

# Adult Events & Classes February 2017

Free Events - Except where noted



## A Magical Evening

### Desert Foothills Library 9th Annual Gala

Saturday, February 11<sup>th</sup>, 5:30 p.m.

Celebrating 63 years as a 501(c)3 non-profit, built on a foundation of community support - through donations, memberships, and volunteerism. 5:30 p.m.: Silent auction, wine pull, hosted cocktails. Gourmet Dinner at 7 p.m., with live entertainment featuring renowned pianist Nicole Pesce and the Rhys Kelso Quartet. **Limited seating.** **Tickets** \$175. All proceeds benefit the Library. 480-488-2286.



## Regional Water Supply History 16 Year Drought on Colorado River Basin

Thursday, February 2<sup>nd</sup>, 2 - 3 p.m.

Seven states and Mexico share water from the Colorado River Basin. Years and years of agreements are now challenged by new realities brought on by 16 years of drought. Obtain the latest information about our drought so we can continue to enjoy this precious and finite natural resource - water. Presented by Outreach Coordinator for Central Arizona Project (CAP). **Register:** 480-488-2286



## Winemaking from Bud Break to Bottle

Monday, February 6<sup>th</sup>, 1 - 2 p.m.

A comprehensive look at the growing of wine grapes and how winemakers turn grapes into wine. Follow the cultivation and fermentation processes of red, white and rosé winemaking from the harvest of the grapes to the bottling of the wine. Speaker, Michael Pierce, is the Director of Enology at Yavapai College and a Certified Specialist of Wine. **Register:** 480-488-2286

## Reinvent Yourself - Steps to Plan Your Next Act



Wednesday, February 8<sup>th</sup>, 1 - 3 p.m.

The best way to predict your future is for you to create it yourself. Awaken your undiscovered possibilities! This workshop is designed to inspire and assist individuals to clarify the challenges of life's transitions. Assess your interests, personal style, existing talents and experiences. Develop options and strategies to reinvent yourself. Explore the possible need for new skills, with awareness of retirement trends and where you fit. Leave with a manual that will guide you in launching your new direction and identity, and help you implement the TRANSITION PROCESS. Facilitators: Peggy Arneault, MA, LPC and Barbara Hatton, MA, LPC.

**Register:** 480-488-2286

**Cost:** \$49 includes all materials.



## Hidden in the Hills Reception

Saturday, February 18<sup>th</sup>, 4 - 5:30 p.m.

Celebrate Desert Foothills Gallery's latest show. Enjoy refreshments while you browse the new exhibit. All are welcome!

**RSVP:** 480-488-2286

## Original Selfies

### Self Portraits of the World's Greatest Painters

Friday, February 24<sup>th</sup>, 1 - 2 p.m.



Until the 15th century, artists were more or less anonymous. Only after artists became famous as individuals whose names were revered, did the notion of portraying ones "SELF" become exceedingly important! Henceforth, the Original Selfies! The view of "SELF" through ones own eyes never fails to reveal the most interesting, unexpected points of view. Join presenter Suzanne Wilson for personal insights into details and facts otherwise unknown.

**Register:** 480-488-2286

*Named "Best of Phoenix, [Best Library in the Valley](#)" in 2014.*

*Support your community! The Library is a non-profit, funded by donations. Ask about the benefits of membership and volunteering.*

Library Closed

# Chapter2Books

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**SPECIAL SALE!**

February 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup>

(1<sup>st</sup> weekend this month only)

Open 7 days a week . . . or check us out on [Amazon](#).

Donations are welcome anytime!

[www.Chapter2BooksAZ.com](http://www.Chapter2BooksAZ.com)

480-488-2777



## Vision Board Party!

Saturday, February 4<sup>th</sup>, 10:30 a.m. - 3 p.m.

A vision board is a collage representing things you would like to attract to your life. You'll cut pictures and phrases out of our huge assortment of magazines (or your own magazines and photos). Glue the images and words onto a piece of poster board and place it somewhere you can see it on a regular basis -- then watch the magic happen! **A special bonus:** enjoy a lesson in using the power of Feng Shui on your vision board with Ro Rusnock, owner of Elements and Energy. **BRING:** poster board (maximum size 22 x 28) glue sticks and scissors (labeled with your initials). **BRING To Share:** Yummy and healthy lunch item. **We will provide:** magazines, water and iced tea, plates, utensils. Limited seating. **Register:** 480-488-2286.

**Cost:** \$25



February 11<sup>th</sup> for  
the Gala  
&  
February 20<sup>th</sup> for Presidents  
Day

Library Hours

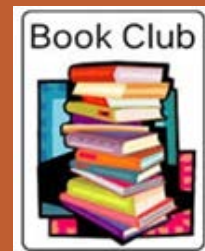
Monday-Friday

9am-6pm

Saturday 10am-4pm

Sunday 11am-3pm

Library Book Club



February 14

10 a.m. - Noon

(2

nd Tuesdays)

Discussion of

*The Boys on the Bus*

by Timothy Crouse.

Everyone is welcome!

Questions?

Email Jo Niemeyer

at [joniemeyer@](mailto:joniemeyer@yahoo.com)

[yahoo.com](mailto:joniemeyer@yahoo.com).

*No registration.*

***Click here*** for a  
complete book list.

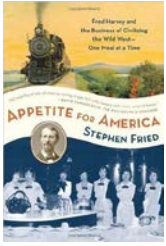
Passport?



*The Library is a*

## The Literate Foodie Club

February 6<sup>th</sup>, 10:00 - 11:30 a.m. (1<sup>st</sup> Mondays)



**February Topic:** *Appetite for America* by Stephen Fried, a biography of the amazing Fred Harvey. Snacks will be provided based on the original Harvey House recipes. Facilitated by Dana Rakinic. Questions? Contact [danarakinic@gmail.com](mailto:danarakinic@gmail.com). **Limited Space; register early!** 480-488-2286.

**Cost:** \$7.50

## A Civic Masterwork

### The National Mall, Washington, DC

Tuesday, February 7<sup>th</sup>, 10 - 11 a.m.

Explore the development and evolution of our National Mall in Washington, DC. Imagine the National Mall as an artist's canvas on which visionaries will create an iconic landscape unlike any other in the world. The focus will not be on the monuments and memorials as individual works of art, but how they all work together as important elements in the composition of the grand civic masterwork that is our National Mall. Presented by Beth Johnston, docent of *The Phoenix Art Museum*. **Register:** 480-488-2286



## Literary Salon

### Not Your Typical "Book Club"

February 9<sup>th</sup>, 10:00 a.m. - Noon (2<sup>nd</sup> Thursdays)



An informal discussion of books, film and theater. No requirements to read or see any particular book, film or play. **February Topic: "Based on a True Story": Can Poetic License Go Too Far?**

How obliged should a storyteller be to stick to the facts? We will discuss how storytellers' biases, the rules of "good" storytelling, and audience expectations all play roles in the creative recounting of actual events, and explore the pros and cons of mixing fiction with fact. Facilitated by Andrea Markowitz. No Registration.

## Passport Acceptance Facility

Available daily!

Call 480-575-3201 or [click here for details](#).

*Appointments essential.*

## Amazon Smile



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to the Desert Foothills Library Association.

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## Quick Links



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## Music @ the Movies

February 9<sup>th</sup>, 2 - 5 p.m.  
(2<sup>nd</sup> Thursday this month)

**La Boheme, The Film:** Giacomo Puccini's immortal love story in a high budget feature-film version stars opera's 'Golden Couple', Rolando Villazon and Anna Netrebko. The chemistry between them is electric, unrivalled in the theatre today. 100 min. Hosted by Music enthusiast Annis Scott. No Registration.



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## BRIDGE

Fridays, (8-week series)

### Skill Building

February 10 - March 31, 10 a.m. - 12 p.m.



For players with some experience who would like to improve their skills, you will develop bridge skills and strategies and socialize. Supervised play will help illustrate more advanced conventions as they are taught. If participants are interested, the instructor will

teach the "new" standard in bridge - the 2 over 1 style of play.

Instructor: Peter Blake-Ward. **Register:** 480-488-2286.

**Cost:** \$85 for 8-week series, including materials (or \$150 for both Bridge courses)

### Supervised Play

February 10 - March 31, 1 - 3 p.m.

One half hour demonstration of play, and bidding AND play of a pre-dealt hand. Balance of the class will be bidding and play of randomly dealt hands with help from the instructor. Registration is limited to the first 12 people. Instructor: Peter Blake-Ward. **Register:** 480-488-2286.

**Cost:** \$85 for 8-week series, including materials (or \$150 for both Bridge courses)

## The Brain

### Connection to Relationships

Monday, February 13<sup>th</sup>, 10 - 11 a.m.

"All learning is understanding relationships," says George Washington Carver. How can we use our relationships to turn on the brains learning switch? Let's explore this



human need for connection with scientific mind cookies and a few simple practices. Presenter Judah Page is a Somatic Movement and Brain Health Coach with 20 years of experience. **Register:** 480-488-2286

## Better Posture for a Better Life

Wednesday, February 15<sup>th</sup>, 5:30 - 6:30 p.m.



Learn easy, straight forward techniques to immediately improve your posture for improved mobility, balance and strength through proper alignment and biomechanics. Greatly reduce the risk of injuries and falls. Join Structural Therapists

Dana Sterling and Cody Williams, as they explain how simple strategies can have a tremendous impact on your health and quality of life. [www.carefreemovement.com](http://www.carefreemovement.com).

**Register:** 480-488-2286

## Cinematic Reflections on WWII Little Known Stories of the War

February 17<sup>th</sup>, 3 - 5 p.m. (3<sup>rd</sup> Fridays)

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that 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, facilitated by Gary Zaro, faculty WWII expert from Paradise Valley Community College (PVCC), will follow. **This month:** *The Frogmen* (96 min.). **Register:** 480-488-2286.



skills with every lesson by taking part in the modern, everyday conversations that make up our Interactive Audio Course.

### Culture Pass



*FREE passes to arts and culture venues in metro Phoenix! (Desert Botanical Gardens, Science Center, Art Museums, to name a few!). Limited availability - you must personally check the display when you visit.*

**Now available at DFL**

### FAX Service



*Donating Members: FREE!*

*Cardholders: per page... \$1 local; \$1.50 long distance (US only)*

Shop & Dine to Fund the Library!



**SIGN UP JUST ONCE !**  
*Help earn money for the library by clicking **here**.*

Food Bank Drop-off



*The library has partnered to feed the*

## Estate Planning

### Don't Make Your Family Fill in the Blanks

Saturday, February 18<sup>th</sup>, 10:30 a.m. - 11:30 a.m.



Nicole Pavlik of Nicole Pavlik Law Firm, PLC will host a **free Estate Planning Workshop**, providing a small group setting for participants to learn the essentials of developing an estate plan. A solid plan

is essential to make sure your family is not left filling in the blanks. Participants will learn:

- Powers of Attorney - why they are important and what you should have in them
- Probate - what it is and how to avoid it
- Trusts - what it is and how is it different from a Last Will and Testament
- Taxes - who has estate or inheritance tax
- Beneficiary designations - why these need to be updated

Participants have the opportunity to actively learn, plan, and ask questions in a supportive and engaging environment.

**Registration Required:** 480-488-2286.

## Crafty Card Making

Saturday, February 25<sup>th</sup>, 10:30 a.m. - 12:30 p.m.



We'll make cards for every season, every reason!

Join in the fun with Card Maker Melissa Sunde, who will have all the supplies cut and ready, and will help guide you in making 3 greeting cards. You'll learn new stamping techniques and how to use all kinds of new supplies. Don't worry if you

feel you are not creative - it's a class for everyone! Bring double-sided adhesive tape, or purchase at the class for \$3. **Registration Required by Wednesday**, February 15<sup>th</sup>, to allow time for preparing class supplies: 480-488-2286.

**Cost:** \$15.00.

## Secrets of the Roth and Multi-Generational IRA's

Thursday, February 23<sup>rd</sup>, 1 - 3 p.m.

- \$0 tax for life
- Multiply income 2-10 times for kids & grandkids
- Protect assets for 3 generations
- Reduce investment risk



Presented by Dr. Harold Wong, PhD Economics, who writes the AZ Republic money column. **Register:** 480-488-2286

## Book Discussion

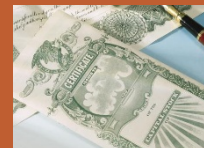
*Better with Age*  
*The Ultimate Guide to Brain Training*

*hungry in our community. A drop-off collection container is located by the pillar, left of the front desk.*

Important

Notice !!!

## Regarding Stock Donations to the Library



*The Library welcomes donations of stock, and we want to properly thank those of you who give such a donation.*

*Did you know that stock brokerage houses will no longer release the names of those who donate?*

*So we have recently been unable to thank several patrons for their generosity. If you donate, would you please include your name and address?*

**THANK YOU!**

Community Partners

[Cave Creek Museum](#)

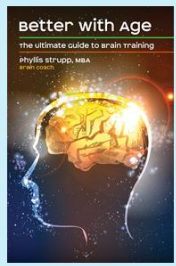
[CC Unified School District](#)

[Desert Foothills Land Trust](#)

[Foothills Caring Corps](#)

[Foothills Community Foundation](#)

[Foothills Foodbank](#)



Thursday, February 23<sup>rd</sup>, 3:45 - 5 p.m.  
3 Part Series. Get the inside scoop on neuroplasticity and how the brain can improve with age in this book discussion with local author and brain coach Phyllis Strupp. We will discuss the questions at the end of each chapter. Check her website at [www.brainwealth.org](http://www.brainwealth.org).  
**February:** Chapters 3, 4 & 5. **March:** Chapters 6 & 7.  
**Register:** 480-488-2286

## How to Maximize Social Security & Other Retirement Income

Saturday, February 25<sup>th</sup>, 10:30 a.m. - 12:30 p.m.

- Learn how to coordinate benefits with your spouse to maximize potential income
- How to integrate Social Security with other sources of retirement income
- What the Social Security office doesn't tell you
- How to increase retirement income even if you take Social Security at age 62
- Don't assume claiming Social Security at 62 is your best option



Presented by Dr. Harold Wong, PhD Economics, who writes the AZ Republic money column. **Register:** 480-488-2286



## Craft n Chat

February 27<sup>th</sup>, 1 - 3 p.m.  
(4<sup>th</sup> Mondays)

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. New crafters and all skill levels are always welcome! No registration.

## MAHJONG

### Mahjong Club

Every Tuesday, 1 - 4 p.m.

Must have basic knowledge of the game. Limited



Sonoran Arts League

YMCA

Membership



*Did you know that we are an independent, non-profit public library, depending on the support of individuals like you through memberships and donations for 90% of our funding?*

*You'll enjoy additional benefits by becoming an annual member.*

**Join now**, for as little as \$40 individual or \$70 family!



space. **Registration required:** contact Club Director Andrea Korff at [mandakorff@cox.net](mailto:mandakorff@cox.net) or 480-650-5199.

**Cost:** \$4 cash per session. Pay to Andrea Korff at class.

## 4-Day Beginner's Class Series

February 1<sup>st</sup>, 9<sup>th</sup> & 10<sup>th</sup>, 1 - 4 p.m.

February 2<sup>nd</sup>, 9 a.m. - Noon

Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for over 20 years and has enthusiastically taught the game for 6. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space. **Register** with Andrea Korff at 480-650-5199.

**Cost:** \$75

## 2-Day Refresher Course

February 15<sup>th</sup>, 9:00 a.m. - Noon

February 16<sup>th</sup>, 1 - 4 p.m.

Tips/Strategies and increasing speed and odds for winning! Limited space. **Register** with Andrea Korff at 480-650-5199.

**Cost:** \$40

## COMPUTER/TABLET CLASSES



*Classes below taught by Tech4Life. Registration Required: 480-488-2286*

### iPad Class 101



February 2<sup>nd</sup> & 23<sup>rd</sup>, 9:30 - 11 a.m.  
(1<sup>st</sup> & 4<sup>th</sup> Thursdays)

This class will show you how to use basic feature of your iPad. We will move around apps and create folders and will even go over all the buttons, screens, and settings you never knew you had! Must bring your own Apple iPad.

### Windows 10 Overview

February 9<sup>th</sup>, 9:30 - 11 a.m. (2<sup>nd</sup> Thursdays)

Microsoft has a new Operating System! Come and let us show you what's new and how to use it! Even if you don't have 10 yet, come and see the new features and understand the upgrade process. Lecture; no computers provided, but you may bring your laptop with Windows 10 pre-installed.



## Password Management & Security 101

February 16<sup>th</sup>, 9:30 - 11 a.m. (3<sup>rd</sup>



Thursdays)

Do you despise a million passwords? Worry about credit card fraud? Has someone called you about your computer being hacked? Is your data safe? Show up and we'll explain all of this and more! Lecture and Handout provided, no computers.

## FOR WRITERS

### Writers Connection

#### Write the Ideal Query Letter and Book Proposal

February 3<sup>rd</sup>, 1 - 3 p.m. (1<sup>st</sup> Fridays)

Learn the secrets to getting your book in front of an editor from Patricia Brooks, founder of Brooks Goldmann Publishing Company and an award-winning writer. She will cover how to find a good fit for you and your genre, how to write an effective query letter, and how to market yourself and your book by submitting a well-formatted book proposal. **Register:** 480-488-2286.



### Journaling Classes

February 13<sup>th</sup> & 27<sup>th</sup>, 1 - 3 p.m.



Experience writing in your journal to different types of music. Learn which types of melodies and arrangements inspire your creativity. Bring a journal or a notebook and pen. No writing experience required. MaryLee Simpson is a certified journal facilitator and has taught therapeutic writing for nearly 20 years.

**Register:** 480-488-2286.

### Memoir Writing Group

Monday, February 13<sup>th</sup>, 10 - 11:30

a.m.

(2<sup>nd</sup> Mondays)



Meet monthly to share stories and receive constructive feedback. Organized by Elena Pavlova. No registration.

## SPANISH OFFERINGS

## Intermediate Conversational Spanish

Every Wednesday, 10:30 a.m. - Noon

Informal chat session using various books, flashcards, etc. Some weeks may feature a half-hour episode of the Destinos DVD series, followed by discussion in Spanish. No instructor. No registration.



## Spanish Classes

***All Spanish Classes below are taught by Alina Lowen, a native speaker who has taught for 30 years. Class sizes are limited. Please call the instructor directly with questions about which class level to join, at 480-595-5500. Limited class sizes, register early! Registration required at least 2 days prior to class start: 480-488-2286.  
Cost: \$54 for 6-week series.***

### Spanish Level 1

Wednesdays, March 1 - April 5, 9:30 - 10:30 a.m.  
No knowledge necessary, or take this class as a refresher. Oral skills will be emphasized; students learn basic grammatical structures to communicate on everyday topics.

### Spanish Level 2

Wednesdays, March 1 - April 5, 10:40 - 11:40 a.m.

### Spanish Level 3

Wednesdays, March 1 - April 5, 11:50 a.m. - 12:50 p.m.

### Spanish Level 4

Tuesdays, February 28 - April 4, 10:40 - 11:40 a.m.

### Spanish Level 5

Tuesdays, February 28 - April 4, 11:50 a.m. - 12:50 p.m.

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## ONGOING HEALTH & FITNESS CLASSES

### Guided Meditation

February 7<sup>th</sup> & 21<sup>st</sup>, 4:30 - 5:30 p.m.

(1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)

In this practice, we lie on the floor with closed eyes and relax in the space just before sleep. *Please bring a yoga mat or blanket.* **Registration required:**

Contact instructor Judith Zeiger 480-760-5645 or [jazeiger@gmail.com](mailto:jazeiger@gmail.com).

**Cost:** \$6 cash, pay to instructor at each class.

**RELAX**

## Gentle Yoga



Every Sunday, 11:30 a.m. - 12:30 p.m.

This slow-paced class focuses on breathing, gentle yoga poses, and stretching to increase flexibility and balance. *Please bring a yoga mat.* **Registration**

**required:** Contact instructor Sylvia Labrado: 480-776-4743 or [agelessyogaaz@gmail.com](mailto:agelessyogaaz@gmail.com).

**Cost:** \$8 cash, pay to instructor at each class.

## Qigong/Tai Chi Easy

*REGULAR Class* 8:45 - 9:45 a.m.

*GENTLE Class* 10:00 - 10:30 a.m.

Every Friday

A discipline that can be practiced and benefits gained at any age - you are never too old! This class is a blending of Qigong and Tai Chi, with deep breathing and repeated gentle motions and stretches to improve health, balance, agility and flexibility. Gentle class is for anyone who wants to take it extra slow and easy.

Wear loose clothing and bare feet. **Registration**

**Required:** Contact instructor Bina Bou: 480-284-1300 or [bina.b75@gmail.com](mailto:bina.b75@gmail.com)

**Cost:** Prepay instructor \$35 cash for 5 classes; or \$10 drop-in.



## Hatha Yoga

Every Sunday, 1 - 2 p.m.

Reduce stress, improve posture, increase coordination and renew energy with slow, controlled poses.

*Please bring a yoga mat and light blanket.* **Registration**

**Required:** Contact instructor Tanya Kern: 623-465-0507 or [tkmoon2@aol.com](mailto:tkmoon2@aol.com).

**Cost:** \$8 cash, pay to instructor at each class

**NEW!**



## MONTHLY SUPPORT GROUPS

*Led by Hospice of the West facilitators. No registration.*





## Caring for the Caregiver

February 6<sup>th</sup>, 10 - 11:30 a.m.

(1<sup>st</sup> Monday)

Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

## "The Healing Pathway"

### After the Loss of a Spouse or Partner

February 13<sup>th</sup> & 27<sup>th</sup>, 9:30 - 11 a.m.

(2<sup>nd</sup> & 4<sup>th</sup> Mondays)

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.

## Monday Movies

Every Monday, 3 - 5 p.m.



New releases with a foreign film once each month!

We strive to bring you only the latest films. Due to uncertainty about release dates, please check our website at [www.dfla.org/calendar](http://www.dfla.org/calendar) for current listings and updates.



***[For a complete calendar of adult & youth events & classes, click here.](#)***

***[For a printable version of our monthly adult events brochure, click here and look for the link at the bottom of the page.](#)***



Desert Foothills Library, 38443 N. Schoolhouse Road, P.O. Box 4070, Cave Creek, AZ 85327

