



# Adult Events & Classes

## June 2017

Free Events - Except where noted



## Adult Summer Reading Program Begins!

Thursday, June 1st - Monday, July 31st



The Adult Summer Reading Program begins. It's easy! Just track your time spent reading. You'll automatically be entered for the **Nook drawing** and/or 1 of 10 **mystery prizes** when you complete this year's summer reading program challenge. Other prizes to earn include: Chipotle coupon (while supplies last) and a free book you may choose online from an extensive list. Beginning June 1, **register** and track reading time online at [www.maricopacountyreads.org](http://www.maricopacountyreads.org), Nook winner will be notified by mid-August.

## Desert Foothills Gallery Hot Summer Show



Saturday, June 3, 4 - 5:30 p.m.  
ALL WELCOME.





## Fascia & the Mystery of Chronic Pain

Wednesday, June 7, 10 - 11 a.m.

Learn about Fascia, a web of fibrous connective tissue that wraps your organs, muscles, tendons, and ligaments. An achy neck, painful hip or stiff back might not be a musculoskeletal issue at all...it might be your Fascia! Join Structural Therapists Dana Sterling and Cody Williams, as they explain how simple strategies can have a tremendous impact on your health & life

quality. [www.SterlingStructureTherapy.com](http://www.SterlingStructureTherapy.com).

**Register:** 480-488-2286

## Cuisine for Health

Thursday, June 22, 10 - 11 a.m.

Learn how to adjust your diet when it has to be modified. Get back on track, be healthier and get the specific nutrients that fit each unique individual case. Colitis, cancer, allergies, heart related complications - there are ways to help those conditions/diseases and have good quality of life. Chef Celine with "Cuisine by Celine" will share a few tips and simple solutions to help you navigate through the maze of diets, nutrients, meal planning and more so you find your way to great flavors and enjoyable dishes! **Register:** 480-488-2286.



## There's More to Dry Eye than Meets the Eye

Friday, June 23, 3 - 4 p.m.



Do your eyes burn, itch, water or feel tired at the end of the day? Are your eyes red and irritated? These are all symptoms of dry eye. Because we live in the desert, our eyes are more vulnerable to dryness. Unfortunately, dry eye disease is a chronic condition that can affect quality of life. Join Dr. Julie Lam, medical Optometrist, to learn about the different types of dry eye, why artificial tear drops may not always be the best solution, and what other treatment options are available. **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.**

## Looking for a Fulfilling Volunteer Opportunity?

Join the [Desert Foothills Library](#) and make a real impact! Volunteers are needed at the Library and Chapter2 Books. Shifts are generally 3 to 4 hours and available for all days of



the week; volunteers will be fully trained. To apply, contact Library Manager Terri Engebretson at [tengebretson@dfla.org](mailto:tengebretson@dfla.org) or 480-488-2286.

## 2017 Desert Foothills Library Photography Contest



**Exhibition dates:** July 3 - 21, library hours  
**Reception/Award Ceremony:** July 8, 4:30 - 6 p.m.

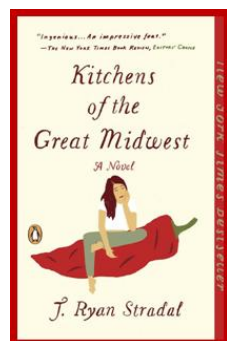
**Pick up photographs:** July 22, Noon - 4 p.m.

**Entries have been turned in and are being judged.** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Places will be awarded, determined by a 60, 30 and 10% division of the entry fee monies. Please direct all questions to Jerry Sieve at [sieveimages@gmail.com](mailto:sieveimages@gmail.com).

## Music @ the Movies

June 1, 2 - 5 p.m. (1<sup>st</sup> Thursdays)

**Burlesque:** A small town singer, Ali (Christina Aguilera), moves to the big city for her chance at stardom where she is enchanted by Burlesque, a glamorous nightclub packed with dancers, sizzling music, and an owner (Cher) in need of a star. Jam-packed with visually stunning musical numbers and an all-star cast. 120 min. Hosted by Music enthusiast Annis Scott. No Registration.



## The Literate Foodie Club

Monday, June 5<sup>th</sup>, 1 - 2:30 p.m.  
(1<sup>st</sup> Mondays)

**June Topic:** *Kitchens of the Great Midwest*, by J. Ryan Stradal. Indulge in an assortment of BARS, including the blue ribbon recipe outlined in the book. Co-presenters Dana Rakinic and Jan Kruse. Questions?

Contact [danarakinic@gmail.com](mailto:danarakinic@gmail.com).

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

**Cost:** \$10.00.

## Library Closings

May 29 for Memorial Day

## Library Hours

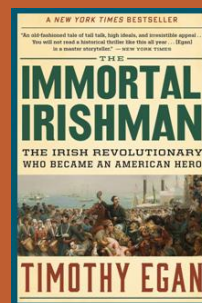
Monday-Friday

9am-6pm

Saturday 10am-4pm

Sunday 11am-3pm

## Library Book Club



June 13, 10 a.m. - Noon  
(2<sup>nd</sup> Tuesdays)

*The Immortal Irishman: The Irish Revolutionary Who Became an American Hero* by Timothy Egan.

Everyone is welcome!

Questions?

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

No registration.

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

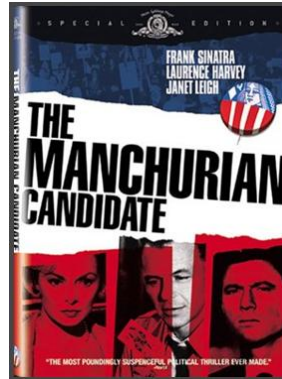
## Passport?

# Literary Salon: *Not Your Typical "Book Club"*

Thursday, June 8<sup>th</sup>, 10:00 a.m. -  
Noon

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

**June topic:** "Political Events in Books and Films." Why do political events motivate people to write about their personal experience or take action? What type of events do authors use as a backstory? How does the author/director develop a character to act against injustice or seek truth? Book example: *All the Presidents Men* by Bernstein and Woodward. Film example: *The Manchurian Candidate*. No Registration.



*The Library is a*  
**Passport Acceptance Facility**  
*Available daily!*  
*Appointments essential.*  
*Call 480-575-3201 or click*  
**here for details.**

## Chapter2Books Great Books. Great Prices.

Inside the library  
**OPEN 7 DAYS**

Biggest used bookstore in the North Valley!  
More than 15,000 books as well as DVDs - CDs - AUDIOBOOKS  
Starting at 50 cents! Located inside Desert Foothills Library

**SPECIAL SALE!**

June 9, 10, & 11th

(2nd weekend each month)

Check us out on Amazon.

Donations are welcome anytime!

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

480-488-2777



### **Amazon Smile**



*Amazon will donate 0.5% of your eligible purchases to the Desert Foothills Library Association.*

**CLICK HERE TO JOIN**

### **Quick Links**



Printable Events Calendar

Digital Library Catalog

Online Tools & Research

Donate

Become a Member



### **Teen Tech Help Desk**

Saturday, June 10, 10 a.m. - 2 p.m.

Having trouble understanding your smartphone or computer? Do you need help setting up accounts or using websites/apps? Let our tech-savvy teen volunteer help you with these and other technology-related questions. Just bring

your device to our Special Collections room or use a library computer to get your question answered. Questions? Contact Brandon Holmes: 480-695-2638 or [azbh999@yahoo.com](mailto:azbh999@yahoo.com). No appointments needed; first-come, first-served.

## Craft N Chat

June 26, 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

**NEW HOURS**

Every Tuesday, 1:30 - 4:30 p.m.

Must have basic knowledge of the game. Limited 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

June 5, 1 - 4 p.m.

June 6, 9:30 a.m. - 12:30 p.m.

June 7 & 8, 1 - 4 p.m.

Want to learn to play Mahjong? Instructor Andrea Korff has been playing Mahjong for almost 30 years and has enthusiastically taught the game for 8. She guarantees a solid foundation for playing this exciting and challenging game. Limited Space.

**Register** with Andrea Korff at 480-650-5199.

**Cost:** \$80

## 2-Day Refresher Course

June 13 & 14, 9:30 a.m. - 12:30 p.m.

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

**Cost:** \$45

## Zinio

### Digital Newstand



*The world's largest digital newsstand is available now. Enjoy a huge array of popular magazines online.*

**Visit our website to access Zinio.**

## freegal



**Free music downloads you can keep forever!**

~~~~~  
*Use your library card to download up to five music tracks each week to your computer -- free!*

*DRM-free: once downloaded, they will not expire. Follow the image above and click on the "Freegal" button on the right side of the page.*

## Rocket Languages

**Choose from 13 languages**



*Learn to speak a language online today! All you need is a **free** Desert Foothills*

# 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

Spanish Classes Level 1 - 5 will resume in September, 2017.

Library Card to get started. Visit our **Digital library at DFLA.org**. With our comprehensive multi-media packages you will be speaking and improving your language 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**

# ONGOING HEALTH & FITNESS CLASSES

## **RELAX** Guided Meditation

June 13<sup>th</sup>, 4:30 - 5:30 p.m.

(2<sup>nd</sup> Tuesday this month)

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.

## **NEW!** Gentle Yoga

Every Sunday, 11 a.m. - Noon

You are only one yoga class away from a good mood! Yoga for Every Body: through a slow flow of controlled poses you'll begin strengthening your heart and bones, improving balance, and sharpening the mind. *Please bring a yoga mat.* **Registration**

**Required:** Contact instructor, Marina Kachur, at 480-510-6572 or [mkachur01@hotmail.com](mailto:mkachur01@hotmail.com).

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



## Restorative Yoga

Every Thursday, Noon - 1 p.m.

### FAX Service



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

### Shop & Dine to Fund the Library!

Shop at the eScrip Online Mall to earn \$\$ for the Library



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

## Class Cancelled Thursday, June 29th

Great for beginners! Improve your ease of movement, flexibility, breathing and meditation. *Please bring a yoga mat.* **Registration Required:** Contact instructor Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com).

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

## MONTHLY SUPPORT GROUPS



### Writing Circle...

### Just for Caregivers

June 1<sup>st</sup> & 15<sup>th</sup>, 9:30 - 11 a.m.

(1<sup>st</sup> & 3<sup>rd</sup> Thursdays)

Join us on a bi-monthly writing journey that will nurture your heart and spirit; as we write, connect, heal and grow in a safe and supportive circle of like-hearted caregivers. Absolutely no writing experience needed! Life and Wellness Coach, Sharon Spector, specializes in caregiver resiliency. **Register:** 480-488-2286

### Caring for the Caregiver

June 5<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. *Led by Hospice of the West facilitators.* No registration.

### "The Healing Pathway", After the Loss of a Spouse or Partner

June 12<sup>th</sup> & 26<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. *Led by Hospice of the West facilitators.* No registration.

## Food Bank Drop-off



*The library has partnered to feed the hungry in our community. A drop-off collection container is located by the pillar, left of the front desk.*

### Important Notice 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**

## 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.



- **June 5th** Foreign Movie Week. "Dheepan". Rated R (for violence, language and brief sexuality/nudity). In Tamil and French with subtitles
- **June 12th** "A United Kingdom". starring Rosamund Pike and David Oyelowo. Not rated
- **June 19th** "Alone in Berlin" starring Emma Thompson and Brendan Gleeson. Rated R for brief violence
- **June 26th** "This Beautiful Fantastic" starring Tom Wilkinson. Rated PG

CC Unified School District

Desert Foothills Land Trust

Foothills Caring Corps

Foothills Community Foundation

Foothills Foodbank

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!*



***For a complete calendar of adult & youth events & classes, click here.***



at the  
heart  
of our  
community