

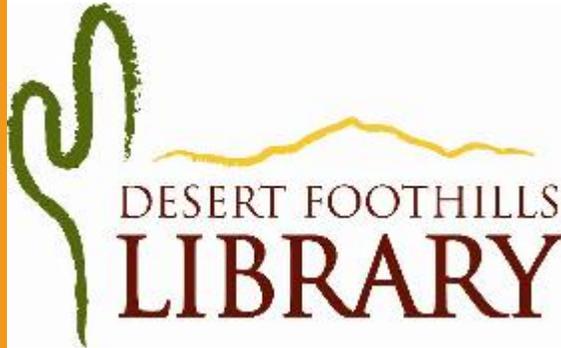


Reminder! February Events & Classes

Space Still Available

FREE EVENTS

... Except where noted



UPDATES - CANCELLATIONS - ADDITIONS - CHANGES

- **LIBRARY CLOSED - February 19th for Presidents Day**
- **CANCELLATION - *Crafty Card Making***
- **CANCELLATION - *Healing Pathway* on February 12th only**
- **FULL - *Around the World in 9 Films***
- **FULL - *Bridge - Supervised Play***
- **FULL - *Cinematic Reflections* for Feb. 16th. A 2nd showing will be on Feb. 23rd, 3 - 5 p.m. with no facilitator.**
- **FULL - *Prisoners of War in Arizona during World War II***
- **CHANGE - *Ladies of the Lens* on Feb. 15th is now *Through the Lens of Edward Steichen***
- **NEW - *Reception & Books Signing of "The Break Away Girl: Secrets of Tantric Yogi" by Paulette Bodeman***

Reinvent Yourself

Steps to Plan your Next Act

Wednesday, February 7th, 1:30 - 3:30 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 miniature bio and 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.



NEW - Reception & Books Signing of "The Break Away Girl: Secrets of Tantric Yoga" by Paulette Bodeman

Saturday February 17th, 4 - 5 p.m.



Paulette Bodeman is a highly regarded Anusara Òyoga teacher and trainer, certified integrative life coach, and lover of Tantric philosophy and the stories of India. She has been studying and teaching the wisdom of yoga for over 25 years. *The Break Away Girl* is divided into sections that she named for the Hindi Goddesses - Kali, Saraswati and Lakshmi. Only through introspection was Paulette able to understand the meaning the goddesses brought to her life, and how their energetic archetypes supported her personal growth and transformation. In keeping with a relatively new

breed of contemporary writing, part memoir - part self-help, Ms. Bodeman reveals with raw honesty and humor the secrets that held her hostage and the secrets that helped to set her spirit free. While she writes with fearless determination from the trenches of personal experience the author's ultimate message is not only universal, but life-affirming. Bravo! Paulette's book will whisk your heart away. She walks you down a path of pure life captivation... Enjoy this piece of art. Paulette Bodeman will be available for book signing. Books may be purchased for \$17.95. **Register:** 480-488-2286.

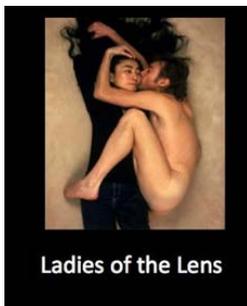
Cuisine for Health

Saturday, February 10th, 10:30 - 11:30 a.m.

Learn how to adjust your diet when it has to be modified. Keep your numbers on track with cholesterol and sugar levels 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, provide simple solutions and delicious SAMPLES to help you navigate through the maze of diets, health, meal planning -- so you find your way to great flavors and enjoyable dishes! For more information, visit www.cuisinebyceline.com. **Register:** 480-488-2286.



Through the Lens of Edward Steichen (previously Ladies of the Lens)

Thursday, February 15th, 10 - 11 a.m.

20th Century Photographer whose portfolio included Pictorialism, Still Lives, Celebrity Portraits, Fashion and World War 11. Presented by Brooks Hosier, docent of *The Phoenix Art Museum*. **Register:** 480-488-2286.

Two Remedies for Getting Older

Tuesday, February 20th, 1 - 2 p.m.

As you age, an abundance of medications are accessible to no avail. If you know where to look, growing older can materialize gracefully! Join Global Volunteer Representative, Fred Mueller, in discovering key ways to embrace the aging process. **Register:** 480-488-2286.



Island of Sicily, Italy

Thursday, February 22nd, 3 - 4 p.m.

Discover "Small Group Travel" with Roberta Kritzia, international tour designer and artist. Kritzia will conduct a lively slide lecture entitled *The Island of Sicily...the Jewel in the Crown*. This event is being held in conjunction with an exhibit of Kritzia's original color sketches done on location during her 32 years designing and conducting unique trips to Europe. The exhibit will be on display

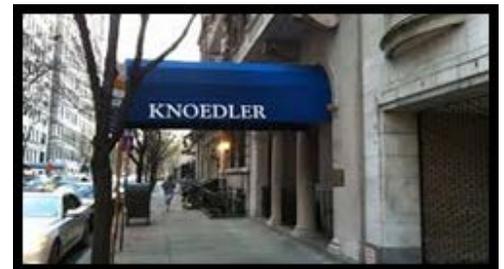
Thursday, February 8th - Tuesday, February 27th during library hours. For more information, send an email to roberta1119@aol.com. **Register:** 480-488-2286.

The Knoedler Art Gallery Fraud

Saturday, February 24th, 10:30 a.m. - 12:30 p.m.

How the venerable old Knoedler Art Gallery on E. 70th St. in New York City was brought down by a fake Rothko painted by an unknown Chinese artist in his garage in Queens. It is an \$80 million scandal that has turned out to be the largest art fraud in the U.S. in

years (went on for 17 years). A highly publicized trial, *DeSole vs. Knoedler* in a Federal District Court in New York, and an ongoing criminal investigation, threw the Knoedler into a tailspin that resulted in the demise of the once-esteemed gallery. The lawsuit was settled out of court, but the scandal forced the owner of the Gallery, Michael Hammer, and the President, Ann Freedman to resign and resulted in the liquidation of its assets. Mary F. Cook will tell the story. Mary is a member of the **International Foundation for Art Research (IFAR)**, and provides lectures on the subject of art theft. *All proceeds benefit the Library.* **Register:** 480-488-2286. **Cost:** \$6.



Prisoners of War in Arizona during World War II FULL

Tuesday, February 27th, 10 - 11 a.m.

Arizona was the home of 23 German POW camps, including one of the largest in the country. Camp Papago Park near Phoenix was the site of the greatest mass escape of POWs

during the war. Historian Steve Hoza has interviewed many of the former prisoners, US camp personnel and farmers that used the POWs for labor. Come and hear what they all have to say about this time in Arizona history. There will be videos shown, as well as POW clothing and other artifacts. **Register:** 480-488-2286.

Named "[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.

Teen Tech Help Desk

Saturday, February 17th, 10 a.m. - 1 p.m. Contact Brandon Holmes: 480-695-2638.

Sunday, February 11th & 25th, 11 a.m. - 1 p.m. Contact Bo Manuszak: manuszakbo@yahoo.com

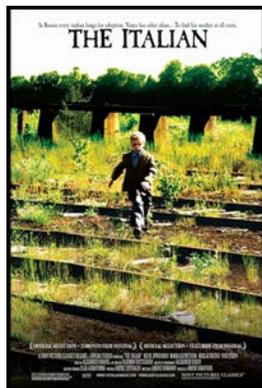
Get help with e-mail accounts, apps, downloading e-books, setting up devices, Windows 10, websites & more! Bring your device or use a library computer to get your questions answered. Contact Brandon or Bo for more information. No appointments needed; 1st-come, 1st-served.



Around the World in 9 Films **FULL** the Best in International Cinema

February 9th, 1 - 3 p.m. (2nd Fridays)

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 nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture and country and yet, at the same time, linking a thread of humanity that stretches across the globe. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This Month:** *The Italian* (90 min.). Russia. **Register:** 480-488-2286.



Inside the library
OPEN 7 DAYS

Chapter2Books
Great Books. Great Prices.

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!

February 9, 10, & 11th
(2nd weekend each month)

Check us out on **Amazon**.
Donations are welcome anytime!
www.Chapter2BooksAZ.com

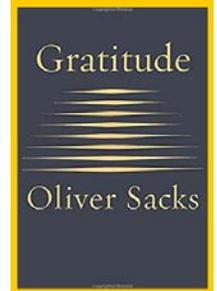
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Literary Salon *Not*

Your Typical "Book Club"

February 15th, 10 a.m. - Noon
(3rd Thursdays)



February Topic: *Good vs. Evil*. Do we enjoy reading books about evil or do we steer away from violence? Is it entertaining, thought-provoking or distressing? Do we prefer only books about goodness? Why pick up Oliver Sacks book titled *Gratitude*? No Registration.



Bridge FULL Supervised Play

Fridays, February 16th - March 9th, 10 a.m. - Noon (4-week series)

Class is play only and for intermediate plus players. Registration is limited to the first 8 people. Instructor: Peter Blake-Ward. **Register:** 480-488-2286.

Cost: \$42.50 for 4-week series, including materials.

Cinematic Reflections on WWI FULL

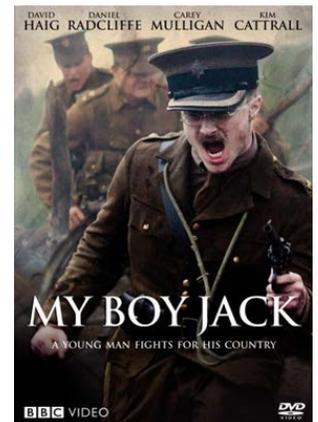
The 100

th Anniversary

February 16th, 3 - 5 p.m. (3rd Fridays)

A 2nd showing will be on Feb. 23rd, 3 - 5 p.m. with no facilitator.

Inevitable, but also easily avoidable, World War I is one of the most tragic and unique wars in history. This series will highlight films that define the triumphs, tragedies, innovations, and sacrifices in what was hailed as 'The



War to End All Wars.' WWI will ultimately cause WWII and shape the entire 20th Century. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This month:** *My Boy Jack* (95 min.). **Register:** 480-488-2286.



Wills and Trusts 101

Saturday, February 17th, 10:30 - 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 men and women to learn the essentials of Wills, Trusts and Probate. Attendees 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.

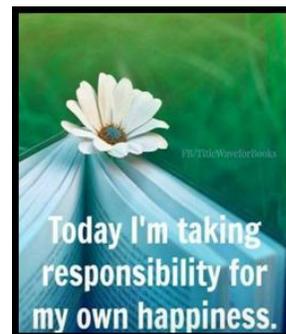
Attendees will have the opportunity to actively learn, plan, and ask questions in a supportive and engaging environment. **Register:** 480-488-2286.

Creating Gladitude

Saturday, February 24th, 10:30 - 11:30 a.m.

Digging deep doesn't mean you have to get and keep your hands dirty. Get involved with what's making and keeping you stuck. Author & Life Coach, Raleigh Pinsky, helps you establish credibility, prosper, and even surpass your goals. Questions? Call 480-488-4840 or email raleigh@creatingglatitude.com. **Registration Required:** 480-488-2286.

Cost: \$8



Craft N Chat

February 26th, 1 - 3 p.m. (4th 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.

COMPUTER/TABLET CLASSES

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



Password Management and Security 101



February 22nd, 9:30 - 11 a.m. (4th Thursdays)

Frustrated with 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

Memoir Writing Group

February 12th, 10 - 11:30 a.m. (2nd 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.

ONGOING HEALTH & FITNESS CLASSES

Guided Meditation



Thursday, February 8th, 2 - 3 p.m.

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 Payton Cooper at 480-563-1142 or studiomagic@cox.net. **Cost:** \$6 cash, pay to instructor at each class.



Qigong/Tai Chi Easy

Every Friday, 8:45 - 9:45 a.m.

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. Wear loose clothing and bare feet. **Registration Required:** Contact instructor Bina Bou: 480-284-1300 or bina.b75@gmail.com **Cost:** Prepay instructor \$40 cash for 5 classes; or \$10 drop-in.

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 and light blanket.* **Registration Required:** Contact instructor, Marina Kachur, at 480-510-6572 or yokama14@gmail.com. **Cost:** \$8 cash, paid to instructor at each class.



Restorative Yoga

Every Thursday, Noon - 1 p.m.

Great for beginners! Improve your ease of movement, flexibility, breathing and meditation. *Please bring a yoga mat and light blanket.* **Registration Required:** Contact instructor Elizabeth Boisson: 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash, pay to instructor at each class

Natural Body Movement

Every Sunday, 1 - 2 p.m.

Classes are a gentle approach to movement. Emerging from mindfulness, learn to trust the bodies sensations while increasing strength, flexibility and mental clarity. Release stress, tension and chronic pain. *Please bring a light blanket.*

Registration required: Contact instructor Judah Page: 602-931-2865 or judah.page@gmail.com. **Cost:** \$10 cash, pay instructor at each class



MONTHLY SUPPORT GROUPS



"The Healing Pathway",

After the Loss of a Spouse or Partner

February 12th Cancelled due to construction

February 26th, 9:30 - 11 a.m. (4th Mondays)

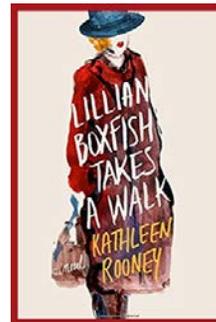
Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey. Led by Hospice of the West facilitators. No registration.

Library Book Club

February 8th, 10 - 11:30 a.m. (2nd Thursday)

Lillian Boxfish Takes a Walk by Kathleen Rooney

Everyone is welcome. No Registration. For a full list of discussion titles see www.dfla.org/eventpdf/BookClub17.pdf .



Monday Movies

Every Monday, 3 - 5 p.m.

New releases with a foreign film once each month.

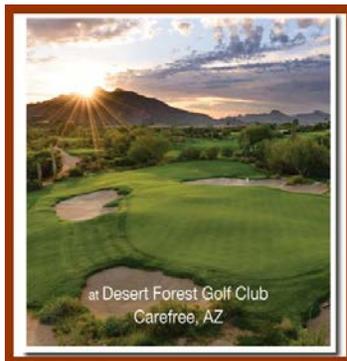
We strive to bring you only the latest films.

- Feb 12 - "**Walking Out**". Rated PG-13.
- Feb 19 - Library closed
- Feb 26 - Foreign Movie Week. "**Woodpeckers**". In Spanish with subtitles. Not Rated.

Due to uncertainty about release dates, please check our website at www.dfla.org/calendar for current listings and updates.



SAVE the DATE!!!



Monday, May 7, 2018

Desert Foothills Library Golf Tournament

Desert Foothills Library

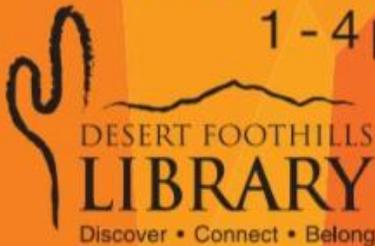
Discover • Connect • Belong

BLOCK PARTY

Fun, Fun, Fundraiser!

Sunday, March 25, 2018

1 - 4 pm



**SAVE
THE DATE**



38443 N Schoolhouse Rd • Cave Creek, AZ
480-488-2286 • www.dfla.org

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

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