

JULY AUGUST SEPTEMBER 2026

INFORMATION HIGHWAYS



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

Desert Foothills
LIBRARY Est. 1954
enriching your community

Chapter 2 Books
Great Books. Great Prices.

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 100+
WE HAVE THE SPACE!

- Ball Room
- Furnished, Outdoor Patio w/ Lit Pergola
- Stunning Waterfall Terrace & Botanic Garden
- Gas Kiva Fireplace
- Spectacular Mountain Views
- Full Kitchen – Food Set-Up, Catering, & Demonstrations

INTERESTED
IN RESERVING
A SPACE?
PLEASE CONTACT
US TODAY AT
480-488-2286

Desert Foothills
LIBRARY Est. 1954
enriching your community

LIBRARY HOURS OPEN

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

CLOSED

Friday, July 3
Saturday, July 4
Saturday, July 18 (Closing at 12 PM)
Monday, September 7

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 AM Oh! Snap Photography Club
9 AM The Painter's Palette
9:30 AM Mat Pilates
10 AM Tech Help (By Appt.)
(CANCELLED)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
12:30 PM DeathCafe
1 PM Canasta

2

9:15 AM Tai Chi & Qigong*
10 AM Let's Celebrate America 250
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
(CANCELLED)
1 PM The American Revolution: Documentary General Overview
1 PM Fun Fusion: Kids Spy School: American Revolutionary War Edition
5 PM Alcoholics Anonymous

3

**LIBRARY
CLOSED**

4

**LIBRARY
CLOSED**

5

6

9:30 AM Sisterhood of Strength
11 AM Gentle Yoga*
1 PM Craft N Chat

7

10 AM Jesus Meets You Where You Are
10:30 AM Family Storytime!
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 1
1 PM Informal Mahjongg

8

9 AM The Painter's Palette
9:30 AM Mat Pilates
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tales 4 Tails

9

9:15 AM Tai Chi & Qigong*
10 AM Library Book Club
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 2
1 PM Fun Fusion: Unearth a Story: What Animals Leave Behind
2 PM Maximizing Your Social Security Benefits
5 PM Alcoholics Anonymous

10

9AM Library Book Sale
10:30 AM GreatArizona Puppet Theater Presents: My Pet Dinosaur
2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

11

10 AM Library Book Sale
10 AM Tech Help (By Appt.)
11 AM Maximizing Your Social Security Benefits
11 AM Storytime with the Girl Scouts!

12

13

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

14

10 AM Jesus Meets You Where You Are
10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 3
1 PM Informal Mahjongg
5 PM Get Lit Book Club

15

9 AM Oh! Snap Photography Club
9 AM The Painter's Palette
9:30 AM PLAY-OOZA
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

16

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 4
5 PM Alcoholics Anonymous

17

10:30 AM Wildman Phil: Living Dinosaurs
11 AM Writer's Critique Group
2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

18

10 AM Tech Help (By Appt.)
**LIBRARY
CLOSED
AT 12 PM**
2 PM Puttin' Through the Pages Fundraiser

19

20

9:30 AM Sisterhood of Strength
11 AM Gentle Yoga*
1 PM Fun Fusion: Building Bonanza!
1 PM Craft N Chat
3:15 PM Banking Basics Workshop

21

10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 5
1 PM Informal Mahjongg
4 PM Books to Die For
4:30 PM Alzheimer's Caregiver Support Group

22

9 AM The Painter's Palette
9:30 AM Mat Pilates
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1 PM Tales 4 Tails

23

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
(CANCELLED)
12 PM Tech Help (By Appt.)
1 PM The American Revolution: Episode 6
5 PM Alcoholics Anonymous

24

9:30 AM Mat Pilates
2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

25

10 AM Tech Help (By Appt.)

26

27

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

28

10:30 Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
1 PM Fun Fusion: Craftapalooza!

29

9 AM The Painter's Palette
9:30 AM Mat Pilates
9:30 AM PLAY-OOZA
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

30

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

31

Puzzle Exchange
10 AM Homeschool Social and Swap Meet
2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

1

Puzzle Exchange
10 AM Tech Help (By Appt.)

AUGUST EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

2

3

9:30 AM Sisterhood of Strength
11 AM Gentle Yoga*
1 PM Craft N Chat

4

10:30 AM Family Storytime (CANCELLED)
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

5

9 AM Oh! Snap Photography Club
9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
12:30 PM DeathCafe
1 PM Canasta

6

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll! (CANCELLED)
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

7

9AM Library Book Sale
2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

8

10 AM Library Book Sale
10 AM Tech Help (By Appt.)
11 AM Beyond Weight Loss: Understanding Your Midlife Body & Coming Home to Yourself

9

10

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

11

10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
5 PM Get Lit Book Club

12

9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

13

9:15 AM Tai Chi & Qigong*
10 AM Library Book Club
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

14

2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!

15

10 AM Tech Help (By Appt.)

16

17

9:30 AM Sisterhood of Strength
11 AM Gentle Yoga*
1 PM Craft N Chat
3:15 PM Considering Homeownership Workshop

18

10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
4 PM Books to Die For
4:30 PM Alzheimer's Caregiver Support Group

19

9 AM Oh! Snap Photography Club
9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
3:30 PM Tales 4 Tails

20

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
2 PM Past Life Recall for a Better Today
5 PM Alcoholics Anonymous

21

11 AM Writer's Critique Group

22

10 AM Tech Help (By Appt.)

23

24

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

25

10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

26

9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
12 PM Ukulele Jam Session
1 PM Canasta

27

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

28

Puzzle Exchange

29

Puzzle Exchange

10 AM Tech Help (By Appt.)
11 AM Mini Minds in STEM

30

31

9:30 AM Sisterhood of Strength
12:30 PM Caring Corps at the Movies
1 PM Craft N Chat

SEPTEMBER EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

1

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

2

9 AM Oh! Snap Photography Club
9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
12 PM Ukulele Jam Session
12:30 PM DeathCafe
1 PM Canasta

3

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

4

5

10 AM Tech Help (By Appt.)

6

7

**LIBRARY
CLOSED**

8

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
5 PM Get Lit Book Club

9

9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
3:30 PM Tales 4 Tails

10

9:15 AM Tai Chi & Qigong*
10 AM Library Book Club
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
1:30 PM AZ Medicare Guide Presentation
5 PM Alcoholics Anonymous

11

9 AM Library Book Sale
2 PM 2026 - 2027 International Film Series: Around the World in Nine Films

12

10 AM Library Book Sale
10 AM Tech Help (By Appt.)
11 AM We Are Not Little Men: Understanding Your Changing Body & Advocating for the Care You Deserve!

13

14

9:30 AM Sisterhood of Strength
9:30 AM The Healing Pathway
11 AM Gentle Yoga*
12 PM The Culinary Book Club
12:30 PM MahJongg 101: Brain Healthy Fun!
1 PM Craft N Chat
3:15 PM Starting Your Own Small Business Workshop

15

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
4 PM Books to Die For
4:30 PM Alzheimer's Caregiver Support Group

16

9 AM Oh! Snap Photography Club
9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

17

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

18

11 AM Writer's Critique Group
2 PM 2026 - 2027 Cinematic Reflection Series: Little Known Stories of WWII

19

10 AM Tech Help (By Appt.)

20

21

11 AM Gentle Yoga*
12:30 PM MahJongg 101: Brain Healthy Fun!
1 PM Craft N Chat

22

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

23

9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
3:30 PM Tales 4 Tails

24

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
12 PM Tech Help (By Appt.)
5 PM Alcoholics Anonymous

25

Puzzle Exchange

26

Puzzle Exchange
10 AM Tech Help (By Appt.)
11 AM Mini Minds in STEM

27

28

9:30 AM Sisterhood of Strength
9:30 AM The Healing Pathway
11 AM Gentle Yoga*
12:30 PM Caring Corps at the Movies
12:30 PM MahJongg 101: Brain Healthy Fun!
1 PM Craft N Chat

29

9:15 AM Tai Chi & Qigong*
10:30 Family Storytime
12 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

30

9 AM The Painter's Palette
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta

*Founded in 1954, Desert Foothills Library is the **ONLY** donation supported, nonprofit, public library in Maricopa County! Serving, not only as a library and resource, but a gathering place for our community. Boasting over 100 programs a month, there is something for everyone at the Desert Foothills Library!*

Check Out What YOUR Community Library Has to Offer!

Chapter2Books

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

LIBRARY SERVICES

Books, audio books, DVDs, CDs, magazines, periodicals, Southwest Collection, Computer Lab, Tech Help, online lending, and more!
Library cards are FREE for all Maricopa County Residents!

ADULT PROGRAMS

Over 100 programs a month! From cooking classes to health and wellness classes, arts & crafts, lectures, AZ authors, movies, performances, and more!

KIDS' PROGRAMS

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

TEEN PROGRAMS

Come hang out in our dedicated teen lounge, Teen Club 1117! Do homework, play games or check out our calendar for monthly teen activities.

ROOM RENTALS

Looking to host a meeting, party, or even a wedding?! From 4 to 200+ people, we've got the perfect space for your event, including a full demonstration kitchen!

WATERFALL TERRACE

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

LAND TRUST TRAIL

Walk our gorgeous Desert Foothills Land Trust Trail by accessing the trailhead right from the library parking lot.

UNVEILING AMERICA @ 250

THE AMERICAN REVOLUTION SCREENING SERIES

Join us for a landmark cinematic journey as we commemorate the United States Semiquincentennial with a special film series featuring *The American Revolution*, a six-part documentary masterpiece from acclaimed filmmakers Ken Burns, Sarah Botstein, and David Schmidt.

Ten years in the making, this epic series explores the extraordinary people, world-altering ideas, and intense struggles of the eight-year War for Independence. Viewers will experience the war through the eyes of military giants, British counterparts, and ordinary individuals whose lives were upended—including the crucial, often-untold experiences of women, Black Americans, and Indigenous peoples.

Come gather with neighbors, history buffs, and families to reflect on our shared past, honor the enduring principles of liberty and civic responsibility, and examine how a single sheet of parchment turned the world upside down.

ALL FILMS BEGIN AT 1:00 PM

Thursday, July 2

“Documentary General Overview”

Tuesday, July 7

Episode 1: “In Order to be Free”

Thursday, July 9

Episode 2: “An Asylum for Mankind”

Tuesday, July 14

Episode 3: “The Times That Try Men’s Souls”

Thursday, July 16

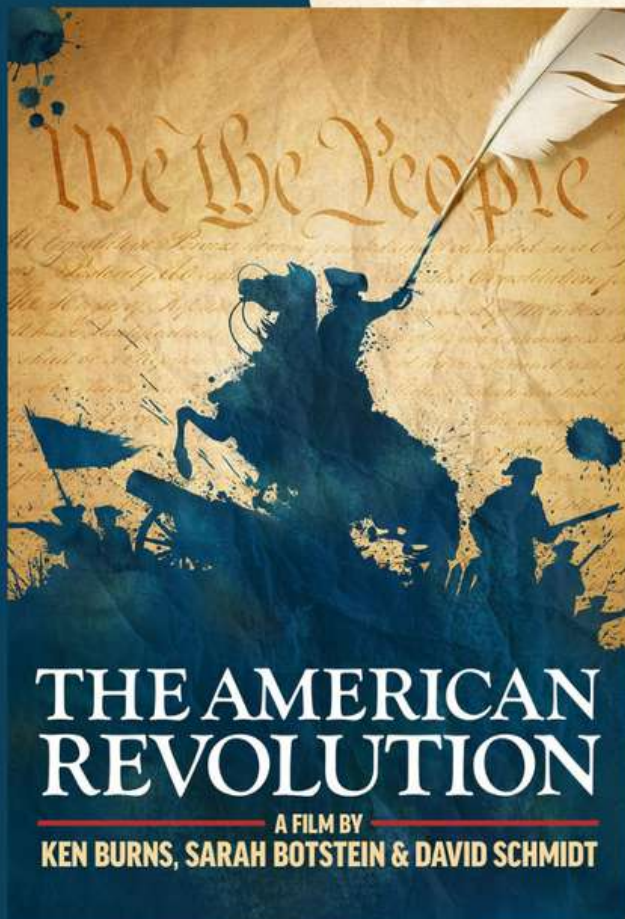
Episode 4: “Conquer by a Drawn Game”

Tuesday, July 21

Episode 5: “The Soul of All America”

Friday, July 23

Episode 6: “The Most Sacred Thing”



**FREE | REGISTER AT
DFLA.ORG**

Puttin' Through the Pages

Desert Foothills

LIBRARY Est. 1954
enriching your community

The Most Fun
Mini Golf Course
In Town!

Join us for a
**ONE-OF-A-KIND
FUNDRAISER**



**Saturday
July 18th**



2 to 4pm



**Inside
Desert Foothills Library**

Enjoy...

**All Ages
Welcome**

- ✓ **Mini Golf through the library stacks!**
- ✓ **Snacks in our Snack Shack**
- ✓ **Fun Challenges & Community**

\$30 Per Foursome
(\$5 per additional golfer)

FORE!!!

- **Literacy**
- **Community**
- **Fun!**

Register Online at DFLA.org



UNEARTH A STORY™



Desert Foothills

LIBRARY

Est. 1954

enriching your community

SUMMER READING PROGRAM

July Events

FUN FUSION KID SPY SCHOOL

AMERICAN REVOLUTIONARY WAR EDITION

Thursday, July 2 | 1 pm – 2 pm
Create and break secret codes,
and solve spy missions.

1st – 5th
Graders

*Registration is required



STORYTIME WITH THE GIRL SCOUTS

The Great Color Hunt
Preschool – 3rd Graders

Saturday, July 11
11 am – 12 pm

TALES4TAILS

Wednesdays | 1 pm – 2 pm

July 8 & July 22

All
Readers
Welcome!



FUN FUSION*

UNEARTH A STORY

1st – 5th
Graders

Thursday, July 9 | 1 pm – 2 pm
What Animals Leave Behind

Monday, July 20 | 1 pm – 2 pm
Building Bonanza!

Tuesday, July 28 | 1 pm – 2 pm
Craftapalooza!

*Registration is required



SRP PLAY-OOZA

9:30 am – 10:30 am

Wednesday, July 15
Building Bonanza

Wednesday, July 29
Sensory Play

WILDMAN PHIL LIVING DINOSAURS

Friday, July 17

10:30 am – 11:30 am

Discover incredible facts
about some of the earth's
prehistoric remnants.

HOMESCHOOL SWAP MEET

Friday, July 31

10 am – 11:30 am

GREAT ARIZONA PUPPET THEATER PRESENTS

MY PET DINOSAUR

Friday, July 10

10:30 am – 11:30 am



FEATURED YOUTH PROGRAMS

Family Storytime (No Storytime August 4)

Tuesdays, 10:30 - 11:00 am

Children ages 2 to 6 years old and their caregivers 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 2 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.

PLAY-OOZA

Wednesdays | July 15 & 29 | 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

Questions, please call 480-488-2286.

July 15 - Building Bonanza!

July 29 - Sensory Play



Tales4Tails

Wednesdays | July 8 & 22 | 1:00 - 2:00 pm

Wednesday | August 19 | 3:30 - 4:30 pm

Wednesday | September 2 & 16 | 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 | Questions, please call 480-488-2286.

Hop, Bop & Roll! (No Hop, Bop & Roll! August 6)

Thursdays | 10:30 - 11:30 am

Calling all wiggle worms! Sing, laugh and learn in this music and movement class for children six and under and their favorite grownup.

Free | No Registration Required | Questions, please call 480-488-2286.

FEATURED YOUTH PROGRAMS

Fun Fusion: Kids Spy School: Revolutionary War Edition **Thursday | July 2 | 1:00 - 2:00 pm**

Step into the secret world of the American Revolutionary War and discover how kids just like you helped shape history. Hands-on activities, like creating and breaking secret codes, and solving spy missions. The activities will be led by Chloe, a senior at Cactus Shadows High School, who is a member of the Children of the American Revolution.

- Please plan to have younger siblings occupied and supervised in another area of the library, not in the program room.
- This program will begin promptly at 1 PM, please plan to arrive on time.

Free | Registration Required | Questions, please call 480-488-2286.

Fun Fusion: Unearth aStory: What Animals Leave Behind **Thursday | July 9 | 1:00 - 2:00 pm**

Learn about how scientists use animal tracks and droppings to study patterns of behavior, migration and survival for a variety of species. We'll mix informational text with activities and some silly fun in the form of Poop Bingo. Bring your curiosity and a sense of humor!

- Please plan to have younger siblings occupied and supervised in another area of the library, not in the program room.
- This program will begin promptly at 1 PM, please plan to arrive on time.

Free | Registration Required | Questions, please call 480-488-2286.



Great Arizona Puppet Theater presents: My Pet Dinosaur **Friday | July 10 | 10:30 - 11:30 am**

Dinosaurs! Puppets! Together in one show! We are pleased to host the Great Arizona Puppet Theater's production of My Pet Dinosaur.

It's a fun story about a boy who gets a dinosaur egg for his birthday. Be ready for a roaring good time!

Free | No Registration Required
Questions, please call 480-488-2286.

FEATURED YOUTH PROGRAMS

Storytime with the Girl Scouts!

Saturday | July 11 | 11:00 am - 12:00 pm

The Desert Foothills Library is thrilled to host local Girls Scouts for this special storytime intended for preschoolers through 3rd graders. The Scouts have planned all the stories, songs and activities for maximum fun! Come support these young leaders in our community!

Free | No Registration Required | Questions, please call 480-488-2286.



**REAL ANIMALS
REAL FUN**

WILDMAN PHIL

JULY 17

10:30 AM - 11:30 AM

**UP CLOSE. REAL.
UNFORGETTABLE.**

LIVING

DINOSAURS

Wildman Phil: Living Dinosaurs

Friday | July 17 | 10:30 - 11:30 am

Unearth a story about modern-day dinosaurs in an up-close and personal manner when Wildman Phil brings his collection of crazy creatures to Desert Foothills Library.

Enjoy discovering incredible facts about some of the earth's prehistoric remnants like a giant spider, lizards with strange defenses, beautiful snakes, armored alligator, and long-necked turtle.

ISN'T THAT WILD?!

Free | No Registration Required | Questions, please call 480-488-2286.

FEATURED YOUTH PROGRAMS

Fun Fusion: Building Bonanza!

Monday | July 20 | 1:00 - 2:00 pm

We're bringing out all the bricks, the blocks, the magnets and tiles for an epic hour of building fun. What will you create?

- Please plan to have younger siblings occupied and supervised in another area of the library, not in the program room.
- This program will begin promptly at 1 PM, please plan to arrive on time.

Free | Registration Required | Questions, please call 480-488-2286.

All home school families are welcome to our...

HOME SCHOOL Social & Swap Meet

Friday, July 31 | 10:00 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.

Mini Minds in STEM

Saturday | August 29 & September 26 | 11:00 am - 12:00 pm

Calling all science, technology, engineering and math lovers ages 8-12. We have the club for you!

Led by two Norte Dame High School students, Mini Minds in STEM monthly meetings provide hands-on lessons and activities to boost confidence, support inquiry and gain knowledge of scientific concepts in a collaborative environment.

Free | Registration Required | Questions, please call 480-488-2286.

FEATURED ADULT PROGRAMS

Jesus Meets You Where You Are

Tuesdays, June 30 and July 7 & 14 | 3-Week Series | 10:00 - 11:00 a.m.

Presented by Christ Anglican Church

Crist Anglican Church present a 3-week series about Jesus' love for us no matter where our path has led us or where we are right now on this journey of life.

If you feel...Lost, Ashamed, Alone, Left-Out, Lonely, Unworthy

This is for you...

Come as you are for real conversation, with real people, about the real Jesus.

Free | Register at dfla.org | Questions, please call 480-488-2286.

The American Revolution:

**Documentary General Overview & Six-Part Series
(Beginning July 2)**

Dates Listed Below | 1:00 - 3:00 pm

Join us for a landmark cinematic journey as we commemorate the United States Semiquincentennial with a special film series featuring The American Revolution, a six-part documentary masterpiece from acclaimed filmmakers Ken Burns, Sarah Botstein, and David Schmidt.



Ten years in the making, this epic series explores the extraordinary people, world-altering ideas, and intense struggles of the eight-year War for Independence. Viewers will experience the war through the eyes of military giants, British counterparts, and ordinary individuals whose lives were upended—including the crucial, often-untold experiences of women, Black Americans, and Indigenous peoples.

Come gather with neighbors, history buffs, and families to reflect on our shared past, honor the enduring principles of liberty and civic responsibility, and examine how a single sheet of parchment turned the world upside down.

Thursday, July 2 - Documentary General Overview

Tuesday, July 7 - Episode 1: 'In Order to be Free'

Thursday, July 9 - Episode 2: 'An Asylum for Mankind'

Tuesday, July 14 - Episode 3: 'The Times That Try Men's Souls'

Thursday, July 16 - Episode 4: 'Conquer by a Drawn Game'

Tuesday, July 21 - Episode 5: 'The Soul of All America'

Thursday, July 23 - Episode 6: 'The Most Sacred Thing'

For more details about each of the episodes, please refer to the library program calendar at dfla.org.

Free | Register at dfla.org | Questions, please call 480-488-2286.

FEATURED ADULT PROGRAMS

Maximizing Your Social Security Benefits: Claim Smart, Retire Strong!

Thursday, July 9 | 2:00 - 3:00 pm OR Saturday, July 11 | 11:00 am - 12:00 pm

Presented by Brad Allan, The Allan Agency

Claiming Social Security is one of the most important retirement decisions you will make, yet many retirees unknowingly leave benefits on the table. At this educational event, you will learn how current tax rules, Social Security claiming strategies, and recent legislative changes can impact your benefits.

Understanding your options and the decisions available to you could potentially help maximize your lifetime benefits and provide greater clarity and confidence as you plan for your retirement.

Free | Reserve your seat today!

To register by phone, please call 866-679-2277 and give RSVP Code: 508509. To register online, visit RSVP.org/508509

Banking Basics Workshop

Monday, July 20 | 3:15 - 4:30 pm

Presented by LaShan Cory & Jocelyn Peru, BMO Bank



Build your banking confidence!

Join us for Banking Basics with BMO Bank and take the guesswork out of managing your money! This engaging session will cover checking and savings accounts, debit cards, online banking, and tips for staying safe and secure with your finances.

Perfect for anyone looking to strengthen their everyday money skills and feel more confident making financial decisions.

Free | Register at dfla.org | Questions, please call 480-488-2286.

Considering Homeownership Workshop

Monday, August 17 | 3:15 - 4:30 pm

Presented by LaShan Cory & Jocelyn Peru, BMO Bank

Are you thinking about buying a home? Join representatives from BMO and learn what financial preparation is required prior to purchasing your new home.

Attending a BMO homeownership workshop is an excellent way to understand the homebuying process. The workshop covers:

- Budgeting & Credit: Tips to prepare your finances and boost your credit score.
- Mortgage Options: Overviews of BMO's affordable lending solutions and down payment assistance.
- The Purchasing Process: Step-by-step guidance on how to find a realtor, get pre-approved, and close on your home.

Free | Register at dfla.org | Questions, please call 480-488-2286.

FEATURED ADULT PROGRAMS

Beyond Weight Loss: Understanding Your Midlife Body & Coming Home to Yourself

Saturday, August 8 | 11:00 am - 12:15 pm

Presented by Olivia Sage

Why does weight suddenly seem harder to lose when you do everything right?

Separate facts from fiction as we debunk common health myths and explore practical strategies to support your changing metabolism, energy and long term health - so you can work WITH your body and embrace this new season with confidence!

Free | Register at dfla.org | Questions, please call 480-488-2286.

We Are Not Little Men: Understanding Your Changing Body & Advocating for the Care You Deserve!

Saturday, September 12 | 11:00 am - 12:15 pm

Presented by Olivia Sage

'We Are Not Little Men' explores why women's bodies require different care because they have different needs. Discover how understanding your changing body can help you ask better questions, become a confident partner in your healthcare, and receive the care you deserve.

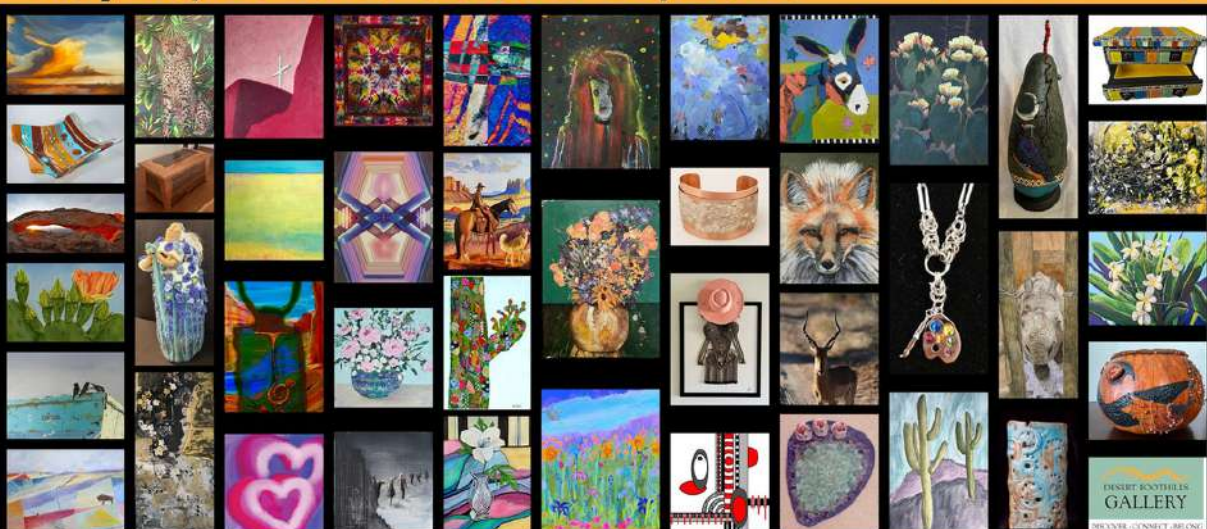
Special guest, pelvic floor therapist Shauna Epperson, will share why pelvic floor therapy is an essential and often overlooked part of women's health and self-care!

Different Bodies - Different Needs - Different Care!

Free | Register at dfla.org | Questions, please call 480-488-2286.

Gallery Hours:
Monday, Wednesday,
Friday 9am - 5pm
Tuesday, Thursday
9am - 6pm
Saturday 10am - 4pm

Desert Foothills Gallery 2026 Hot Art-Cool Show May 28, 2026 to October 14, 2026



The Desert Foothills Gallery is pleased to announce the opening of the 2026 Hot Art-Cool Show, a vibrant summer exhibition featuring artwork by members of the Sonoran Arts League

The Hot Art-Cool Show has become a beloved summer tradition, inviting visitors to enjoy inspiring artwork in a cool and welcoming gallery setting

The Desert Foothills Gallery is located inside the Desert Foothills Library at 38443 N Schoolhouse Rd. Cave Creek, AZ



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

FEATURED ADULT PROGRAMS

Past Life Recall for a Better Life

Thursday, August 20 | 2:00 - 3:00 pm

Presented by Mark Peppers and Susan Nyberg

Bring more harmony to your life by untangling karmic webs from long ago and learn spiritual exercises to recall past lives

You're invited to an interactive spiritual discussion with like-hearted people. Share your spiritual stories and questions and receive a complimentary book on past lives.

Mark Peppers and Susanne Nyberg are both members of the Eckankar clergy. Having greatly benefited from studying their own past lives, they share techniques anyone can use to recall their past lives, so they can learn how to improve their lives today.

Free | Register at dfla.org | Questions, please call 480-488-2286.



AZ Medicare Guide Presentation

Thursday, September 10 | 1:30 - 2:30 pm

Presented by Christine Corbridge

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 Christine Corbridge - Licensed Agent and Medicare Health Plan Broker specializing in Medicare Supplemental Insurance offering clarity on the many confusing parts of Medicare. Christine has years of experience as a Medicare agent, and is available to answer your Medicare questions!

Free | Register at dfla.org | Questions, please call 480-488-2286.

Starting Your Own Small Business Workshop

Monday, September 14 | 3:15 - 4:00 pm

Presented by LaShan Cory & Jocelyn Peru, BMO Bank

Are you thinking about starting a small business? Join representatives from BMO and learn how to build your business, develop your brand and understand legal and financial considerations.

Free | Register at dfla.org

Questions, please call 480-488-2286.



WEEKLY ADULT PROGRAMS

Craft N Chat

Mondays | 1:00 - 3:00 pm (No class 9/7)

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!

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

*Informal MahJongg: Unsupervised Play

Tuesdays | 1:00 - 3:30 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.*

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

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.

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



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!

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



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

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

WEEKLY ADULT PROGRAMS

Tech Help - Library Apps, Electronic Devices, and More!

Tuesdays and Thursdays | 12:00 - 4:00 pm

Wednesdays | 10:00 am - 3:00 pm

Saturdays | 10:00 am - 1:00 pm

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 call 480-488-2286 to schedule an appointment.



Alcoholics Anonymous

Thursdays | 5:00 - 6:00 pm

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

Free | No registration required.

Desert Foothills

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enriching your community

Est. 1954

Chapter 2 Books
Great Books. Great Prices.

MONTHLY BOOK SALE!

JULY 10
9 AM - 5 PM

JULY 11
10AM - 4 PM

AUGUST 7
9 AM - 5 PM

AUGUST 8
10 AM - 4 PM

SEPTEMBER 11
9 AM - 5 PM

SEPTEMBER 12
10AM - 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!

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



MONTHLY ADULT PROGRAMS

S.O.S. Sisterhood of Strength

Mondays, July 6 & 20, August 3, 17 & 31 and September 14 & 28 | 9:30 - 11:00 am

Join a welcoming, confidential space to connect with others who understand your journey. Whether you are looking for a place to share your story or simply listen, our peer-led group offers a safe and supportive environment to build community and find strength in shared experiences.

Sisterhood of Strength is a support group for women in the Vally who:

- Are currently in or have been in a domestic violence relationship
- (emotional, physical, financial, controlling behavior, etc.);
- Suffer from PTSD relative to such a relationship;
- Are fearful of their partner;
- Think they might be in a domestic violence relationship.

Join us for one session or as many as you'd like. Everyone welcome!

Free | Questions, please call 480-488-2286.

Free | Registration preferred, but not required. | Questions, please call 480-488-2286.

Alzheimer's Caregiver Support Group

3rd Tuesday of each month | 4:30 - 6:00 pm

Join Therese White for a group discussion where people with Alzheimer's, their caregivers, and others affected by the disease can share answers, opinions, ideas, and support. Whenever facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose. Connecting with others like you may help put your own experiences living with the disease in perspective and provide you with the support and encouragement necessary to move beyond your diagnosis.

Free | Registration preferred, but not required. | Questions, please call 480-488-2286.

Death Café

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

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. | Questions, please call 480-488-2286.

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

Talking about death won't kill you.



MONTHLY ADULT PROGRAMS

Oh Snap! Photography Club

1st & 3rd Wednesday of each month | 9:00 - 10:45 am (No meeting in July)

Are you passionate about capturing moments, exploring new perspectives, or improving your camera skills?

If so, our Oh Snap! Photography Club is a friendly and supportive community of local photographers - open to all skill levels, from complete novices to seasoned professionals.

Bring some of your photos on a thumbdrive to share at each meeting.

What we do:

- Share & Critique
- Learn New Skills
- Develop a Personal Style
- & More!

Free | Register at dfla.org | Questions, please call 480-488-2286.



Puzzle Exchange

Last Friday and Saturday of each month

Fridays, 9:00 am - 5:00 pm | Saturdays, 10:00 am - 4:00 pm

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 and Saturday of every month. All ages and skill levels encouraged



Writer's Critique Group

3rd Friday of every month | 11:00 am - 12:30 pm

Presented by K.A. Bledsoe

Join K.A. Bledsoe for a writer's critique group. This workshop is for those wishing to improve their writing and helping others with their ideas. The writer's critique group will offer support, feedback, accountability and encouragement. You also stand a good chance of making life-long friends who also love the same thing you do: writing! K. A. Bledsoe is a local author with several published works including the series The Kelton Cases.

Free | Register at dfla.org | Questions, please call 480-488-2286.

FREE FILM PROGRAMS

Foothills Caring Corps at the Movies

Last Monday of each month | 12:30 - 2:30 pm

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. | Questions, please call 480-488-2286.

Desert Foothills Library International Film Series Summer 2026:

Australian Cinema: Summer Down Under!

Fridays, July 10, 17, 24 & 31 and August 7 & 14 | 2:00 - 5:00 pm

Presented by Gary Zaro & Paradise Valley Community College

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

July 10 - My Brilliant Career (1979; 100 min.)

July 17 - Breaker Morant (1980; 105 min.)

July 24 - Strictly Ballroom (1992; 94 min.)

July 31 - Rabbit Proof Fence (2002; 93 min.)

August 7 - The Dressmaker (2015; 118 min.)

August 14 - Girl Asleep (2015; 88 min.)

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

Desert Foothills Library International Film Series: Around the World in Nine Films

Friday, September 11 | 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 is presented following each film.

September 11: Parasite (South Korea; 2020, NR, 102 min.)

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

Desert Foothills Library Cinematic Reflections Series:

Little Known Stories of World War II

Friday, September 18 | 2:00 - 5:00 pm

Presented by Gary Zaro & Paradise Valley Community College

This film series offers war stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men and women who made World War II modern history's seminal event. A post-film discussion is presented following each film.

September 18: Riefenstahl (Germany; 2024, 115 min.)

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

LITERARY ADULT PROGRAMS

The Culinary Book Club

1st Monday of the month | 12:00 - 2:30 pm

(September Meeting is the 2nd Monday of the month [9/14] due to Holiday on 9/7)

(The Culinary Book Club does not meet in July & August)

Enjoy your love of books and cuisine with others at this monthly book club.



September's Theme: *Cheeses of the World*

Cookbook: Get creative! Share and present any type of dish, board or platter involving a unique cheese.

Be prepared to discuss the fiction and/or memoir. The recipe from the cookbook(s) for you to prepare and bring for sharing is of your own choosing. Please bring one copy of your recipe along with any utensils needed to serve your dish. Paper products will be provided. Bring your own beverage is suggested.

Free | No registration required. | Questions, please contact: susanrinaz@gmail.com.

Get Lit Book Club

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

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

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. Everyone is welcome!

July 14: *"Touchstone," by Laurie R. King*

August 11: *"There Was an Old Woman," by Hallie Ephron*

September 8: *"The God of Small Things," by Arundhati Roy*

Restaurant: Spotted Donkey Cantina,

34505 N. Scottsdale Road, Scottsdale, AZ 85266 (at El Pedregal)

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



Books to Die For: A Murder Mystery Book Club

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

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.

July 21: - *"Dandy Gilver and the Proper Treatment of Bloodstains" by Catriona McPherson*

August 18: - *"Skinny Dip" by Carl Hiaasen*

September 15: - *"An Unsuitable Job for a Woman" by P. D. James*

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

LITERARY ADULT PROGRAMS

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!

July 9: *Butter* by Asako Yuzuki

August 13: *The Mighty Red* by Louise Erdrich

September 10: *We the Women: The Hidden Heroes Who Shaped America* by Norah O'Donnell and Kate Andersen Brower

Program is free but a donation to the Desert Foothills Library is appreciated. No registration required. Questions, please call 480-488-2286.

Literary Salon

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

(Literary Salon does not meet in July, August & September)

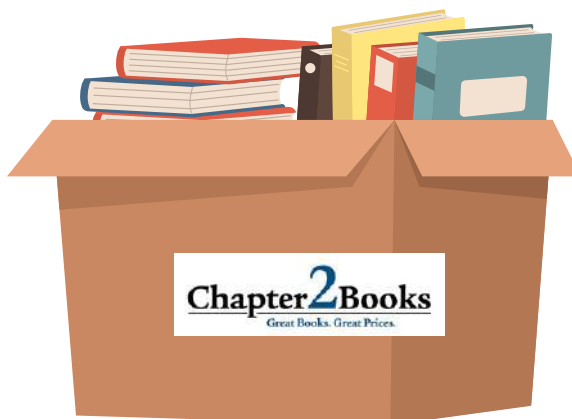
Join a host of literary fans along with the facilitation of Andrea Markowitz: a voracious reader and writer of fiction and nonfiction. She earned degrees in English, music and psychology, and explored a variety of careers in education and writing. After “retiring” she discovered her true calling is to 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!

Free | Register at dfla.org | Questions, please call 480-488-2286.

BOOK STORE DONATIONS WELCOME!

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

HEALTH & WELLNESS PROGRAMS

The Healing Pathway

2nd and 4th Monday of each month | 9:30 - 11:30 am

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. | Questions, please call 480-488-2286.

Gentle Yoga

Mondays & 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 623-282-7765 or yokama14@gmail.com.

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

No Registration Required.



Tai Chi – Qigong for Everyone!

Tuesdays & Thursdays | 9:15 - 10:15 am (During July & August, classes only meet on Thursdays)

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 during April, May and June.

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 the instructor at each class.

No registration required. | Questions, please call 480-488-2286.

HEALTH & WELLNESS PROGRAMS

Mat Pilates

Wednesdays , July 1, 8, 22 & 29 | 9:30 - 10:30 am

Friday, July 24 | 9:30 - 10:30 am

Presented by Julie Daughtery

A Mat Pilates class is a strengthening and lengthening form of exercise that uses your own body weight as resistance, performed on a yoga or exercise mat. It is based on the original exercises developed by Joseph Pilates, focusing on a mind-body connection through six key principles: concentration, control, centering, precision, flow, and breathing.

Key Focus and Benefits:

- **Core Strength:** The class focuses on your core (trunk) muscles, often referred to as the "powerhouse," while also training your arms and legs.
- **Low-Impact:** It is a low-impact workout that can be modified for any age, body, or fitness level, making it accessible to beginners and challenging for advanced students.
- **Full-Body Health:** Regular practice can help to:
 - Build muscle and increase flexibility.
 - Improve posture, coordination, and balance.
 - Increase body awareness and aid in injury prevention.
- **Mind-Body Connection:** The emphasis on breath work and concentration can also help to reduce stress and increase clarity of thought.



Julie started practicing Pilates in 2010 due to back pain and was amazed at the immediate difference. She decided to change her career to focus on wellness, receiving comprehensive certification in Pilates, Barre Above and Healing Sound Therapy. The connections she makes with members have been the most amazing, rewarding part of her journey and she is excited to share her knowledge and experience with everyone who wants to try Pilates. You will become stronger, more balanced and move with more control in each session.

Please bring a yoga mat to each class.

Free | Register at dfla.org | Questions, please call 480-488-2286.

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