask questions, and view works in progress.

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

FEATURED ADULT PROGRAMS

THE CALVARY TRILOGY: JOHN FORD, JOHN WAYNE, AND THE MAKING OF THREE CLASSIC WESTERNS

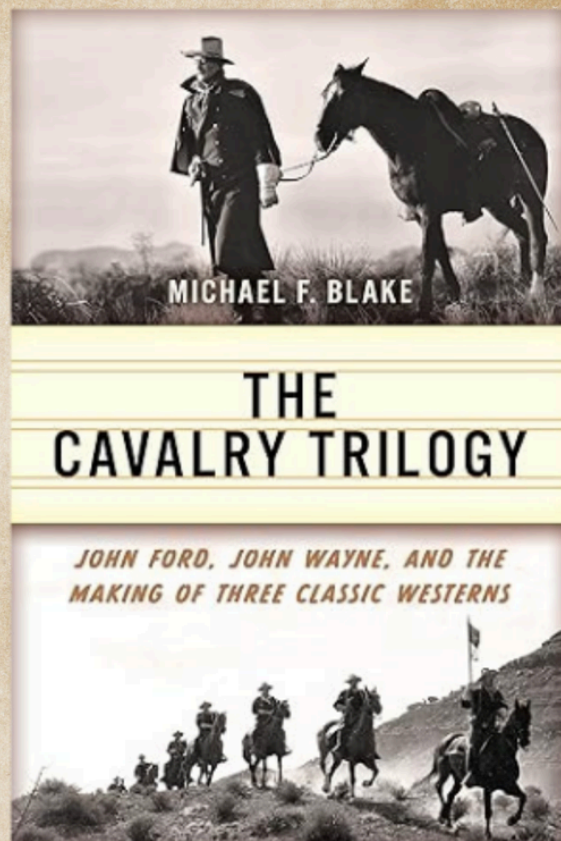
PRESENTED BY MICHAEL F. BLAKE AND JOSEPH AIRDO

★ **FRIDAY, SEPTEMBER 27** ★
1:30 - 3:30 PM

THE CAVALRY TRILOGY ILLUMINATES HOW EACH FILM WAS MADE, FROM PRE-PRODUCTION TO ITS THEATRICAL RELEASE. ALONG THE WAY, READERS LEARN WHY FORD LOVED HIS FAVORITE LOCATION (MONUMENT VALLEY), HOW VARIOUS STUNTS WERE ACHIEVED, AND HOW FORD USED HIS UNIQUE STYLE IN VARIOUS SCENES (CALLED A "FORDIAN TOUCH" BY FILM CRITICS AND SCHOLARS). IN ADDITION, EACH FILM INCLUDES AN ANALYSIS OF FORD'S SCENE CONSTRUCTION AND CHARACTER DEVELOPMENT. ILLUSTRATED WITH NUMEROUS BEHIND-THE-SCENES PHOTOGRAPHS, MANY OF WHICH HAVE NEVER BEEN PUBLISHED BEFORE, AND SCREEN CAPTURES FROM THE CUTTING ROOM FLOOR, THIS BOOK IS THE ULTIMATE GIFT FOR JOHN FORD FANS AND READERS WHO LOVE TO DISCOVER THE GRIT AND GLAMOUR OF HOLLYWOOD'S GOLDEN AGE.

AFTER THE PRESENTATION, MICHAEL WILL BE AVAILABLE FOR QUESTIONS AND BOOK SIGNINGS FOR HIS NEW RELEASE, *THE CALVARY TRILOGY: JOHN FORD, JOHN WAYNE, AND THE MAKING OF THREE CLASSIC WESTERNS*.

FREE | REGISTRATION IS REQUESTED BUT NOT REQUIRED | DFLA.ORG



Michael F. Blake, a two-time Emmy-winning makeup artist and well-known author of many books, and Joseph Airdo, a writer and the Editor of Images Arizona magazine, will unite for a moderated discussion about Blake's latest epic work, "The Calvary Trilogy: John Ford, John Wayne, and the Making of Three Classic Westerns." The book delves into Filmmaker John Ford and the three classic westerns that gained Ford his freedom and independence to make his own films and propelled him into one of Hollywood's legends in the industry.

Desert Foothills Art Gallery

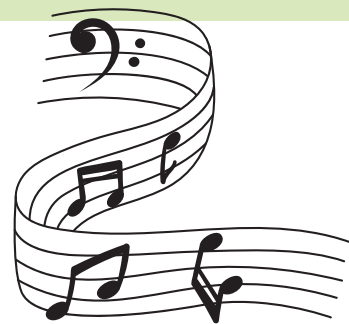
2024 Hot Art/Cool Show Exhibit – May 23 to October 2

Featuring 28 local artists



Jubilate Conservatory of Music "Here Comes the Sun" Summer Concert Saturday, July 27, 1:00 – 3:00 pm

Jubilate Conservatory of Music faculty and students will perform a concert open to the public. A reception will follow the concert.



Views and beliefs discussed in programs are of the facilitators and attendees, not of Desert Foothills Library

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

SUMMER SAFETY SERIES

SAFETY FIRST: AVOID THE WORST!

Desert Foothills Library is hosting a series of safety presentations for our community on Tuesday afternoons this July and August.

Safety is an issue of great importance and we felt it would be beneficial to the community to bring together Safety, Health, and Wellness professionals from throughout the area to share their expertise.

Program Time
1:00 - 2:30 pm

Scams & Fraud

July 9, 2024

Presented by:
Tiffany Lam
Mendoza, Maricopa
County Attorney's
Office

Internet Safety

July 16, 2024

Presented by:
Tiffany Lam
Mendoza, Maricopa
County Attorney's
Office

Strength & Balance (Fall Prevention)

July 24, 2024

Presented by:
Crystal Geer, Sozo
Lifestyle Medicine

Stop The Bleed

July 30, 2024

Presented by:
Sara Latham,
Valleywise Health



Home Fire Safety & Prevention

August 6, 2024

Presented by:
Jeremy Kennedy, Daisy
Mountain Fire District

Water Safety

August 13, 2024

Presented by:
Gabe Alvarez, Daisy
Mountain Fire District

Residential Security & Being Safe in Public

August 20, 2024

Presented by:
Maricopa County
Sheriff's Office

The Impact of Domestic Violence

August 27, 2024

Presented by:
Lizette Roeder, Arizona
Coalition to End Sexual
& Domestic Violence

FEATURED ADULT PROGRAMS

SUMMER SAFETY SERIES

Desert Foothills Library is hosting a series of safety classes for our community on Tuesday afternoons this July and August. Safety is an issue of great importance and we felt it would be beneficial to the community to bring together Safety, Health, and Wellness professionals from throughout the area, including the Maricopa County Attorney's and Sheriff's Offices, Sozo Lifestyle Medicine, Valleywise Health, and Daisy Mountain Fire District.

Together, these community professionals will share their expertise to help keep you, your family, and your community safe! Learn some top safety tips, including how to avoid fraud and scams, internet/cyber security, fall prevention, life-saving bleeding control techniques, water safety, how to identify possible dangers, recognize unsafe situations, fire safety and prevention, and much more!

Scams & Fraud

Tuesday, July 9th, 1:00 - 2:30 pm

Presented by Tiffany Lam Mendoza, Maricopa County Attorney's Office

Join us for an insightful educational presentation with a representative from the Maricopa County Attorney's Office as they delve into the latest scams and strategies for safeguarding yourself. Learn to recognize warning signs, implement practical prevention techniques, and understand the steps to take if you encounter a scam. Discover how scammers acquire our personal data and the potential repercussions. Don't miss out on this opportunity to stay informed about trending scams and share your own experiences!

Cost: Free | No registration required.

Internet Safety

Tuesday, July 16th, 1:00 - 2:30 pm

Presented by Tiffany Lam Mendoza, Maricopa County Attorney's Office

Don't miss the chance to join the Maricopa County Attorney's Office for an educational presentation focusing on Internet Safety. Discover effective ways to communicate with children about cultivating healthy online habits. Dive into discussions about popular apps, strategies to tackle cyberbullying and grooming, managing screen time, navigating misinformation, adjusting privacy settings, and much more. Ensure your family's digital well-being by joining us for this essential session!

Cost: Free | No registration required.

Strength and Balance (Fall Prevention)

Wednesday, July 24th, 1:00 - 2:30 pm

Presented by Crystal Geer, Sozo Lifestyle Medicine

How Can You Prevent Falls?

Falls are the leading cause of injury among adults aged 65 and older. Crystal Geer is a Physical Therapist from Sozo Lifestyle Medicine who will be presenting some of the key elements that you can incorporate into your day-to-day routine that will help you stay strong and prevent falls. Empower yourself with the knowledge and tools to stay safe and active!

Cost: Free | No registration required.

FEATURED ADULT PROGRAMS

SUMMER SAFETY SERIES CONTINUED...

***Stop the Bleed**

Tuesday, July 20th, 1:00 - 3:00 pm

Presented by Sara Latham, Valleywise Health

The Stop the Bleed class is about 90 minutes with a lecture and hands on training to provide help in the event of a life-threatening bleeding emergency. Anyone can be trained, no medical experience is required, and anyone can save a life with this training! You will learn how to apply pressure, pack a wound, and use various tourniquets to control bleeding. *Cost: Free | Registration required at dfla.org.*

Home Fire Safety & Prevention

Tuesday, August 6th, 1:00 - 2:30 pm

Presented by Jeremy Kennedy, Daisy Mountain Fire District

Interested in learning more about how to prepare your home and family against a home fire? Fire safety and prevention is crucial for saving lives and property and educating yourself is the first step. Join Jeremy Kennedy, Community Services Coordinator at Daisy Mountain Fire District, as he shares valuable information regarding general fire safety and procedures, proper use and maintenance of smoke alarms, types of fires, fire extinguishers and how to properly use them, and extinguisher responsibilities, inspections, and recharging. *Cost: Free | No registration required.*

Water Safety

Tuesday, August 13th, 1:00 - 2:30 pm

Presented by Gabe Alvarez, Daisy Mountain Fire District

Discover and learn more about keeping your family safe around water. To help you and those you love to stay safe, Gabe Alvarez, Water Safety Coordinator at Daisy Mountain Fire District, will explain how important water safety is and teach you the ABC's of water safety. *Cost: Free | No registration required.*

Residential Security and Being Safe in Public

Tuesday, August 20th, 1:00 - 2:30 pm

Presented by Maricopa County Sheriff's Office

Join us for an informal class on keeping you and your family safe at home and while out and about! While traveling or enjoying the outdoors for the day, we must continue to be diligent about keeping ourselves and our possessions safe. During this presentation, safety practices at home and safety techniques when out in public will be reviewed. *Cost: Free | No registration required.*

The Impact of Domestic Violence

Tuesday, August 27th, 1:00 - 2:30 pm

Presented by Lizette Roeder, Arizona Coalition to End Sexual and Domestic Violence

From victim advocates to private citizens to court personnel, we all have interactions with survivors of domestic violence. Domestic violence is a nuanced issue that affects all communities and has a lasting impact on the lives of victims. Join us for training provided by the Arizona Coalition to End Sexual and Domestic Violence. *Cost: Free | No registration required.*

FEATURED ADULT PROGRAMS

Free Workshop

WEDNESDAY, JULY 17
10 AM - 11:30 AM

THURSDAY, JULY 25
3 PM - 4:30 PM

Desert Foothills

LIBRARY
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

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

Death Café

1st Wednesday of each month, 12:30 - 2:30 pm
July 3 | August 7 | Sept 4

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

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

Death  *Cafe*

Talking about death won't kill you.



WEEKLY ADULT PROGRAMS

Craft N Chat

Mondays, 1:00 - 3:00 pm

Do you knit, crochet, needlepoint, bead, or practice another table craft? Join other local enthusiasts weekly for companionship, creating, and conversation. Any portable craft is welcome! New crafters and all skill levels are always welcome! Have a craft you're not quite sure how to start, or need a little help or inspiration? Craft N Chat is a collaborative of creatives who are happy and eager to help!



*Informal MahJongg: Unsupervised Play

Tuesdays, 1:00 – 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 Painter's 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 Painter's 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.



MAHJONGG 101 Brain Healthy Fun!

**Mondays
1 pm - 4 pm
Starting September 9**

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 2024 Mahjongg Card is required & available at www.nationalmahjonggleague.org.

Cost \$90

Register today at dfla.org | Space is limited

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

WEEKLY ADULT PROGRAMS

BEGINNER TO INTERMEDIATE BRIDGE

Instructed by Peter Blake Ward

Fridays
Starting September 6
10 am – 12 pm



Bridge class topics: Hand evaluation using Goren's point count system. Opening bids of 1 of a minor, 1 of a major, 1 no trump and responses to these opening bids. Opening either 2 no trump or 2 clubs strong and artificial, and their responses. The instructor will teach the most modern bidding system – the 2 over 1 system.

Cost: \$85 for the 8-week course. Includes all materials.
Register at dfla.org or call the Library at 480-488-2286



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



Canasta

Wednesdays, 1:00 - 4:00 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. *Class is free but a donation to the Desert Foothills Library is appreciated.*

Alcoholics Anonymous

Thursdays, 5:00 - 6:00 pm (No Meeting 7/4)

A.A. meetings are being held at Desert Foothills Library on Thursdays.
Free | No Registration Required

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

July 1 | August 5 | Tuesday, September 3

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

July 8 & 22 | August 12 & 26 | September 9 & 23

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

Views and beliefs discussed in programs are of the facilitators and attendees, not of Desert Foothills Library

Desert Foothills Library

Annual Craft Fair & Bake Sale Fundraiser

Saturday, December 7

10 AM to 4 PM



Do you Love to Bake?

If so, we need you!
Please consider joining us for our annual Bake Sale fundraiser!

If interested, please visit dfla.org to register and help us spread the word!

Once registered, we will email you to get more information about your tasty treats and provide additional details.



Do you Love Crafting?

Do you have a craft that you'd like to share with the community? If so, please join us!

If you, or you and a friend or group of friends, are interested, please visit dfla.org to register now as space is limited. Table fee is \$50.

Once registered, we will email you a vendor application and provide additional details.

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



Chapter2Books

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BOOK SALE

MARK YOUR CALENDAR!



JULY 12 & JULY 13
9 AM - 5 PM 10 AM - 4 PM

AUGUST 9 & AUGUST 10
9 AM - 5 PM 9 AM - 4 PM

SEPTEMBER 13 & SEPTEMBER 14
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.



FREE FILM PROGRAMS

Monday Movie Classics

1:00 - 3:00 pm

Looking for some entertainment and a place to get out of the heat? Desert Foothills Library will be showing classic movies from the 50's and 60's on Monday afternoons in July, August, and September.

July 8: Some Like It Hot (1959)

July 22: To Sir, With Love (1967)

August 5: Roman Holiday (1953)

August 19: Sunset Boulevard (1953)

September 16: Bye Bye Birdie (1963)

September 23: To Catch A Thief (1955)

Free | No Registration Required



Foothills Caring Corps at the Movies

Last Monday of each month

12:30 - 2:30 pm

July 29 | August 26 | September 30

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

2nd Friday of each month starting September 13th, 2:00 – 5:00 pm

Presented by Gary Zaro & Paradise Valley Community College

Movies are a great way to learn about different cultures - how people live, love, laugh, and cope with hardships and tragedy. This series will explore films from different countries, each one telling a story unique to their culture and country. A post-film discussion.

Free | No Registration Required

Friday, September 13: Slumdog Millionaire (Great Britain/India; 2006, R, 120 min.)

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 starting September 20th, 2:00 - 5:00 pm

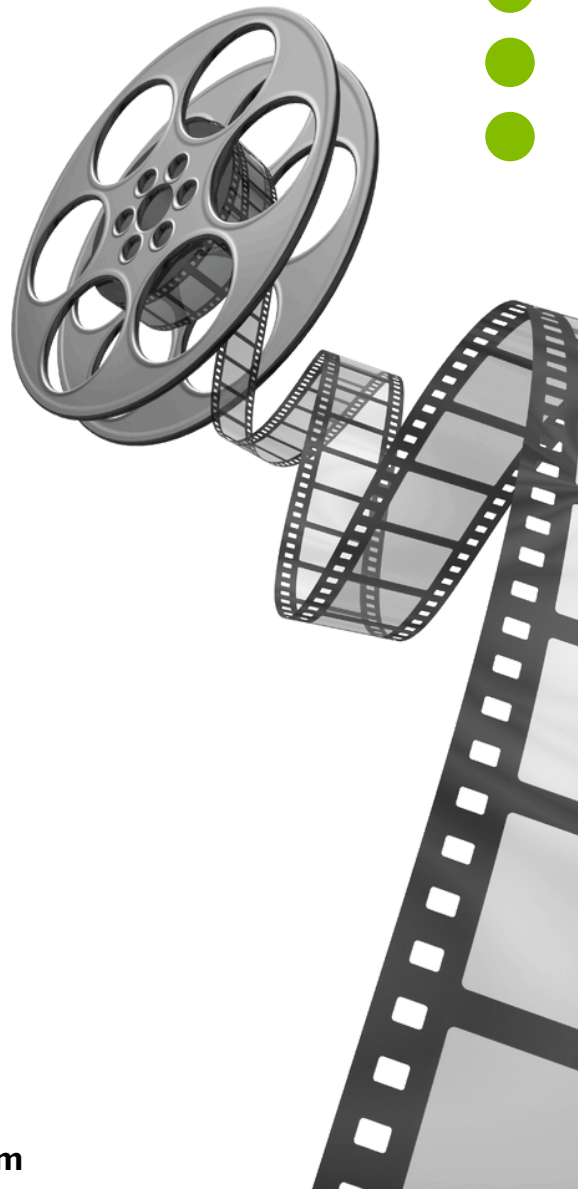
Presented by Gary Zaro & Paradise Valley Community College

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

Free | No Registration Required

Friday, September 20: Run Boy Run (Poland/Germany, 2013; 110 minutes)

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



DESERT FOOTHILLS LIBRARY

MYSTERY & SUSPENSE THRILLERS INTERNATIONAL FILM SERIES SUMMER 2024

FRIDAYS, 2:00–5:00 PM

JULY 12, 2024

(*JACK STRONG*, POLAND, NR, 120 MINS)

JULY 19, 2024

(*THE SILENCE*, GERMANY, NR, 115 MINS)

JULY 26, 2024

(*ABOUT ELLY*, IRAN, NR, 115 MINS)

AUGUST 2, 2024

(*HEADHUNTERS*, NORWAY, R, 98 MINS)

AUGUST 9, 2024

(*THE ORPHANAGE*, SPAIN, R, 100 MINS)

PRESENTED BY GARY ZARO



LITERARY ADULT PROGRAMS

***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

July 9: Lady Tan's Circle of Women by Lisa See at Spotted Donkey

August 13: The Half Known Life in Search of Paradise by Pico Lyer at TBD

September 10: The Underworld Journeys to the Depths of the Ocean by Susan Casey at TBD

Get Lit Book Club, a happy hour book club! Not for the faint of heart. Weird, odd, and unique books are chosen for a great discussion, so get ready for something you might not choose every day! Books will include non-fiction, classics, contemporary fiction, and memoirs to list a few. Get Lit is at a different restaurant every month to support local businesses. Everyone is welcome!

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

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, July 11: The Marriage Portrait by Maggie O'Farrell

Thursday, August 8: The Desert Smells Like Rain by Gary Paul Nabhan and My Sixty Years on the Plains by W.T. Hamilton

Thursday, September 12: Her Hidden Genius by Marie Benedict and Rosalind Franklin the Dark Lady of DNA by Brenda Maddox

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



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

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

July 16: When I Was You, by Minka Kent

August 20: The Other Emily, by Dean Koontz

September 17: The Heaven & Earth Grocery Store, by James McBride

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

HEALTH & WELLNESS PROGRAMS

ESSETRICS Full Body Fitness

Mondays, 9:30 - 10:30 am | July 1, 8, 15, 22 & September 23 & 30

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.

Questions: 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

Wednesdays in July and August, 9:45 - 10:45 am

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 Monday & Wednesday at 11:00 am. 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

Thursdays, 9:00 - 10:00 am | July 11, 18, 25

Tai Chi & Qigong is a self-care practice. It is a choice of a healthy lifestyle and living well. It improves balance, flexibility, brain plasticity, inner peace and overall wellness. This class is offered every Tuesday and Thursday. Bina Bou is a senior trainer at IIQTC. She has been sharing the ancient practice for over a decade in our community. She believes no matter where you are on your healing journey, Tai Chi practice can help improve your quality of life. To learn more about her classes visit www.MindBodyFocusQi.com. For questions about Tai Chi & Qigong for Everyone please contact instructor, Bina Bou, at bina.b75@gmail.com.

Cost: \$10 cash, paid to instructor at each class | No Registration Required

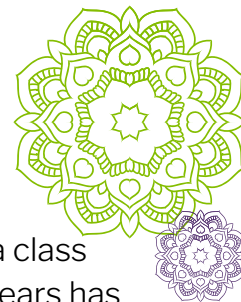
Gentle Yoga

Mondays, 11:00 am - 12:00 pm

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. 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



HEALTH & WELLNESS PROGRAMS

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

12:30 - 1:45 pm

Tuesdays, September 10 & 24

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.

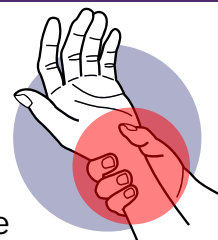
Mary Recker, OTR/L, CHT is a CA and AZ Board Certified Occupational and Hand Therapist with more than 10 years of experience in the clinical and hospital field. Prior to her achieving a degree in OT, Mary worked as a personal and group fitness trainer, and yoga instructor for nearly 20 years with a special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



GIVE TODAY!

Founded in 1954, we are Maricopa County's ONLY nonprofit 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**

91% Of Our Funding Comes From Supporters Like You!

Visit DFLA.org and give today!

LOOK WHAT'S NEW!



Maximum options.
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In Partnership with Maricopa County Library District

Say hello to MAX!

Your library card now gives you access to check out books from partner libraries around the County. If we don't have what you're looking for and a partner library does, we'll get the item sent to your desired pickup library for checkout.



Browse the MAX catalog

Search & find
your item in the
MAX Catalog.



Request item using
your library account
information & select
your pickup location.



Receive a notification
when your item is
ready for pickup.



Checkout the item
at your library as
you would with
any other item.



When finished,
return the item
to your library. We
will make sure it
gets back to its
home library.

How MAX Works

- You may request up to 5 books at a time in the MAX catalog
- Use your library card number and pin to request books and select your pickup location
- The partner library will send the book to your library (at no cost to you!)
- You will be notified when your item is ready for pickup

Borrowing Guidelines

- Books borrowed from MAX are not eligible for renewal
- If you damage or lose a MAX book, you will be charged a \$20 fee
- If you see damage on the book before checking it out, please notify your library as soon as possible
- When finished, simply return your books to the library where you checked them out



Browse the MAX catalog

MAX is a countywide book sharing service between public libraries throughout Maricopa County. If Desert Foothills Library does not have a book you are looking for, you can search MAX to see if it is available from one of our partner libraries. If the book is available, the partner library will send it directly to Desert Foothills Library for pickup! Browse the entire MAX catalog at:

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