



Adult Events & Classes

September 2018

Free Events - Except where noted



Your 2018 Guide for Healthy Eating & Better



Health

(6-week class series) Wednesday, September 5th, 10 - 11:30 a.m.
Curious why your diet does not give you the results you are longing for? The benefits of proper eating and exercise can make an impact for good for most health problems. Join us to discover how the body works with the foods you consume and can provide the benefits of a healthier life style, providing more energy and get up and go! **Register:** 480-488-2286 **Cost:** \$15 per class

Book Reading & Discussion with Author Karlheinz Moll

Tuesday, September 11th, 2 - 3:30 p.m.

A short introduction to the novel *EGO Shooter* - The Depth of the Pain and the story line with a reading of various chapters from the book with a focus on those taking place in Scottsdale and Prescott. Q&A session and lively discussion with the audience about writing books in general, planning and finding the time writing it, development of characters and story line, integrating localities into a book, self-publishing and book marketing.

Register: 480-488-2286





Emotional Changes

Understanding Symptoms Beyond Memory Loss & Ambiguous Loss: Living with Uncertainty

Monday, September 17th, 2 - 4 p.m.

This session will focus on helping caregivers better grasp the common emotional changes that may occur in the person with Alzheimer's disease while bringing awareness of loss as the person with dementia is physically present but psychologically different from who they once were. Strategies to infuse hope and meaning into one's life while providing care will also be discussed. Presented by Banner Health Network **Register:** 602-839-6850 or baifcs@bannerhealth.com

Learn How-To with Karsten's Ace Hardware



Tuesday, September 18th, 2 - 3:30 p.m.

Do you binge-watch HGTV and feel motivated to find your own at home projects and fixer uppers? Each month Karsten's Ace Hardware of Carefree will be providing How-To demonstrations to help you find tidbits and techniques to help around your home! **This Month:** Learn how to paint an interior room. Painting isn't hard with a few tips from the pros. Anyone can be successful! All you need is patience, practice, and some advice from the helpful, local hardware folks. Our painting tips will make DIYers achieve professional results. **Register:** 480-488-2286



Improving Quality of Life through Clear Vision & Healthy Eyes



Wednesday, September 19th, 2 - 3:30 p.m.

Dr. Lam is a medical optometrist in Cave Creek specializing in dry eye, ocular disease management and preventative eye care. In this presentation, she will discuss different cases in which a routine eye exam helped save her patients from life threatening conditions and/or improved their quality of life through improved vision. Learn about why yearly eye exams are so important and what can potentially be detected on a routine exam. **Register:** 480-488-2286

People and Places

A Collection of Art Quilts

September 21st, 10:30 - 11:30 a.m.

People and Places is the title of an exhibition of quilts created by 9 fiber artists. Margit Kagerer will take you to the places that inspired the quilts and will talk about the stories behind them. Margit Kagerer discovered the world of quilting when she moved from Germany to Massachusetts. Through quilting she has made many friends. Until recently she also volunteered at the Desert Foothills Library. **Register:** 480-488-2286



English as a Second Language (ESL/ELL) (12-class series)



Mondays & Fridays, Sept. 24th - Nov. 2nd, 9:30 - 11 a.m.

Beginner to low intermediate level speakers are welcome. Come, converse, and improve your English in relaxed, supportive environment. Students will participate in conversation, grammar, listening, and reading comprehension lessons. Pronunciation will be stressed.

Register: 480-488-2286

Cost: \$60 per person for 12 session course OR \$5 per person per class

Banning Books & Silencing Stories

Tuesday, September 25th, 2 - 3 p.m.

[Banned Books Week 2018](#) is September 23-29. It brings together the entire book community - librarians, booksellers, publishers, journalists, teachers, and readers of all types - in shared support of the freedom to seek and to express ideas, even those some consider unorthodox or unpopular. The books featured during Banned Books Week have all been targeted with removal or restrictions in libraries and schools. Come join your librarians in a discussion about censorship and how banned books are still happening around our county today! **Register:** 480-488-2286





Mystical Mandalas

Wednesday, September 26th, 2 - 5 p.m.

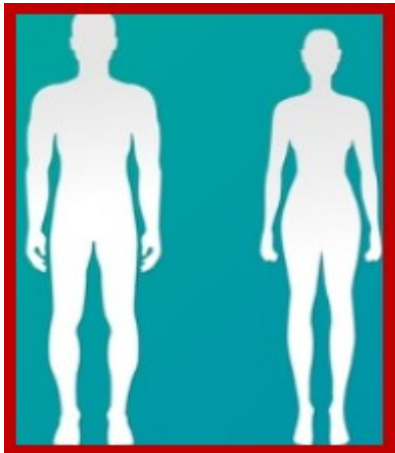
Learn about the fascination, origin, traditions, and rituals of the Mandala as a spiritual tool to relax the mind. We will make a Mandala from a template with pens using ancient symbols and learn some Zentangle designs. Allow your creative brain to come out and play. No artistic talent needed. After we complete our designs, we'll set our intention, meditate, and enjoy a state of healing and insight. **Register:** 480-488-2286

Cost: \$25, all supplies included

Register to Vote at Your Library!

Friday, September 28th, ALL DAY

People cannot vote unless they are registered voters, and the General Election on November 6th, 2018 is rapidly approaching! Desert Foothills Library is dedicated to help people determine the direction of our country by voting. Every vote can make a difference and our library is a safe, non-partisan place to register! Our staff and volunteers will be around all day to help friends, coworkers, neighbors, patrons, and the people of our community register to vote. Come join us to make sure you are properly registered and enjoy some fun, games, and food! **Questions? Call:** 480-488-2286



Discover the Story of Your Body with Author Christine Regan Lake

Saturday, Sept. 29th, 11 a.m. - 12:30 p.m.

Each of us has a unique and one of a kind body that is impacted not only from our physical environment but is also affected by past generations of cellular memory. If you want to secure and maintain vibrant, long-term health then you must piece together your health history. You must become an investigative journalist who unlocks the mystery of your body and literally learns the STORY of your body. To do this requires that you understand what external and internal forces are negatively affecting you emotionally, physically,

mentally and spiritually. With that information then you can create a strategy for creating lifelong health and vitality. **Register:** 480-488-2286

Save 10%
At Participating Local Businesses

NEW!

Donor Rewards
Discount Card

Our Gift to Members

For details on how you can be a part of this exciting, new program, [click here](#)

[click here](#)

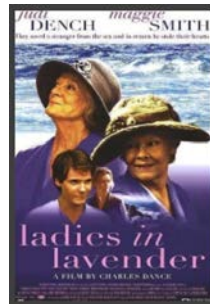
MOVIES & DISCUSSION

Music @ the Movies

Thursday, September 6th, 2 - 5 p.m.
(1st Thursdays)

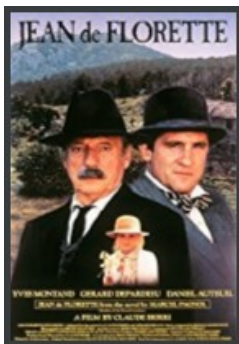
Join us for a celebration of movie musicals!
Hosted by music enthusiast, Annis Scott.

September Movie: *Ladies in Lavendar* - Aging spinster sisters Ursula (Judi Dench) and Janet (Maggie Smith) discover a young man (Daniel Brühl) near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America. 1 hour 44 minutes. No registration.



International Film French Cinema

Friday, September 14th, 3 - 5
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:** *Jean de Florette*. 120m

Library Closings

September 3rd
for Labor Day

Library Hours

Monday-Friday

9am-6pm

Saturday 10am-4pm

Sunday 11am-3pm

Passport?



The Library is a

Passport Acceptance Facility

Available daily!

Appointments essential.

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

Amazon Smile



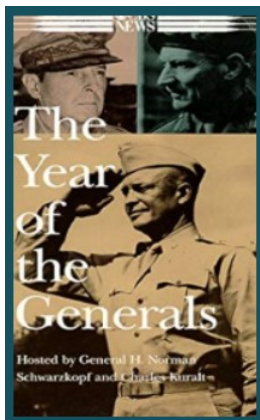
Amazon will donate 0.5% of your eligible purchases to the Desert Foothills

Register: 480-488-2286

Cinematic Reflections Little Known Stories of World War II

Friday, September 21st, 3 - 5 p.m. (3rd 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, Humanities Professor from Paradise Valley Community College (PVCC), will follow. **This Month:** *The Year of the Generals*. **Register:** 480-488-2286



Monday Movies

New start time...

Every Monday, 2:30 p.m.

We strive to bring you only the latest films with a foreign film once each month. Due to uncertainty about release dates, please check our website at www.dfla.org/calendar for current listings and updates.



Writer's Connection

Friday, September 7th, 1 - 3 p.m. (1st Fridays)

Today's world is literally at a writer's fingertips. A few keyboard strokes can open the internet information gates to help you create stories that are distinctively credible and compelling. **This Month:** Lois Enochs will share how changing your thoughts will change all things around you. More than telling you things to do and think, she will also reveal ordinary thoughts and words that you should stop immediately. You will be amazed and enlightened. **Register:** 480-488-2286



Library Association.
[Click here to purchase](#)

Quick Links



[Printable Events Calendar](#)

[Digital Library Catalog](#)

[Online Tools & Research](#)

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[Become a Member](#)

RB Digital Newstand

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

[Visit our website to
access RB Digital.](#)

freegal



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! STARTING AT JUST 50 CENTS

September 7th, 8th, & 9th
(2nd weekend each month)

Check us out on [Amazon](#).
Donations are welcome anytime!
www.Chapter2BooksAZ.com
480-488-2777



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

~~~~~  
Use your library card  
to download up to  
five music tracks each week  
to your computer -- free!  
Once downloaded, they will  
not expire.

## Rocket Languages

Choose from  
13 languages



**Digital library at  
[DFLA.org](http://DFLA.org).**

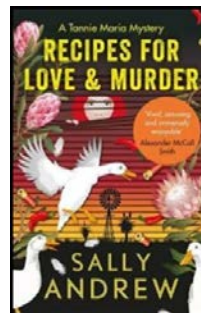
With our comprehensive  
multi-media packages you  
will be speaking and  
improving your language  
skills with every lesson by  
taking part in the modern,  
everyday conversations  
that make up our  
Interactive Audio Course.

## Literate Foodie Club

Monday, September 10th, 12:30 -  
2:30 p.m.

(2nd Monday this month only)

Love food, books, cooking and conversation? We  
will explore all these and more. **September Topic:**  
*Recipes for Love and Murder: A Tannie Maria  
Mystery* by South African author Sally Andrew.  
Facilitated by Dana Rakinic. Questions? Contact:  
[danarakinic@gmail.com](mailto:danarakinic@gmail.com). **Register:** 480-488-  
2286.  
**Cost:** \$10



## 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.

## Art Critic

presented by the Sonoran Arts League



Monday, Sept. 10th, 4 - 5 p.m.  
Sonoran Art League knows and research  
validates that group critiques contribute to  
artist development. This once a month  
opportunity to have a group look at your  
work is open to all artists and the general  
public. Feedback will be honest and candid.

Format is group talk. Our goal is to help us all evolve and think  
about our work in a constructive manner. Bring 1-2 pieces of work  
that would benefit from feedback. Hang around for Sonoran Arts

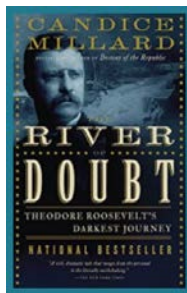


League Member Meeting to immediately follow. Details & questions: [Sonoran Arts League](http://www.sonoranartsleague.org): 480-575-6624 or [info@sonoranartsleague.org](mailto:info@sonoranartsleague.org). No registration.

## Library Book Club

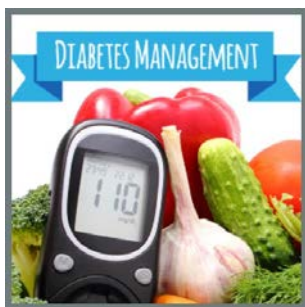
Thursday, Sept. 13th, 10 a.m. - Noon  
(2nd Thursdays)

Discussion of *The River of Doubt* by Candace Millard. Everyone is welcome! [Click here for a list of discussion titles](#). No registration.



## Cooking for Diabetes with Chef Celine Fabre

Wednesday, Sept. 12th, 11:30 a.m. - 12:30 p.m.

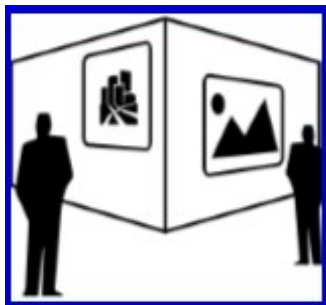


Nearly half of the American population has been diagnosed with type 2 diabetes or is a pre-diabetic. Chef Celine will help you understand and overcome the challenges of living with diabetes. Learn how to manage a diet adapted to diabetes, how to implement healthy choices and be successful at maintaining those choices in your life as you get your numbers on track. Chef Celine

will share guidelines/advice that will make that healthy life style easier and share food tips and recipes as well as a few samples! **Register:** 480-488-2286.

## Art Lecture

Thursday, September 13th, 4 - 5 p.m.



Local art stars will discuss their work, history, techniques, motivations, and secrets! Please join us in celebration of the rich vibrant art scene here in the foothills. You will be able to ask questions, and have about ten minutes go through the show with these artists. We will serve wine and cheese to make your art experience resemble a New York museum or gallery right in her

**Now available at DFL**

### **FAX Service**



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

### **Food Bank Drop-off**



### **Foothills Food Bank**

*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.*

### **On-Line Resources**



*Have you checked out the Desert Foothills Library*

### **On-line Resources**

*page?*

*Discover a world of knowledge at your fingertips.*

### **Important Notice**

**About  
Stock Donations  
to the Library**



our beautiful Desert Foothills Gallery. Jim and Judy Bruce will host this art talk and gallery walk. **Register:** 480-488-2286

## Live. Learn. Locally.

Thursday, September 20th, 6:30 - 8 p.m.

Desert Foothills Library is a non-profit library supported by its community so once a month we will be venturing out into our community! We want to take time to appreciate the important and integral role local businesses hold in our lives, and we want to maintain the collaboration between the Cave Creek, Carefree, and surround area community. Come find us out-and-about to learn more about the businesses that support your library. **This month** you can find us at **Janey's Coffee Co. & Bodega!** No registration.



## Craft N Chat

Monday, September 24th, 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.

## TECHNOLOGY HELP DESKS

### Teen Tech Help Desk

Saturday, September 8th & 22nd, 10 - Noon.

Contact Brandon Holmes

Saturday, September 8th & 22nd, 10 - 2 p.m.

Contact Imogen Brooks

Get help with many of your technology needs; e-mail accounts, apps, and downloading e-books, setting up devices, Windows 10, websites and more! Bring your device or use a library computer to get your questions answered. Contact Brandon, Bo, or Imogen for more information. Contact



*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](#)

[Sonoran Arts League](#)

[YMCA](#)

**Membership**

Brandon Holmes: 480-695-2638. Contact Imogen Brooks:  
[imogenbrooks01@gmail.com](mailto:imogenbrooks01@gmail.com) No appointments needed; 1st-come, 1st-served

## E-Media & Library Digital Content Help

Every Tuesday, 10 - 11 a.m.



Downloading eBooks and eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class for anyone with questions about Overdrive, RB Digital, or any of the apps the library offers. 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. No registration.

## SPANISH OFFERINGS

### Intermediate Conversational Spanish

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

Informal chat session using various books, flashcards, etc. 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:** \$60 for 6-week series

#### Spanish Level 1

**Wednesdays, September 12th - October 17th, 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



*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 \$50 individual or \$100 family!*

### Online Calendar



For a complete Calendar of Adults and Youth Events

**CLICK HERE.**

### VOLUNTEER !

*Looking for a Fulfilling Volunteer Opportunity?*



*Join the Desert Foothills Library and make a real impact! Volunteers are needed at the Library and Chapter2Books.*

Wednesdays, September 12th - October 17th, 10:40 - 11:40 a.m.

### Spanish Level 3

Wednesdays, September 12th - October 17th, 11:50 a.m. - 12:50 p.m.

### Spanish Level 4

Tuesdays, September 11th - October 16th, 10:40 - 11:40 a.m.

### Spanish Level 5

Tuesdays, September 11th - October 16th, 11:50 a.m. - 12:50 p.m.

*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*

[tengebretson@dfla.org](mailto:tengebretson@dfla.org)

*or 480-488-2286.*

## ONGOING HEALTH & FITNESS CLASSES



### Yoga for All Levels

Every Monday, 5 - 6 p.m.

*No class September 3rd*

Kymberlin is a new Yoga Instructor influenced by cultural experiences, teachers, peers, and travels. Her aim is to teach a diverse sense of self-realization/transformation to each class. Through proper alignment, utilizing energetics of the body, and pranayama to cultivate a moving meditation through each asana. Please bring a yoga mat or light blanket. **Registration Required:** Contact instructor Kymberlin Brown at 602-668-6574 or [kymberlinbrown@gmail.com](mailto:kymberlinbrown@gmail.com)

**Cost:** \$10 cash, pay 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 or light blanket.

**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



### Yoga Nidra

Every Thursday, 1 - 2 p.m.



Yoga nidra, or yogic sleep, is a state of consciousness between waking and sleeping. It is a state in which the body is completely relaxed, and one becomes increasingly aware of the inner world

by following a set of verbal instructions. It is a state of deep relaxation that has many benefits, including stress reduction and increased nightly sleep. Anyone can practice Yoga nidra and there is no wrong way to practice it. It is done lying down on the back with the knees supported on a bolster and it takes about 35-40 minutes. Please bring a yoga mat or light

blanket. **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

## Therapeutic Bodywork

Saturday, 10:30 a.m. - Noon (3rd Saturdays)

Spend 15-20 minutes experiencing the healing power of infrared therapy while relaxing on an Amethyst Biomat. Aid your body in healing from chronic pain, arthritis and/or injury while boosting your immune & reducing stress. Relaxing foot & leg massage included. **Registration:** contact Jenna Richard at [jennarichard1490@gmail.com](mailto:jennarichard1490@gmail.com).

**Cost:** \$20 for 15 minutes or \$25 for 20 minutes.



## Gentle Yoga

Every Sunday, 11 -12:00 p.m.

**No class September 2nd or 9th**



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 or light blanket. **Registration**

**Required:** Contact instructor Marina Kachur, at 480-510-6572 or [yokama14@gmail.com](mailto:yokama14@gmail.com).

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

## Chi fitness

### Tone the Body and Tune the Mind

September 15th, 9:30 - 10:30 a.m.

A discipline that can be practiced and benefits gained at any age-you are never too old! 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 at 480-284-1300 or [bina.b75@gmail.com](mailto:bina.b75@gmail.com).





## MONTHLY SUPPORT GROUPS

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

Monday, Sept. 10th & 24th, 9:30 - 11 a.m.

(2nd & 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



### Stroke Recovery and Awareness

Tuesday, Sept. 4th, 10 - 11 a.m.

Continued Improvement. Share your goals. Learn from guests, experts, and patients. No registration



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