

INFORMATION HIGHWAYS



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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

CLOSED

Monday, May 25
Friday, June 19

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.

APRIL EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

1

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
12:30 PM DeathCafe
1 PM Canasta
3:30 PM Tales4 Tails

2

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
11 AM Healthy Cooking: Ancient Grains & Heirloom Beans
1 PM Tech Help (By Appt.)
1 PM Genealogy: Find a Revolutionary Patriot
2 PM Unlocking the Power of Your Dreams
4 PM Fun Fusion: Pokemon Trading Card Game
5 PM Alcoholics Anonymous

3

3 PM Rattlesnakes! Fact and Fiction

4

10 AM Jubilate Violin Orchestra
11 AM Tech Help (By Appt.)
11 AM Moving Past Fear - To Healing

5

6

11 AM Gentle Yoga*
12 PM Culinary Book Club

7

9:15 AM Tai Chi & Qigong*
10:30 AM Firefighter Storytime!
1 PM Detox & Environmental Toxins
1 PM Party with a Purpose! Heathful Indian Flavors with Alamelu Viravan
1 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

8

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

9

9:15 AM Tai Chi & Qigong*
10 AM Library Book Club
10:30 AM Hop, Bop & Roll!
1 PM Tech Help (By Appt.)
1 PM Taste of Spring: Cooking with Seasonal Vegetables & Fruits
1:30 PM AZ Medicare Guide Presentation
4 PM Fun Fusion: Pokemon Trading Card Game
5 PM Alcoholics Anonymous

10

9AM Library Book Sale
9:30 AM Mat Pilates
11 AM So You Want to Be a Writer? (Advanced Workshop 6)
2 PM 2025-2026 International Film Series: Around the World in Nine Films

11

10 AM Library Book Sale
10 AM Homegrown Stories: Meet Your Next Favorite Local Author
11 AM Tech Help (By Appt.)

12

13

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

14

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime
1 PM Tech Help (By Appt.)
1 PM Informal Mahjongg
1 PM Ghost Towns in Arizona
4 PM Teen Advisory Board (TAB)
5 PM Get Lit Book Club

15

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*
11 AM Estate Planning 101: Wills Vs. Trusts
12 PM Ukulele Jam Session
1 PM Canasta
3:30 PM Tales4 Tails

16

9:15 AM Tai Chi & Qigong*
10 AM Literary Salon
1 PM Tech Help (By Appt.)
1 PM The Creative Genius of J.R.R. Tolkien
4 PM 2026 Fiber Art Presentation
5 PM Alcoholics Anonymous

17

9:30 AM Mat Pilates
11 AM Nutritious Meal Planning
11 AM Writer's Critique Group
2 PM 2025-2026 Cinematic Reflection Series: Little Known Stories of WWII

18

11 AM Tech Help (By Appt.)
11 AM Happy Cat Rescue: Cat & Kitten Adoptions

19

20

11 AM Gentle Yoga*
12:30 PM Caring Corps at the Movies
1 PM Craft N Chat
3:15 PM Identity Theft Workshop

21

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

22

9 AM The Painter's Palette
9:30 AM Oh! Snap Photography Club
10 AM Tech Help (By Appt.)
11 AM Gentle Yoga*
12 PM Ukulele Jam Session
1 PM Canasta
1:30 PM Discover the Hidden Classical Artists from the Late 1800s

23

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
1 PM Tech Help (By Appt.)
2:30 PM Cognitive Health Series: Sleep Architecture and the Brain
4 PM Fun Fusion: Pokemon Trading Card Game
5 PM Alcoholics Anonymous

24

Puzzle Exchange
10:30 AM Homegrown Stories Spotlight: Storytime Edition
1:30 PM Petals for Prom

25

Puzzle Exchange
10 AM Jubilate Violin Orchestra
10:30 AM Petals for Prom
11 AM Tech Help (By Appt.)

26

27

9:30 AM Sisterhood of Strength
9:30 AM The Healing Pathway
11 AM Gentle Yoga*
1 PM Craft N Chat
3:15 PM Making Budgets Work Workshop

28

9:15 AM Tai Chi & Qigong*
10:30 Family Storytime
10:30 AM Balancing Blood Sugar for Better Energy, Mood & Health
1 PM Tech Help (By Appt.)
1 PM Informal Mahjongg

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
3:30 PM Tales4 Tails

30

9:15 AM Tai Chi & Qigong*
10:30 AM Hop, Bop & Roll!
1 PM Tech Help (By Appt.)
4 PM Fun Fusion: Pokemon Trading Card Game
5 PM Alcoholics Anonymous

MAY EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

1

9:30 AM Mat Pilates

11 AM Understanding Nutrition Labels

2 PM 2025-2026 International Film Series: Around the World in Nine Films

2

10 AM Jubilate Violin Orchestra

11 AM Tech Help (By Appt.)

3

4

10:30 AM Star Wars Storytime

10:30 AM Gentle Yoga*

12 PM Culinary Book Club

1 PM Craft N Chat

5

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime

1 PM The Tavern Trade in Colonial America: The Tinderbox That Ignited the American Revolution

1 PM Tech Help (By Appt.)

1 PM Informal Mahjongg

6

9 AM The Painter's Palette

9 AM Oh! Snap Photography Club

9:30 AM Mat Pilates

10 AM Tech Help (By Appt.)

11 AM Gentle Yoga*

12 PM Ukulele Jam Session

12:30 PM DeathCafe

1 PM Canasta

7

9:15 AM Tai Chi & Qigong*

10:30 AM Hop, Bop & Roll!

11 AM Taste of Summer: Cooking with Seasonal Vegetables & Fruits

1 PM Tech Help (By Appt.)

1:30 PM Protect Your Future: Long-Term Care Planning Workshop

4 PM Fun Fusion: Pokemon Trading Card Game

5 PM Alcoholics Anonymous

8

9AM Library Book Sale

9

10 AM Library Book Sale

10 AM Jubilate Violin Orchestra

11 AM Tech Help (By Appt.)

11 AM Happy Cat Rescue: Cat & Kitten Adoptions (CANCELLED)

10

11

9:30 AM Sisterhood of Strength

9:30 AM The Healing Pathway

11 AM Gentle Yoga*

1 PM Craft N Chat

12

9:15 AM Tai Chi & Qigong*
10:30 AM Family Storytime

1 PM Tech Help (By Appt.)

1 PM Informal Mahjongg

4 PM SRP Teen Volunteer Training

5 PM Get Lit Book Club

13

9 AM The Painter's Palette

9:30 AM PLAY-OOZA

9:30 AM Mat Pilates

10 AM Tech Help (By Appt.)

11 AM Gentle Yoga*

12 PM Ukulele Jam Session

1 PM Canasta

14

9:15 AM Tai Chi & Qigong*

10 AM Library Book Club

10:30 AM Hop, Bop & Roll!

1 PM Tech Help (By Appt.)

1:30 PM AZ Medicare Guide Presentation

5 PM Alcoholics Anonymous

15

11 AM Writer's Critique Group

9:30 AM Mat Pilates

16

10 AM Jubilate Violin Orchestra

11 AM Tech Help (By Appt.)

17

18

11 AM Gentle Yoga*

12:30 PM Caring Corps at the Movies

1 PM Craft N Chat

19

9:15 AM Tai Chi & Qigong*

1 PM Tech Help (By Appt.)

1 PM Informal Mahjongg

4 PM Books to Die For

4:30 PM Alzheimer's Caregiver Support Group

20

9 AM The Painter's Palette

9 AM Oh! Snap Photography Club

9:30 AM Mat Pilates

10 AM Tech Help (By Appt.)

11 AM Gentle Yoga*

12 PM Ukulele Jam Session

1 PM Canasta

21

9:15 AM Tai Chi & Qigong*

10 AM Literary Salon

1 PM Tech Help (By Appt.)

2:30 PM Cave Creek Town Council Forum

5 PM Alcoholics Anonymous

22

9:30 AM Mat Pilates

2 PM 2025-2026 Cinematic Reflection Series: Little Known Stories of WWII

23

10 AM Jubilate Spring 2026 Recital

11 AM Tech Help (By Appt.)

24

25

LIBRARY CLOSED

26

9:15 AM Tai Chi & Qigong*

9:30 AM The Healing Pathway

1 PM Tech Help (By Appt.)

1 PM Informal Mahjongg

1 PM Craft N Chat

27

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

28

9:15 AM Tai Chi & Qigong*

1 PM Tech Help (By Appt.)

5 PM Alcoholics Anonymous

29

Puzzle Exchange

9:30 AM Mat Pilates

30

Puzzle Exchange

11 AM Tech Help (By Appt.)

JUNE EVENTS



S

Mon

Tues

Wed

Thurs

Fri

Sat

31	1 9:30 AM BubbleManiacs Foam Party 11 AM Gentle Yoga* 12 PM Culinary Book Club 1 PM Craft N Chat	2 9:15 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Tech Help (By Appt.) 1 PM Informal Mahjongg	3 9 AM The Painter's Palette 9 AM Oh! Snap Photography Club 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 12:30 PM DeathCafe 1 PM Canasta 1 PM Tales4 Tails	4 9:15 AM Tai Chi & Qigong* 10:30 AM Hop, Bop & Roll! 1 PM Fun Fusion: Unearth a Story: Archaeology & Paleontology 1 PM Tech Help (By Appt.) 5 PM Alcoholics Anonymous	5 9:30 AM Mat Pilates 11 AM No Heat Meals for Hot Summer Months 11 AM It's Not in Your Head: Navigating Peri- and Menopause with Power and Grace 3:30 PM 2026 Hot Art/ Cool Show Reception	6 11 AM Tech Help (By Appt.)
7	8 9:30 AM Sisterhood of Strength 9:30 AM The Healing Pathway 11 AM Gentle Yoga* 1 PM Craft N Chat 1 PM Fun Fusion: Unearth a Story: Dinosaur Cosplay & Fashion Show	9 9:15 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Tech Help (By Appt.) 1 PM Informal Mahjongg 5 PM Get Lit Book Club	10 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	11 9:15 AM Tai Chi & Qigong* 10 AM Library Book Club 10:30 AM Hop, Bop & Roll! 1 PM Tech Help (By Appt.) 2 PM Soul Travel, Easy Techniques to Expand Your Spiritual Awareness 5 PM Alcoholics Anonymous	12 9AM Library Book Sale 10:30 AM Baby Dinosaur Storytime 2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!	13 10 AM Library Book Sale 11 AM Tech Help (By Appt.) 11 AM Happy Cat Rescue: Cat & Kitten Adoptions (CANCELLED) 11 AM Understanding Dementia Together
14	15 11 AM Gentle Yoga* 1 PM Craft N Chat 1 PM Fun Fusion: STEM Sphero littleBits	16 9:15 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Tech Help (By Appt.) 1 PM Informal Mahjongg 4 PM Books to Die For 4:30 PM Alzheimer's Caregiver Support Group	17 9 AM The Painter's Palette 10 AM Tech Help (By Appt.) 10:30 AM The Magic & Illusions of Eric Giliam 11 AM Gentle Yoga* (CANCELLED) 12 PM Ukulele Jam Session 1 PM Canasta	18 9:15 AM Tai Chi & Qigong* 10 AM Literary Salon 10:30 AM Hop, Bop & Roll! 1 PM Tech Help (By Appt.) 5 PM Alcoholics Anonymous	19 LIBRARY CLOSED	20 11 AM Tech Help (By Appt.) 11 AM Storytime with the Girl Scouts: Make New Friends!
21	22 9:30 AM Sisterhood of Strength 9:30 AM The Healing Pathway 11 AM Gentle Yoga* 1 PM Craft N Chat 1 PM Fun Fusion: Star-Spangled Crafts	23 9:15 AM Tai Chi & Qigong* 10:30 AM Family Storytime 1 PM Tech Help (By Appt.) 1 PM Informal Mahjongg 4 PM "Citizen Tom Paine" Staged Reading	24 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 Tales4 Tails	25 9:15 AM Tai Chi & Qigong* 10:30 AM Hop, Bop & Roll! 1 PM Tech Help (By Appt.) 5 PM Alcoholics Anonymous	26 Puzzle Exchange 9:30 AM Mat Pilates 2 PM International Film Series Summer 2026 - Australian Cinema: Summer Down Under!	27 Puzzle Exchange 11 AM Tech Help (By Appt.)
28	29 11 AM Gentle Yoga* 12:30 PM Caring Corps at the Movies 1 PM Craft N Chat	30 9:15 AM Tai Chi & Qigong* 10:30 Family Storytime 1 PM Tech Help (By Appt.) 1 PM Informal Mahjongg				

*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.

FEATURED YOUTH PROGRAMS

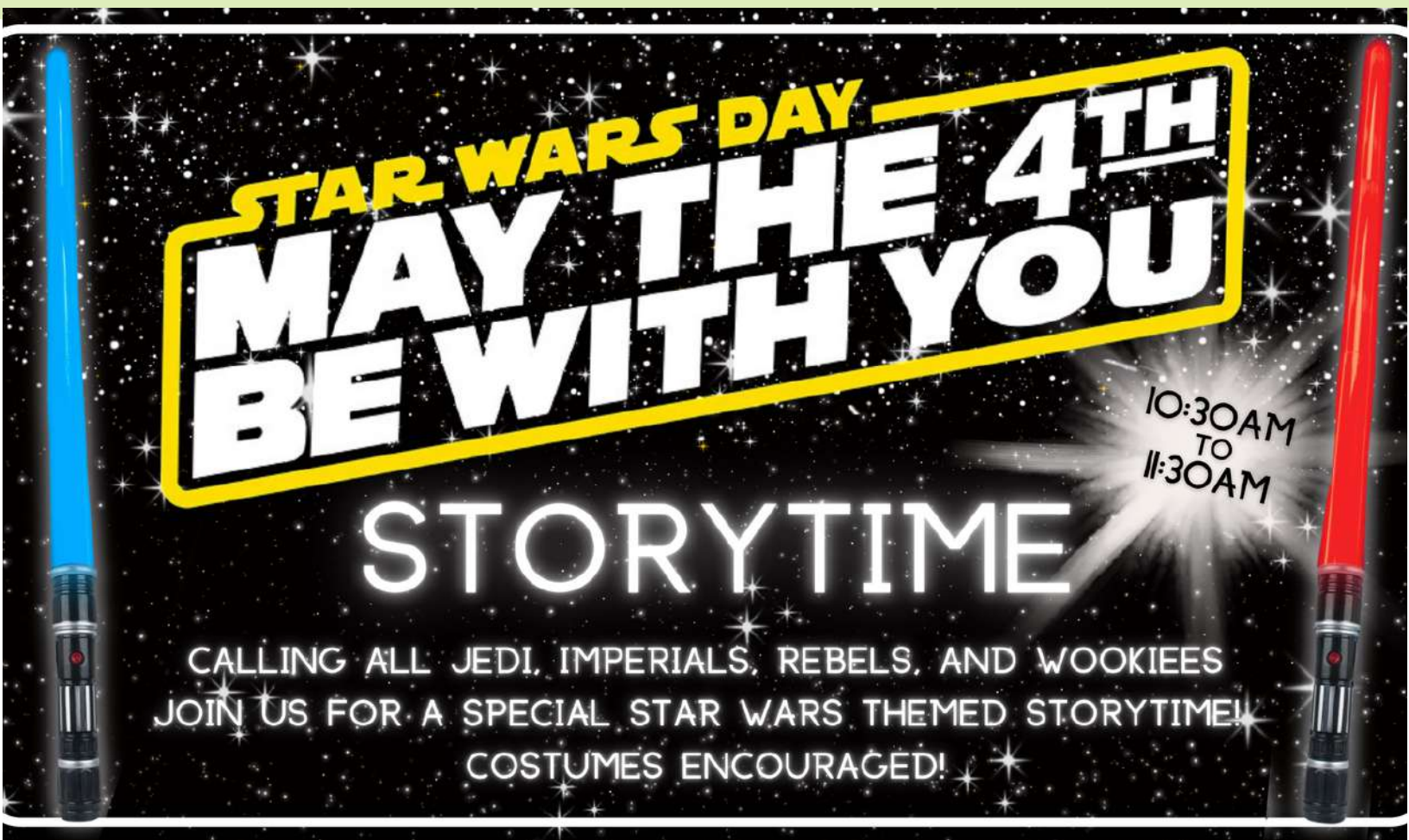
Family Storytime (No Storytime May 19 & 26)

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.



SRP Teen Volunteer Training

Tuesday | May 12 | 4:00 - 5:00 pm

This is a required training session for teens who have been approved for Summer Reading Program volunteering only.

FEATURED YOUTH PROGRAMS

PLAY-OOZA

Wednesdays | April 15 & 29 and May 13 | 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.

April 15th - Counting & Sorting (we have new materials!)

April 29th - You Can Build It! (we bring out ALL the building toys!)

May 13th - Play-Doh Playooza!

June 3rd - Mixed Media Dinosaur Art



Tales4Tails

Wednesdays | April 1, 15 & 29 | 3:30 - 4:30 pm

Wednesdays | June 3 & 24 | 1:00 - 2:00 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! April 16 and May 21 & 28)

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.

Fun Fusion: Pokemon Trading Card Game (No Fun Fusion April 16)

Thursdays | April 2, 9, 23 & 30 and May 7 | 4:00 - 5:00 pm

Through a collaboration between the Association for Library Service to Children (ALSC) and The Pokémon Company, Desert Foothills Library is excited to offer our first Pokémon Club! We provide the materials needed to learn how to play the Pokémon Trading Card Game plus snacks and giveaways! No experience necessary.

Gaming helps build social-emotional confidence as well as cognitive skills through math and reading comprehension. Bring a friend and make some new ones while having fun at the library!

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

FEATURED YOUTH PROGRAMS

Homegrown Stories Spotlight: Storytime Edition

Friday | April 24 | 10:30 - 11:00 am

Homegrown Stories Spotlight features local authors with books in Desert Foothills Library's own Arizona Author Collection.

If you love dragons, bubbles and magical adventures, then this special storytime is perfect for you! Local author Ellie Moss will be here to share her book, *Dibs the Dragon and the Marshmallow Rescue*. Be ready for an interactive program sure to delight young readers.

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

Petals for Prom

Friday
April 24
1:30 pm - 4:30 pm

Saturday
April 25
10:30 am - 12:30 pm

IT'S TIME FOR PROM!

Do you need a corsage or boutonniere? Look no further than the Desert Foothills Library! We have everything you need to make a beautiful, specially made floral arrangement to complement your prom attire. You can make your own design or copy a sample. Let your creativity bloom!

This event is free for teens attending Prom on April 25.
One corsage or boutonniere per person only, please.

BubbleManiacs Foam Party

Monday | June 1 | 9:30 - 10:30 am

Let's kick off the Summer Reading Program with our annual bubble blast! BubbleManiacs brings the foamy fun to your library this summer! Our pro grade foam cannons, fun music and friendly staff will fill your outdoor space up to six feet deep in cool, clean, allergy-free foam. A hit with all ages, big crowds and big smiles guaranteed!

Please bring hats, sunscreen, beach chairs, and plenty of water for this outdoor activity.

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



FEATURED YOUTH PROGRAMS

Fun Fusion*

Thursday | June 4 and Mondays | June 8, 15 & 22 | 1:00 - 2:00 pm

June 4th: Unearth a Story: Archaeology & Paleontology

Learn how scientists study the past in this informative session that gives children a general understanding of both disciplines through hands-on activities.

June 8th: Unearth a Story: Dinosaur Cosplay & Fashion Show

Do you love fashion or costumes? Here's your chance to showcase your talent with our first ever Dinosaur Fashion show. We'll supply you with a dinosaur (or you can bring your own) and all the materials you need to dress them up. At the end we'll do a runway show through the library!

June 15th: STEM Sphero littleBits

Get ready to build a robotic vehicle with Sphero littleBits. No experience necessary.

June 22nd: Star-Spangled Crafts

Let's get ready for America's 250th Birthday with crafts that celebrate the spirit of our country!

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

These programs will begin promptly at 1 PM, please plan to arrive on time.

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

Baby Dinosaur Storytime

Friday | June 12 | 10:30 - 11:30 am

The Dino Crew is coming back to Desert Foothills Library for an interactive baby dinosaur show with a story, fossil digs, sensory bins, and dinosaur props for a roaring good time! Hope to see-REX you there!

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

The Magic & illusions of Eric Giliam

Wednesday | June 17 | 10:30 - 11:30 am

Welcome back Eric Giliam! Eric performs a dazzling spectacle of magic, illusions, and sleight of hand in his high energy show, which includes music, comedy and audience participation. He reveals to the audience that not everything seen can be explained. Eric has been one of the Summer Reading Programs' most popular performers for the past 10 years!!

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

Storytime with the Girl Scouts: Make New Friends!

Saturday | June 20 | 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.

UNEARTH A STORY™



Desert Foothills
LIBRARY Est. 1954
enriching your community

SUMMER READING PROGRAM June Events

BUBBLEMANIACS FOAM PARTY



Monday, June 1
9:30 am – 10:30 am

Let's kick off summer with our
annual bubble blast!

All
Readers
Welcome!

TALES4TAILS

Wednesdays | 1 pm – 2 pm
June 3 and June 24



Mixed Media
Dinosaur Art

Preschoolers

SRP PLAY-OOZA

Wednesday, June 3
9:30 am – 10:30 am



FUN FUSION *

UNEARTH A STORY

1st – 5th
Graders

Thursday, June 4 | 1 pm – 2 pm
Archaeology & Paleontology Edition

Monday, June 8 | 1 pm – 2 pm
Dinosaur Cosplay & Fashion Show

Monday, June 15 | 1 pm – 2 pm
STEM Sphero littleBits

Monday, June 22 | 1 pm – 2 pm
Star Spangled Crafts

*Registration is required



BABY DINOSAUR STORYTIME

Friday, June 12
10:30 am – 11:30 am

THE MAGIC AND ILLUSIONS OF ERIC GILIAM

Wednesday, June 17
10:30 am – 11:30 am

A dazzling spectacle of
magic, illusions, and
sleight of hand plus
music & comedy.



STORYTIME WITH THE GIRL SCOUTS

MAKE NEW FRIENDS!
Preschool – 3rd Graders

Saturday, June 20
11 am – 12 pm

FIND OUT MORE
AT DFLA.ORG



FEATURED ADULT PROGRAMS

Writer's Critique Group

Friday, April 17 & May 15 | 11:00 am - 12:00 pm (No meeting in June - Library Closed June 19)

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.

Desert Foothills Art Gallery Artful Presentation - 2026 Fiber Art Presentation

April 16 | 4:00 - 5:00 pm

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

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

Desert Foothills Gallery

2026 Juried Artists Exhibit

Artful Presentation with Q&A

Thursday, April 16 - 4:00pm to 5:00pm

Spend an inspiring afternoon with us as artists from the 2026 Juried Artists Exhibit talk about their creative process, the ideas that inspire them, and the techniques they use to create their work.

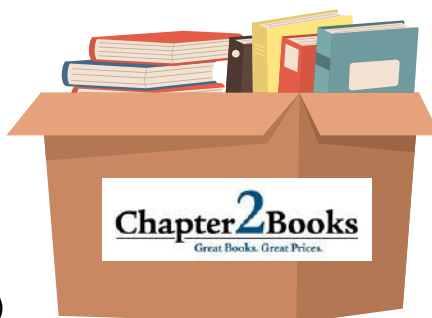
Visitors are invited to experience a diverse collection of artwork and celebrate the creative achievements of the League's juried members.

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

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

FEATURED ADULT PROGRAMS

Balancing Blood Sugar for Better Energy, Mood & Health

Presented by Andrea O'Donnell

Tuesday, April 28 | 10:30 am - 12:00 pm

Do you find yourself feeling tired in the afternoon, reaching for something sweet, or struggling with energy throughout the day?

In this interactive workshop, Nutritional Therapy Practitioner Andrea O'Donnell will break down why these symptoms happen—and how simple changes to your meals can make a big difference.

You'll learn:

- What blood sugar is and why it matters (in simple terms)
- How it impacts energy, weight, mood, and cravings
- What a “balanced meal” actually looks like
- Easy ways to build meals that keep you full and energized

Andrea will also demonstrate a simple, delicious recipe from her cookbook and walk you through how to build a balanced plate—so you can see exactly how to apply what you learn at home.

This class is designed to be practical, easy to follow, and empowering—no diets, no calorie counting, just real food and real solutions.

Free | Register at dfla.org

Questions, please call 480-488-2286.



Understanding Nutrition Labels

Friday, May 1 | 11:00 am - 12:00 pm

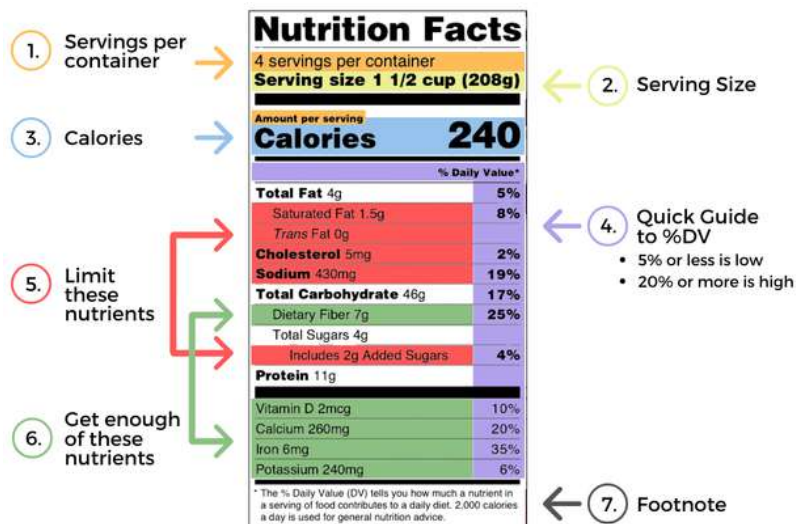
Presented by Wendy Farrell

Let the label guide your food purchase decisions. Learn how to confidently decode the information on packaged foods.

Participants will learn how to interpret serving sizes, calories, macronutrients, ingredient lists, and hidden sugars so they can quickly compare products and make smarter choices.

Recipes will be guided by the healthiest of nutrition labels.

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



FEATURED ADULT PROGRAMS

**The Tavern Trade in Colonial America: the Tinderbox That Ignited the American Revolution
Presented by Mark Seifert, Arizona Society Sons of the American Revolution Speakers Bureau
Tuesday, May 5 | 1:00 - 2:00 pm**

In Colonial America, taverns were the "beating heart" of the community, serving as far more than just places to eat and drink. This program explores the multifaceted world of tavern trade in Colonial America.

Mark's presentation promises to engage the audience with facts and stories of taverns, keepers, patrons and the build-up of the Revolution. It interprets the role of taverns and their connection to the fundamental principles of the Bill of Rights.

Two of Mark's Patriot Ancestors were involved in the Tavern Trade. One on the maternal side in Lenox, Massachusetts, and one on the paternal side in Simsbury, Connecticut.

Mark Seifert has been a member of the Sons of the American Revolution since 2019 and is currently the PIO for the AZ State SAR and Chair of the 250th Communications Committee. He has seven ancestors who served during the Revolution. He is an avid historian and storyteller. Mark participates in the State Color Guard, attired as a tavern keeper and Minuteman.

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

**PROTECT YOUR FUTURE
Long-Term Care Planning Workshop
Thursday, May 7 | 1:30 - 2:30 pm
Presented by Krystie Burgess**

What happens if care is needed...and you're not prepared?



WHAT YOU'LL LEARN

- The real cost of long-term care
- How to protect your assets from unexpected healthcare expenses
- Strategies to maintain independence and dignity
- Planning options beyond traditional insurance

No fear tactics. No obligation. Just clear guidance and real-world education.

Join our Long-Term Care Planning Workshop and get the facts, options, and strategies most people never hear about.

Free | Register at dfla.org OR click on the QR Code below | Questions, please call 480-488-2286.



FEATURED ADULT PROGRAMS

Taste of Summer: Cooking with Seasonal Vegetables & Fruits

Thursday, May 7 | 11:00 am - 1:00 pm

Presented by Clarissa Burt

Let's savor the summer harvest and celebrate the season's most bountiful produce! We'll transform fresh summer staples into a delicious, full-flavored meal.

Join international award-winning author Clarissa Burt as she brings us recipes to celebrate the arrival of Summer. Master the vibrant flavors of the season in this culinary experience where Clarissa blends demonstration, hands-on participation, tastings, and tips for creating nourishing and tasty recipes.

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



No Heat Meals for Hot Summer Months

Friday, June 5 | 11:00 am - 12:00 pm

Presented by Wendy Farrell

A refreshing cooking class focused on delicious dishes you can prepare without turning on the stove or oven. Participants will learn creative, nutritious meal ideas using fresh ingredients, simple prep techniques, and smart flavor combinations to stay cool and energized.

From satisfying salads and wraps to chilled entrees and snacks, this class shows how easy it is to eat well even on the hottest days.

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

It's Not in Your Head: Navigating Peri- and Menopause with Grace and Power

Friday, June 5 | 11:00 am - 12:00 pm

Presented by Olivia Sage

Navigating the transition into perimenopause and menopause can feel like charting unknown territory. Join Olivia Sage for an informative discussion focused on navigating the physical and emotional changes of perimenopause and menopause. During this session you will:

- Understand hormones and their interactions
- Recognize and interpret your symptoms
- Find out how you can support hormone health naturally
- How to feel in control, confident and connected to this new phase of life

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

FEATURED ADULT PROGRAMS

Soul Travel, Easy Techniques to Expand Your Spiritual Awareness

Thursday, June 11 | 2:00 - 3:00 pm

Presented by Mark Peppers and Susanne Nyberg

You're invited to a lively spiritual discussion based on the book ECKANKAR - Key to Soul Travel by Harold Klemp.

Learn spiritual exercises to travel to your inner worlds during sleep, understand the meaning of inner experiences, and go beyond prayer and astral projection to a high spiritual state of Seeing, Knowing, and Being.

Mark Peppers is a retired mechanical engineer who lives in Surprise, Arizona with his wife Susan. He is a longtime student of Eckankar and a member of the Eckankar clergy. He has many years of practicing and teaching Soul Travel techniques.

Susanne Nyberg is a professional artist who lives in Carefree with her husband. Like Mark, she has been a student of Eckankar for many years and is a member of the Eckankar clergy. She is an avid Soul Traveler and loves to teach others how to do it.

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



Understanding Dementia Together

Saturday, June 13 | 11:00 am - 1:30 pm

Presented by Assisting Hands Home Care

Join us at Desert Foothills Library for an engaging dementia education event featuring Laura Wayman. Gain practical tools and compassionate strategies to support loved ones. Need care for your loved one while you attend? Assisting Hands offers 3–4 hours of complimentary home care during the event.

Laura Wayman, known as “The Dementia Whisperer,” is an expert, educator, and author dedicated to transforming dementia care. She promotes compassionate, practical strategies that foster understanding, dignity, and connection. Her work empowers caregivers and communities to respond with empathy, improving quality of life for individuals living with dementia and those who support them.

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

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

FEATURED ADULT PROGRAMS

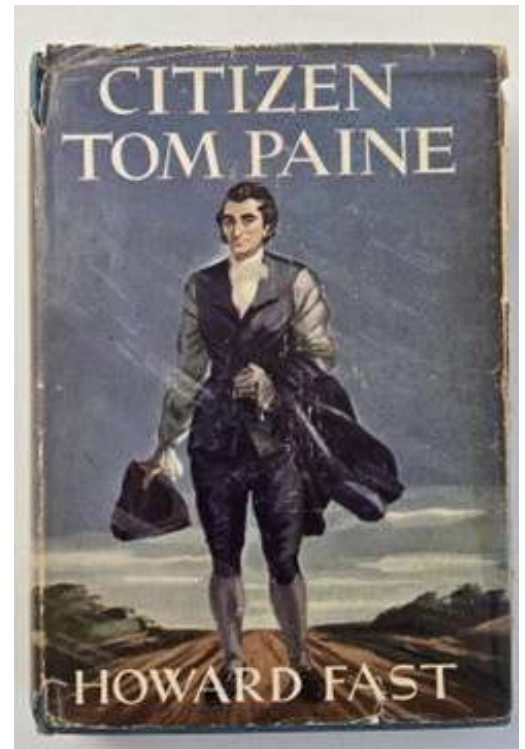
“Citizen Tom Paine” Staged Reading

Tuesday, June 23 | 4:00 - 5:00 pm

Presented by John Genette, Peter Strupp, and Phyllis Strupp

Philadelphia, 1776: As tensions rise with King George III, Thomas Paine publishes a stirring treatise that electrifies the colonies. “Common Sense” spreads like wildfire, rallying public support for independence, inspiring George Washington’s weary army and foreshadowing the Declaration of Independence. Howard Fast’s “Citizen Tom Paine” vividly portrays the man and the moment that shaped a nation. Join us for a lively staged reading of excerpts from Howard Fast’s bestselling novel, performed by John Genette, Peter Strupp, and Phyllis Strupp, followed by a brief Q&A exploring the relevance of “Common Sense” today. Running time for performance and Q&A is 50 minutes.

John Genette has extensive experience adapting novels for the stage and has appeared in several original shows, primarily at Arizona State’s Empty Space Theater. Peter and Phyllis Strupp have performed on local stages for many years including numerous Desert Foothills Theater productions. They have also produced a film, *Better from Within*, based on Phyllis’s latest book, which has been selected for several film festivals.



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 4/6; Class scheduled for 5/25 moved to 5/26)

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 | 1:00 - 6:00 pm

Wednesdays | 10:00 am - 3:00 pm

Saturdays | 11:00 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

LIBRARY

enriching your community

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Chapter 2 Books

Great Books. Great Prices.

MONTHLY BOOK SALE!

APRIL 10
9 AM - 5 PM

APRIL 11
10AM - 4 PM

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9 AM - 5 PM

MAY 9
10 AM - 4 PM

JUNE 12
9 AM - 5 PM

JUNE 13
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, April 13 & 27, May 11 (Library Closed May 25) & June 8 & 22 | 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.

Guided Trail Tour at The Caroline Bartol Preserve at Saguaro Hill

Tuesday, April 21 | 9:30 - 10:30 am

Desert Foothills Land Trust presents a beginner-friendly hike at The Caroline Bartol Preserve at Saguaro Hill (at Desert Foothills Library). This easy one-mile walk introduces hiking basics while exploring native desert flora and fauna. Perfect for newcomers seeking to discover the wonders of our local desert.

Meet at the Waterfall Terrace at Desert Foothills Library on the morning of the hike. Wear closed-toed, supportive shoes, and bring your water and hat!

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



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

MONTHLY ADULT PROGRAMS

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.

Talking about death won't kill you.

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

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



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!



Happy Cat Rescue - Cat & Kitten Adoptions

Cancelled May through August. Adoptions will resume September 12th

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 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!

MONTHLY ADULT PROGRAMS

Oh Snap! Photography Club

1st & 3rd Wednesday of the Month | 9:00 - 10:45 am (No Meeting 6/17)

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.



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!

FREE FILM PROGRAMS

Foothills Caring Corps at the Movies

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

(April movie rescheduled to 4/20); (May movie rescheduled to 5/18 - Library Closed 5/25)

Come by and watch a great movie while enjoying some snacks. Need a ride to the movies? Reach out to Foothills Caring Corps at 480-488-1105, and let them know you'd like to arrange a ride to the movies at Desert Foothills Library! Open to the public!



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

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

April 10 & May 1 | 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.

April 10: All Shall be Well (Hong Kong; 2024, NR, 90 min.)

May 1: Like Water for Chocolate (Mexico; 1992, R, 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

April 17 & May 22 | 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.

April 17: Hell in the Hurtgen Forest/On Command Ground (United States; 2006, 42 min./United States; 2001, 85 min.)

May 22: The Last Vermeer (United States; 2019, 115 min.)

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

Desert Foothills Library International Film Series Summer 2026:

Australian Cinema: Summer Down Under!

June 12 & 26 | 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..

June 12: Walkabout (1971, 100 min.)

June 26: Picnic at Hanging Rock (1975; 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

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



April's Theme: Breads

Cookbook: Please bring a sweet or savory bread item from any bread cookbook of your choice from any part of the world.

Literature: "The Bakers Secret" by Stephen P. Kiernan

May's Theme: Salads

Cookbook: "Edible" online magazine. Please bring a salad from this website from any area of the country.

Literature: "The Farmer's Wife: My Life in Days" by Helen Rebanks

June's Theme: America's Birthday

Cookbook: Please bring a dish from any cookbook with the word "America" in the title.

Literature: "Food Person" by Adam Roberts

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!

April 14: "Northanger Abbey," by Jane Austin

May 12: "Their Eyes Were Watching God," by Zora Neale Hurston

June 9: "Only Love Can Break Your Heart," by Ed Tarkington

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.



LITERARY ADULT PROGRAMS

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.

April 21: - *'The Maid's Secret'* by Nita Prose

May 19: - *'Identical'* by Scott Turow

June 16: - *'The Fellowship of the Frog'* by Edgar Wallace

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

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!

April 9: *"Time of the Child"* by Niall Williamson

May 14: *"Isaac Newton"* by James Gleick

June 11: *"The Burning Blue: The Untold Story of Christa McAuliffe and NASA's Challenger Disaster"* by Kevin Cook

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

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!

April 16: Family Secrets. Why do families keep secrets? Tell us about a work of fiction or non-fiction from the literary, visual or performing arts or a podcast that reveals a family secret and how it affects everyone involved.

May 21: Mommy May I? We'll salute the month of Mother's Day by talking about a work of fiction or non-fiction from the literary, visual or performing arts or a podcast that celebrate Mothers. Tell us about a mother story that speaks to you.

June 18: Celebrating the Classics. What makes 'a classic' a classic? Why do certain works of literature, fine art and the performing arts (including theater, film and music) receive critical acclaim and long-lasting, widespread attention? Choose a 'classic' work of literature, fine art or a performance/performer, and tell us why you chose it and what makes this work a classic.

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

HEALTH & WELLNESS PROGRAMS

The Healing Pathway

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

(May 25 meeting rescheduled to May 26)

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 | 11:00 am - 12:00 pm (Class on 5/4 begins at 10:30 am; No class 5/25 & 6/17)

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

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 & Fridays in May & June | 9:30 - 10:30 am

No Class 5/8, 6/12, 6/17 and 6/18

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.



Our Team Members



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