



Monthly News & Updates For Adults & Families

For February 2019

[Visit our Website](#)

Featured Events

Desert Foothills Library 10th Annual Gala

Saturday, February 9, 2019 6:00 pm

Celebrating 65 years as a 501(c)3 non-profit, built on the foundation of member support through donations, memberships, and volunteerism. Join us at 6:00 p.m. for a silent auction, wine pull, & hosted cocktails.

Gourmet dinner at 7:00 p.m. with live entertainment, featuring renowned pianist Nicole Pesce and the Phoenix Opera.

Tickets: \$200.00

All proceeds benefit the Library.



Reserve the date!

Please RSVP by February 4th, 2019

480-488-2286

Supervised Bridge Play

Fridays, February 1 – March 22, 10 - 12 pm

The supervised play class consists of a short lesson followed by two or three pre-dealt hands illustrating the lesson for the day. Each table bids these hands separately and compares notes as to the bidding and play. The second part of class is one hour of randomly dealt hand played by each table with the instructor giving advice on both bidding and play. No special requirements for any participant. Players at any level may participate.



Register: 480-488-2286

Cost: \$85 for 8 sessions and all materials included by instructor, Peter Blake-Ward

The Beatles The Making of Sgt. Pepper's Lonely Hearts Club Band

Saturday, February 2, 10:30-12:30 pm

This lecture will follow in the footsteps of the Beatles as they embark on the creation of their 8th studio album – “Sgt. Pepper’s Lonely Hearts Club Band.” We will explore the genesis of how the songs were written, their influences, recording and production techniques, and the iconic cover art. In addition, we will discuss its legacy that not only defined the counterculture of a generation but whose musical landscape continues to influence contemporary society. “A splendid time is guaranteed for all!” Rolling Stone ranks Sgt. Pepper’s Lonely Hearts Club Band as the #1 album of all time!

Register: 480-488-2286

Cost: \$5.00



History of San Xavier during the Mission Period



Monday, February 4th, 1:00-2:30 p.m.

This talk is a history of the village of Wa:k (where the mission was founded) during the Spanish Missionary period starting in 1692. Agricultural and mechanical advancements along with Christianity brought quantum changes to the people and region. The presentation also includes a look at several priests assigned to San Xavier during that period. This talk will be presented by Docent Craig Reid from the Patronato San Xavier.

Register: 480-488-2286

Cost: FREE

Hidden Tour of Tuscany

Tue, February 5th, 2:30-3:30 pm

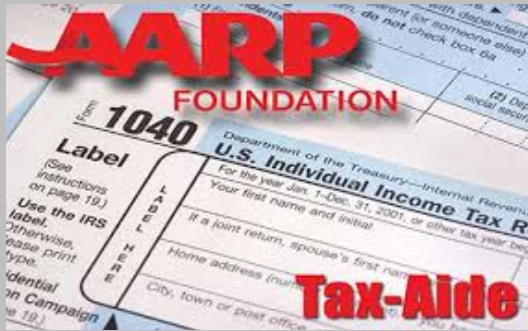
Join Roberta Kritzia for a lively slide presentation as she speaks about her 33 years of designing and conducting unique trips to Europe. You will be treated to a visual feast as she takes you through the stunning Tuscan countryside in an area right in wine cultivation. In fact, Roberta and her husband Henry will be taking the September 2019 group of travelers to a family run winery and they are hosting a wine-tasting and antipasti event in the vineyards.

Register: 480-488-2286

Cost: FREE



AARP Tax-Aide Help



Tuesdays, February 5 – April 9, 10:00-4:00 pm

Sign up for an appointment to have your income taxes prepared for free. You must come in person to sign up and receive your questionnaire. No appointments will be made by phone. Appointments are available for all Tuesdays beginning February 5 and ending April 9, from 10:00 am to 4:00 PM. This program benefits low income people of all ages and all seniors regardless of income.

Register: Stop by in person on a Tuesday to speak with an AARP specialist

Wellness Initiative for Senior Education (W.I.S.E.) Program

Tuesdays, January 8 – February 12, 10:00-11:30 am

Are you 55 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive



Register: 480-488-2286

Cost: FREE

Death Café



Wednesday February 6 & March 6, 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 conversation about topics relevant to all of us but often considered "dark" or even taboo.

Questions: For more information go to www.deathcafe.com.

Register: 480-488-2286

Cost: FREE

Hungrytown Folk Music Concert at Desert Foothills Library

Thursday, February 7, 6:00 p.m.

Hungrytown is the performing and songwriting duo of Rebecca Hall and Ken Anderson. The program will feature the duo's trademark close harmonies, as well as accompaniment on a variety of instruments. Hungrytown have been performing full-time for more than 15 years. They have toured extensively throughout the United States, Europe, and New Zealand, and their music has been featured on several television shows, including the Independent Film Channel's hit series, Portlandia. Hall & Anderson encourage every community to help local food banks and we are not going to let them down! Let's feed this "Hungry Town" by bringing in donations for the Foothills Food Bank! Please join us for a wonderful evening of amazing music and wine which will benefit the library and the Foothills Food Bank!

Register: 480-488-2286

Cost: \$10.00



Intuition Development

Monday, February 11, 10:00-12:00 pm

This is a fun class for anyone wanting to tap into their own intuition to gain insight into balancing your daily life. You will learn in detail about the chakras and the human energy system.



Meditation techniques are covered as well as the different types of intuition and psychic senses such as clairvoyance. We will also discuss various ways to protect yourself from negative energy.

Register: 480-488-2286

Cost: \$20.00

AZ Author Pens Real Life Love Story

Wednesday, February 13, 2:00-3:30 pm

A beautiful love story is unveiled by the discovery of a thousand love letters written from 1927-1935 but kept secret for over seventy years. Anna and Dale had attended high school in Vallonia, Indiana, however, Dale moved away after graduation. Anna is overwhelmed by the romantic attentions of the young man when she begins to receive his letters. Over time, their maturing love, future dreams, and differing paths during the difficult economic times of the Great Depression are revealed. The treasure trove of letters was discovered by Anna's children when at eighty-eight she was a victim of a home invasion; that discovery set the wheels in motion to write their love story; *The Starve Hollow Affair*. Author P.A. Schoenfeld will enlighten us of the story and how she came to write the story of this love.



Register: 480-488-2286

Cost: FREE

When Hitler and Goring Lived at the Ritz



Saturday, February 16, 10:30-12:30 pm

A Sensational Story of the Ruthlessness & Venality of the European Art World During WWII by the Systematic Pillaging of Jewish-Owned Artworks. Between 1939 and 1944, the Nazi Occupation of France enabled Hitler and Goring to confiscate priceless art from Jewish families, collectors, and gallery owners; sending it to Germany marked "Property of the Third Reich" – Three important Paris art dealers collaborated with Hitler by identifying and stealing the art and by working with his Minister of Propaganda, Joseph Goebbels, to sell what Hitler called "Degenerate Art". These art dealers enriched themselves in the process, and countries like Switzerland, Great Britain, France, Germany, Holland, and Russia were also enriched in an amoral and opportunistic feeding frenzy. Mary F. Cook, an International Lecturer and a member of the International Foundation for Art Research (IFAR) will tell the story.

Register: 480-488-2286

Cost: \$5.00 All proceeds benefit the library

Mighty Art Workshop

**Tuesday, February 19th & 26th, 10:00-
Noon**

Beginners, as well as experienced artists, are welcome; all students will receive independent instruction during classes. All needed supplies will be provided. Roberta will share work done by artists throughout history, and will do a demo to illustrate how art supplies and subject matter are to be used. Students will select from objects, and begin working with graphite, in order to learn the techniques of rendering form and volume on paper. Instructor Roberta Kritzia is a highly respected Art Instructor who has conducted classes at the MIM.

Register: 480-488-2286.

Cost: \$39 and additional \$10 for art supplies at the start of the workshop



Anxiety, Depression, and Childhood Trauma The Intimate Link that Connects Them Together



Friday, February 22, 2:00-3:00 pm

In this talk, Christine Regan Lake will discuss the affect childhood trauma has on the emotional and physical body. She will also discuss the 18 schemas (mental frameworks and beliefs) that are created in early childhood from emotional trauma. These schemas influence how we see and interpret the world. Finally, she shares a powerful technology to reprogram the subconscious mind to free oneself from negative schemas that are impacting your life.

Register: 480-488-2286

Cost: FREE

Wills & Trusts 101

Saturday, February 23, 10:30-11:30 am

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

- Last Will and Testament - what they do and don't do
- Probate - what it is and how to avoid it
- Trusts - what they are and how they are different from a Last Will and Testament
- Executor/Successor Trustee - who can be



- one and how to pick the "right" one
- 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

Cost: FREE

How to Save Big with the New Tax Cuts & Jobs Act Law



Saturday, February 23, 10:30-12:30 pm

Presented by Dr. Wong. Learn:

- What are the key changes that might affect you?
- How to optimize taking your required minimum distributions from your IRAs and 401(k)s
- Can I reduce my tax bill by 50% or more?
- How might the new Trump Tax Law affect my investments?

Register: 480-488-2286

Cost: FREE

Live. Learn. Locally.

Wednesday, February 27, 11:00-1:00 pm

Desert Foothills Library is a non-profit library supported wholly 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 the surrounding 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 Tech4Life! The Tech4Life is located at 748 Easy Street #10 Carefree, AZ 85377.

No registration.

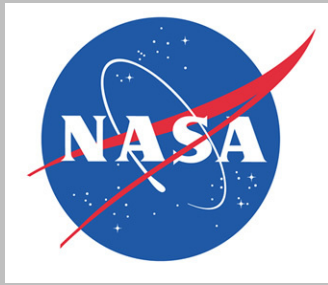
Cost: FREE



Arizona's Role in Apollo Astronaut Training A Joint Venture with Desert Foothills Land Trust

Wednesday, February 27, 3:00-5:00 pm

This presentation will discuss the exciting history and pivotal role that the State of Arizona played in one of mankind's greatest achievements: Landing Astronauts on the Moon! Unfortunately, very few people know of the amazing story of how Arizona helped put Americans on the surface of the Moon. NASA formed the Apollo Program in the 1960's with the goal of beating the Soviet Union to the Moon in what was often called the Space Race. Dr. Rice will provide some



background on the Space Race and explain how America came from very far behind to accomplish what many thought was impossible. With the 50th anniversary of the Apollo Program now upon us it is important to remember and treasure this great chapter in American History.

Register: Desert Foothills Land Trust website; www.dflt.org/apollo-astronaut-training

Cost: FREE



Native American Ledger Art with Oreland C. Joe In collaboration with the Cave Creek Museum

Thursday, February 28, 7:00 pm

In collaboration with the Cave Creek Museum we welcome Master Sculptor and Painter Oreland C. Joe who is world renowned for his work in stone and bronze sculptures. His works can be found in private, corporate, and museum collections in the United States and abroad. Oreland is a native of New Mexico and is of Dine (Navajo) and Ute descent. He is the first Native American to be admitted as a member to the prestigious Cowboy Artists of America organization. Oreland will be present to discuss the history of native ledger art and to demonstrate his own representation of that art form.



Register: 480-488-2286

Cost: FREE

Exhibitions



Desert Foothills Gallery



Contemporary Art

Contemporary Art Reception

Saturday, February 23, 4:00-5:30 pm

Please join the Desert Foothills Gallery and the artists included in the Contemporary Art Show for a reception to celebrate this wonderful collaboration! All welcome, wine and refreshments included.

No registration.

Cost: FREE

Exhibition Presented by the Desert Foothills Gallery

Beginning January 24th

The artists, coming from around the valley, are members of the prestigious Sonoran Arts League.

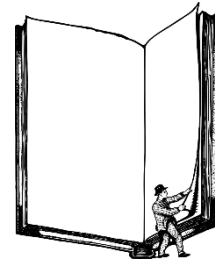
See also the inaugural Youth Art Show in the Youth area of the library. Take your cell phone, click on the URL next to the art, and hear the artists discuss their work. We feel that listening to the artist will show why "your 5-year old cannot do that!"

Educating our community about art is our primary goal in these Library Gallery Shows.

Oddities Found in Books

January 17 – February 9

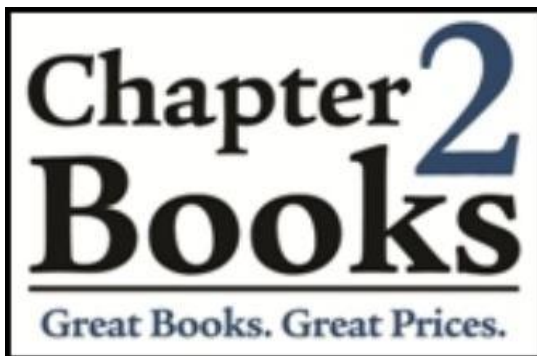
Join Nicolette Bonnsetter in exploring this fascinating subject of crazy and strange titles about every oddball aspect of life you could possibly imagine and will possibly tickle your funny bones.



Monthly Events

FOR THE LOVE OF BOOKS & WRITING

Special Sale!



February 1, 2, & 3

Please note date changed to the 1st weekend this month only!

Biggest used bookstore in the North Valley!

More than 15,000 books, as well as DVDs, CDs and audiobooks, starting at just 50 cents!

Located inside Desert Foothills Library at 38443 N. Schoolhouse Rd., open 7 days a week, or check us out on Amazon.

Donations are welcome and help support the library!

www.Chapter2BooksAZ.com.

480-488-2777.

Writer's Connection

**Friday, February 1, 1:00-3:00 pm
(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: Patricia L. Brooks presents –
Create Memoir/Non-Fiction Books.

In this two-hour collaborative workshop attendees will:

- See why it is critical to CHOOSE A COMPELLING TOPIC
- Learn to WRITE A CONTENT PLAN
- Understand your MAIN GOAL
- Develop a WINNING WRITING PLAN
- Value why they must give themselves PERMISSION TO WRITE

Attendees will see how:

- DEVELOPING A WRITING SCHEDULE can bring about a Solid Commitment
- HONORING THEIR PERSONAL MISSION allows them to be an Authority
- OBJECTIVES are the basis of the Author's Platform
- STRATEGIES strengthen a Book Proposal
- PREPARE for questions for discussions such as:

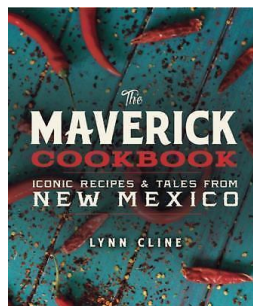
- o What is your Vision for your book?
- o What is your book's Purpose?
- o What Incident in your life prompted your writing?
- o What do you feel Passionately about when you write?

Register: 480-488-2286

Cost: FREE



Literate Foodie Club



**Monday, February 4, 12:30-2:30 pm
(1st Mondays)**

Memoir Writers' Group



**Monday, February 11, 10:00-11:30
am
(2nd Mondays)**

Love food, books, cooking and conversation? We will explore all these and more.

Topic: “The Maverick Cookbook: Iconic Recipes and Tales from New Mexico” by Lynn Cline, has stories of people and events from New Mexico’s colorful history, and many region-specific recipes. Join for a panel discussion, with a live author interview, and sample New Mexican cuisine. Facilitated by Dana Rakinic.

Questions: danarakinic@gmail.com.

Register: 480-488-2286.

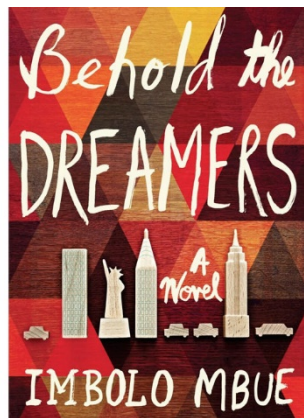
Cost: \$10

Are you writing a memoir, personal essays or creative non-fiction? Join our group to share stories and receive constructive feedback. All levels welcome. Organized by Elena Pavlova.

No registration.

Cost: FREE

Library Book Club



**Thursday, February 14,
10:00-12:00 pm
(2nd Thursdays)**

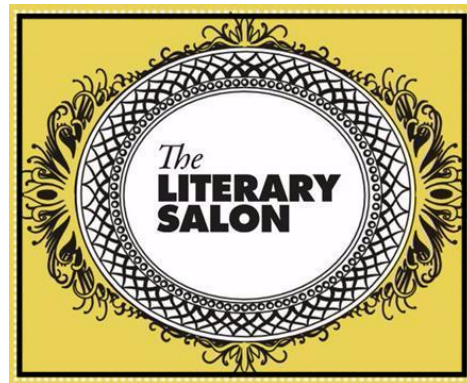
Discussion of
Behold the Dreamer by Imbolo Mbue.

Everyone is welcome!

No registration.

Cost: FREE

Literary Salon



**Thursday, February 21,
10:00-12:00 pm
(3rd Thursdays)**

An informal discussion of books, film, and theater. Led by a facilitator. No requirements to read or see any particular book, film, or play. Everyone is invited to share ideas and reflections on the selected theme.

Topic: *Royalty in Books and Films* - Join a discussion on the royals and their role in history, culture, and politics. The topic lends itself to multiple genres: non-fiction, historical fiction, biography, films, and more. Why is it that despite the virtual demise of monarchies, readers’ and viewers’ interest in the subject does not seem to wane?

No registration.

Cost: FREE

FOR THE LOVE OF ART

Art Critique presented by the Sonoran Arts League

Monday, February 11, 4:00-5:00 pm

Sonoran Art League knows, and research validates that group critiques contribute to artist development. This once a month opportunity to take a group look at your work is open to all artists and the general public to attend. Feedback will be honest and candid. Format is group talk. Our goal is to help all of us evolve and think about our work in a constructive manner.

Bring 1-2 pieces of work that would benefit from feedback.

For more details or questions, please contact the Sonoran Arts League office at 480-575-6624 OR info@sonoranartsleague.org.

No registration.

Cost: FREE



Sonoran Arts League Member General Meeting



**Monday, February 11, 5:00-7:00 pm
2nd Monday of every month and open to
the public!**

This Month:

5:00 pm: *Jeweler's Row* Meet a variety of League jewelry artist members & see demonstrations.

6:00 pm: *The Lady in Gold: A Jeweled Portrait Speaks* by Jan Krulick-Belin, Art Historian & Author. Thanks to the 2015 movie *Woman in Gold*, a 1907 portrait of Viennese socialite Adele Bloch-Bauer by Gustav Klimt has become famous. This golden painting of a woman wearing exquisite jewelry is itself like one large jewel. The stories it has to tell are plentiful: stories about its time period, politics, Nazi looting, legal battles, affairs, artistic innovations, fashion, and jewelry. We will take a look at just a few.

For more details or questions, please contact the Sonoran Arts League office at 480-575-6624 OR info@sonoranartsleague.org.

**COMMUNITY & CONVERSATION
Learning Together**

Craft N Chat



Mondays, 1:00-3:00 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome!

No registration.

Cost: FREE

Learn How-To with Karsten's Ace Hardware



Tuesday, February 19, 2:00-3:30 pm

Do you binge-watch HGTV and feel motivated to find your own at home projects and fixer uppers? Each month Karsten's Ace Hardware will be providing How-To demonstrations to help you find tidbits and techniques to help around your home!

Register: 480-488-2286

Cost: FREE

Black Mountain Foothills Chapter National Society Daughters of the American Revolution

Friday, February 25, 9:30-12:00 pm
Meetings are open to the public.

Black Mountain Foothills Chapter National Society Daughters of the American Revolution is a Centennial Chapter organized on October 31, 1991, by twenty organizing members. Please join us and enjoy the benefits of preserving your patriotic family history, making a difference in our community, and meeting a great group of women that share your same interests. We welcome guests, prospective members, and those who wish to learn more about today's DAR.

This month: "Designed Quilts" - Master Quilter,
Linda Engstrom

No Registration.

Cost: FREE



MUSIC & THE SILVER SCREEN

Monday Movies at the

Drive-In Movie Theater

Library



Every Monday, 2:30 p.m.
Cancelled Monday, Feb. 18th

New Releases, with a Foreign Film once each month!

- **Feb 04th** - "The Wife" starring Glenn Close. Rated R
- **Feb 11th** - "A Private War" starring Rosamund Pike, Jamie Dornan and Stanley Tucci. Rated R
- **Feb 18th** - **Cancelled**
- **Feb. 25th** - "A Star is Born" starring Lady Gaga and Bradley Cooper. Rated R

[Check our website for titles.](#)

No registration.

Cost: FREE



Every Thursday, 5:00 p.m.
Cancelled Thursday, Feb. 7th & 28th

Do you miss parking your vehicle, grabbing popcorn, and reclining back to watch the golden movies of yesteryear? Well, the library might not be your typical drive-in movie theater but we can help with good, classic movies! Join us every week for a movie from the early years of film up to the 1980's but nothing beyond that! Reminisce with your old favorites and enjoy great films before billion-dollar productions, Netflix, or Redbox!

No Registration.

Cost: FREE

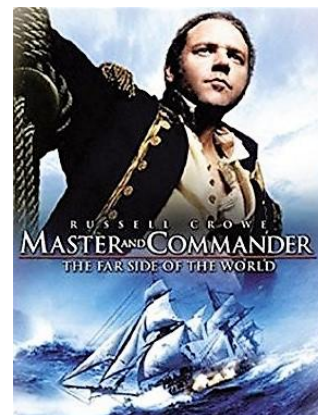
Music @ the Movies

Thursday, February 7, 2:00-5:00 pm
(1st Thursdays)

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

This Month: *Master And Commander - In 1805, aboard the H.M.S. Surprise, Captain Jack Aubrey (Russell Crowe) and his friend, the ship's scholarly surgeon, Stephen Maturin (Paul Bettany), are ordered to hunt down and capture a powerful French vessel off the South American coast. The men and their crew face many obstacles, including their own internal battles. There are 15 cuts of beautiful music throughout by such composers as Vaughan Williams, Corelli, Boccherini and others, including a lovely scene where the Captain plays the violin and the Doctor plays the cello in a duet of J. S. Bach's Cello Suite #1. 2 hours 18 minutes*

No registration.



Cost: FREE

International Film French Cinema



**Friday, February 8, 3:00-5:00 pm
(2nd Fridays)**

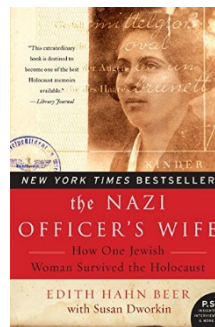
Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture and country and yet, at 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: Sarah's Key

Register: 480-488-2286

Cost: FREE

Cinematic Reflections Little Known Stories of World War II



**Friday, February 15, 3:00-5:00 pm
(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 Nazi Officer's Wife

Register: 480-488-2286

Cost: FREE

TECHNOLOGY & DIGITAL CONTENT



Teen Tech Help Desk

Saturday, February 2 & 16, 10:00-12:00 pm
Saturday, February 23, 10:00-1:00

eBooks & Audiobooks



E-Media & Library Digital Content Help

Every Tuesday, 10:00-11:00 a.m.

pm

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.

No appointments needed; 1st-come, 1st-served

For more information, contact

- **Brandon:** 480-695-2638
- or
- **Imogen:**
imogenbrooks01@gmail.com

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.

Cost: FREE

SPANISH OFFERINGS

Intermediate Conversational Spanish

Every Wednesday, 10:30-12:00 p.m.

Informal chat session using various books, flashcards, etc. No instructor.

No registration.

Cost: FREE



ONGOING HEALTH & FITNESS CLASSES

Gentle Yoga



**Every Sunday & Wednesday,
11:00-12:00 p.m.**

Qigong/Tai Chi



Every Friday, 9:00-10:00 a.m.

A discipline that can be practiced and benefits gained at any age – you are never

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.

Questions: Contact instructor Marina Kachur, at 480-510-6572 or yokama14@gmail.com.

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

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.

Questions: Call or email instructor Bina Bou: 480-284-1300 or bina.b75@gmail.com.

Cost: Prepay instructor \$40 cash for 5 classes; or \$10 drop-in

Natural Body Movement

**Sunday, February 17th,
1:00-2:30 p.m.
(3rd Sundays)**

Classes are a gentle approach to movement. Emerging from mindfulness, learn to trust the body's sensations while increasing strength, flexibility and mental clarity. Release stress, tension and chronic pain.

Please bring a light blanket.

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

Questions: Contact instructor Judah Page: 602-931-2865 or judah.page@gmail.com.

Cost: \$20 cash, pay instructor at each class



Guided Meditation



**Wednesday, February 6,
4:45-5:45 pm
Wednesday, February 20,
4:45-5:45 pm
(1st and 3rd Wednesdays)**

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.

Questions: Contact instructor Payton

Yoga Fusion



Every Thursday, 12:00-1:00 p.m.

Please join Elizabeth Boisson for an intermediate-level course of Yoga Fusion on Thursdays from 12-1 pm! We will start with breathing exercises, go through a series of stretching movements to open our hearts and our hips, and then move into Vinyasa or Flow yoga and several standing sequences, including balance exercises. We finish with 5 minutes of

Cooper at 480-563-1142 or
studiomagic@cox.net.

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

Savasana at the end of class.

Questions: Contact instructor Elizabeth Boisson: 480-363-5275 or
evboisson@yahoo.com.

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

Practical uses of Reiki and Various Energy Modalities in Meditation, Relaxation, Healing, Health, and Overall Self-Care

Wednesday, February 13, 10:30-11:30 am
Wednesday, February 27, 10:30-11:30 am

The discussion will begin with an explanation of the energy body, how it works and functions. We will review what effects this unseen energy force or body and how you use it. We will play with the energy for a better understanding of how you use and control your energy body at the present and how you can consciously control more of the energy that makes up all that is you.

Questions: Contact instructor Karen Cimaglia:
rockinvibes21@gmail.com or 602-721-7714.

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



MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators.

Caring for the Caregiver

Monday, February 4th, 10:00-11:30 a.m.
(1st Mondays)

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.



No registration.

Cost: FREE

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

Monday, February 11, 9:30-11:00 am
Monday, February 25, 9:30-11:00 am
(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.

Desert Foothills Calendar Legend ([click here for calendar](#))

● Adults ● Literary ● Youth ● Family ● Movie

LIBRARY & COMMUNITY SERVICES

LIBRARY CLOSINGS

Saturday, February 9th

Monday, February 18th

LIBRARY HOURS

Monday-Wednesday 9 a.m. - 7 p.m.

Thursday 9 a.m. - 8 p.m.

Friday 9 a.m. - 6 p.m.

Saturday 10 a.m. - 4 p.m.

Sunday 11 a.m. - 3 p.m.



Passports

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



Purchase Books

*Each book, DVD or CD you
purchase will financially
help the library to continue
to provide community
services and education.
[Click here to buy a book.](#)*



RB Digital Newstand

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

*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
through the [Digital library](#).
An interactive audio course
that will have you speaking
and improving your
language skills with every
lesson.*



Culture Pass

FREE passes to arts and culture venues in metro Phoenix! (Desert Botanical Gardens, Science Center, Art Museums, to name a few!).
[Now available.](#)



Fax Services

Donating Members are FREE fax sends!
Cardholders are charged \$1 per page for local sends and \$1.50 for US long distance.



Online Resources

Have you checked out the Desert Foothills Library [On-line Resources](#) page?
Discover a world of knowledge at your fingertips.



Stock Donations

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!



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 \$50 individual or \$100 family!



Volunteer

Join the Desert Foothills Library and make a real impact! Volunteers are needed at the Library and [Chapter2Books](#). 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 or 480-488-2286.



Quick Links

- [Printable Events Calendar](#)
- [Digital Library Catalog](#)
- [Online Tools & Research](#)
- [Donate](#)
- [Become a Member](#)



Community Partners

- [Cave Creek Museum](#)
- [CC Unified School District](#)
- [Desert Foothills Land Trust](#)
- [Foothills Caring Corps](#)
- [Foothills Community Foundation](#)
- [Foothills Food Bank](#)



Foothills Food Bank

[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.

Sonoran Arts League

YMCA

At the heart of our community.

Desert Foothills Library | 38443 N. Schoolhouse Road, Cave Creek, AZ 85327