



# ROCHESTER PUBLIC LIBRARY

## LIBRARY LINES

PAGE 1

June 2022

### HOURS OF OPERATION

Mon. 11:00 am - 4:00 pm  
Wed. 2:00 pm - 7:30 pm  
Thurs. 11:00 am - 4:00 pm

### CONTACT US

E-mail - [librarian@rochesterlibrary.ab.ca](mailto:librarian@rochesterlibrary.ab.ca)  
Web page - [www.rochesterlibrary.ab.ca](http://www.rochesterlibrary.ab.ca)  
Facebook - Rochester Library  
Phone - 780-698-3970, 780-349-0690 (cell)

### STORY TIME

Join us for a story, music and crafts  
Thursdays at 11:00 am

Open to children ages 0-6.

Parent-Link will join us for the fun on  
Thursday, June 16.

THIS WILL CONTINUE THROUGH THE  
SUMMER MONTHS IF ENOUGH INTERESTED!



### CHILDREN'S PROGRAM

**PLEASE REGISTER BEFORE JUNE 5!!**

Wednesday, June 8, 2022

Ages 6-12

3:00 - 4:30

We will be making something special for Dad!

*WATCH FOR OUR NEXT CHILDREN'S  
PROGRAM IN SEPTEMBER.*

## Rochester Library

## SEED LIBRARY IS STILL AVAILABLE

There are still lots of various seeds  
available. We will add potted perenni-  
als and extra bedding plants if you  
have.



**STOP BY TO SEE WHAT IS AVAILABLE!**



### LEGO CLUB

We will meet the fourth Wednesday in June.



June 22, 2022

5:30 - 6:30

Open to all ages

COME SEE WHAT THE NEXT CHALLENGE  
WILL BE.

### WE LOVE OUR VOLUNTEERS!!

We are looking for volunteers interested in helping  
to keep our library website and/or Facebook page  
up-to-date. Also, with help with the monthly news-  
letter would be welcomed. If there are other areas  
you wish to volunteer for, please come on in for a  
chat!!



### COFFEE TIME

Monday, Wednesday and Friday  
9 am - 11 am  
Rochester Seniors Centre

## Discover your family history.



We can guide you in  
your search. Ask us  
how to get started!

WHEN: Wednesday, June 15, 2022

TIME: 3:30 PM

WHERE: Rochester Library

Bring along your laptop (if you have) and we will  
get you started on doing some research.



# LIBRARY LINES

Page 2

## ROCHESTER SCHOOL

### Upcoming Events

June 1 - Parent Council Meeting - 9 am  
June 16 - Awards Night & Grade 9 Celebration - 7 pm  
June 28 - Last Day for students  
June 29 - Last Day for staff

## ROCHESTER UNITED CHURCH

June 5 - Church Service - 11:30  
July 3 - Church Service - 11:30

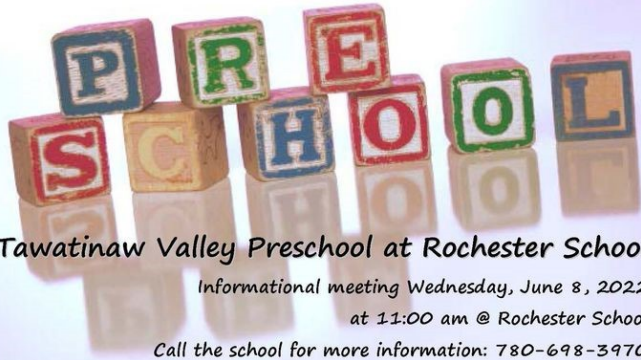
## ROCHESTER AG. SOCIETY

### Upcoming Events

June 2 - Bingo - Doors open at 6 pm  
June 5 - Fair Meeting at the Fairgrounds - 1 pm.  
June 16- Ag. Meeting-7 pm

**AG. SOCIETY IS LOOKING FOR VOLUNTEERS TO HELP WITH THE FAIR. PLEASE COME TO THE MEETING ON JUNE 5.**

Do you have children ages 3-5 in the Rochester, Perryvale or Tawatinaw Area?



## ROCHESTER COMMUNITY



THE ROCHESTER SCHOOL STILL NEEDS  
YOUR SUPPORT!

Don't wait until September to register your child;  
do it now! Stop by the school for a tour and see  
for yourselves that it is #anexceptionalplacetobe!

## Rochester Seniors Supper

Date: June 2<sup>nd</sup>

Place: Rochester Seniors center

Time 5:30pm

Cost: 12 and up \$12.00

6-12 \$7.00

5 and under free

Glazed Ham

Scalloped Potatoes

Peas

Olive Garden Salad

Garlic Buns & Pickles

Blueberry Cobbler with Ice Cream

Thanks for coming!

Supper cooked by: Rochester Ag. Society



Summer Kids Camp  
Kindergarten to Grade 6  
July 4<sup>th</sup>-8<sup>th</sup> 9:00am- 12:00pm Daily  
Rochester School

Contact Candice Jensen to register  
780-307-8159 [candice@tfhchurch.ca](mailto:candice@tfhchurch.ca)

**ROCHESTER BINGO**  
**THURSDAY, JUNE 2, 2022**

**Doors Open @ 6 pm**

**Pre Call @ 7pm**

**Rochester Hall**



# LIBRARY LINES

## COUNTRY BLOSSOMS GREENHOUSE 780-698-2211



Open Daily  
10 am - 7 pm  
While Supplies Last

**LOOK FORWARD TO SEEING YOU  
ALL!**

## PERRYVALE BINGO

BINGO									
7	26	40	58	73					
14	22	34	55	68					
4	24	FREE	46	72					
9	20	36	52	74					
6	28	35	49	64					

Friday, June 24, 2022

Doors open at 6 pm  
Bingo starts at 7 pm

Come and have some fun  
Everyone Welcome

If anyone would like to add anything to our library newsletter, please e-mail me the submission in a jpeg format to [librarian@rochesterlibrary.ab.ca](mailto:librarian@rochesterlibrary.ab.ca). If there is room, I'd be happy to include it.

## SUMMER READING PROGRAM INFORMATION

These are just a few activities happening this summer during the Summer Reading Program. We have more activities planned, just need to finalize some. Stay tuned to our Facebook page for updates! Attendance is NOT mandatory for all the activities - just partake in the activities you wish.

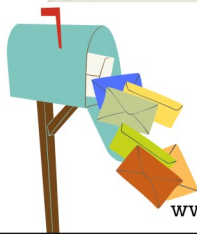
Contact the library if you have questions.



### Summer Pen Pal Program

Sign up to have a  
letter writing  
buddy for the  
summer.

Register before  
July 8, 2022



[www.nllsreadingprograms.ca](http://www.nllsreadingprograms.ca)

### Sand Art Contest

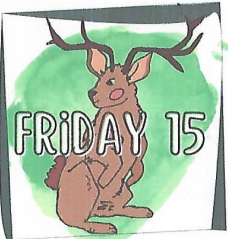


**DRAW, SCULPT,  
BUILD, CREATE**

At the beach, playground, or home.

Submit your photo to your library.  
Entry deadline July 31, 2022  
Vote online from August 7-20, 2022

[www.nllsreadingprograms.ca](http://www.nllsreadingprograms.ca)



Read for 15 minutes  
on a Friday

Get your library  
to the top  
& your name  
in the draw!

8 Fridays =  
8 chances to win!

MYTHS & LEGENDS



### Maureen's Self Care Salon

Hair \* Beauty \* Wellness  
780 349 0749

Appointment Date      Service

Secondary, 661 & Range Road 234 #622006

[m.cuts\\_curls@hotmail.com](mailto:m.cuts_curls@hotmail.com)


follows us on facebook and instagram

### Amber Simpson

Registered Massage  
Therapist

780-213-4661





Alberta Health  
Services

### Anxiety Workshop Series

**What:** A FREE virtual wellness group. The series rotates through six topics (one topic per week) to help support your overall wellness.

**Where:** Online via ZOOM (via smartphone, tablet, or computer)

**When:** Thursdays 2-3pm, see below for dates

**Who:** Anyone interested in learning skills to cope with anxiety. Drop in to any topic of interest.

**Registration:** Call Athabasca Addictions #780 675 5841 to register or for more information.

Upcoming 2022 Schedule

June 2<sup>nd</sup>: Anxiety & CBT


June 9<sup>th</sup>: Anxiety & Substance Misuse

June 16<sup>th</sup>: Anxiety & Mind-Body Connection

June 23<sup>rd</sup>: Anxiety & Sleep

June 30<sup>th</sup>: Anxiety & Children

July 7<sup>th</sup>: Anxiety & Postpartum Care



[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



**GREAT NEWS!**  
Registration deadline  
extended to June 10th  
Inquire Today!

Are you an unemployed Northern Albertan\* looking to improve your life and career skills? This exciting new program will help you learn skills needed to participate and thrive in learning, work and life. We will help you develop those digital, critical, essential and pre-employment skills from the GROUND UP!



SCAN QR CODE TO REGISTER

- 16 weeks of Virtual In-Class Skills Building
  - 8 weeks half day classes
  - 8 weeks full day classes
  - 1 on 1 coaching
- Need the technical equipment to participate? No problem! We can help with that!
- Classes start June 13th. REGISTER TODAY!

OR CONTACT US AT:  
780-815-0048  
[jan@employabilities.ab.ca](mailto:jan@employabilities.ab.ca)

\*Athabasca, Barrhead, Bonnyville, Cold Lake, Edson, Fort McMurray, Grand Cache, Grand Prairie, High Level, High Prairie, Hinton, Jasper, Lac La Biche, Peace River, Slave Lake, St. Paul, Vegreville, Westlock and Whitecourt



The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

If there are any of these programs you wish to attend, but are unsure or unable to access them, please contact the library. We would be more than happy to set up in the library as a group or individual. We would have all the necessary supplies; you just need to register and show up!!

If there is something you would like to see happen, again please contact us. We are always willing to do our best to make it happen!



## "IT'S NOT RIGHT!"

### NEIGHBOURS, FRIENDS AND FAMILIES FOR OLDER ADULTS

Learn how little things YOU do can make a BIG difference to change attitudes and behaviours to stop abuse of older adults.

**Presented by**

- Irene Fitzsimmons - Regional Elder Abuse Navigator, Healthy Families Healthy Futures, Athabasca
- Charlene Sitar - Regional Elder Abuse Prevention Coordinator, FCSS, Hinton

**TUESDAY, JUNE 28, 2022**

**1:00 PM to 3:00 PM - Registration link below:**  
<https://hinton-ca.zoom.us/join/69DAXMUYKLANCXBNI0614X>

**6:30 PM to 8:30 PM - Registration link below:**  
<https://hinton-ca.zoom.us/join/69DAXMUYKLANCXBNI0614X>

- Please register by June 24th
- Requires computer and internet connection to participate.
- Spaces are limited, please register early

For more information please email: [eanavigator@hfbalberta.com](mailto:eanavigator@hfbalberta.com) or [csitar@hinton.ca](mailto:csitar@hinton.ca)





Alberta  
Healthy Living  
Program

### July 2022 Workshops for Adults by ZOOM

We have morning, afternoon or evening classes available. Classes are 2.5 hours

**Weight Management - [Registration Link](#)**  
Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

**Tier 2**  
July 6- Physical Activity & Taming Triggers at 5:30pm  
July 13- Make a Plan to Eat Well at 5:30pm  
July 20- Emotions & Eating at 5:30pm

**Tier 3**  
July 27- Eating Away at 5:30pm  
Aug 3- Factors Affecting Weight Management at 5:30

**Tier 1**  
July 7- Understanding Weight & Health at 1:30pm  
July 14- Eating Well for Weight & Health at 1:30pm  
July 21- Making a Change & Building Habits at 1:30pm

**Tier 2**  
July 28- Physical Activity & Taming Triggers at 1:30pm  
Aug 4- Make a Plan to Eat Well at 1:30pm  
Aug 11- Emotions & Eating at 1:30pm

**Better Choices Better Health®**  
Take control of your health, feel better, take small steps, plan for the future.  
July 21 - Aug 25 at 6:00pm - [Registration Link](#)

**Chronic Pain**  
Discover changes and strategies to help you live healthier  
July 5 - Aug 9 at 6:00pm - [Registration Link](#)

**Managing Stress - [Registration Link](#)**  
A 2 part workshop on Stress Management  
July 13 & 20 at 1:00pm

**Moving Matters - [Registration Link](#)**  
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!  
July 20 at 1:30pm

**Heart & Stroke - [Registration Link](#)**  
Managing Blood Pressure & Cholesterol  
Learn about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.  
Part 1 - July 11 at 1:30pm  
Part 2 - July 18 at 1:30pm  
Part 1 - July 21 at 5:30pm  
Part 2 - July 28 at 5:30pm

**Managing Diabetes - [Registration Link](#)**  
A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.  
Part 1 - July 7 & 14 at 1:30pm  
Part 2 - July 21 at 1:30pm  
Part 1 - July 13 & 20 at 5:30pm  
Part 2 - July 27 at 5:30pm

**Understanding COPD**  
Understand what COPD is and how you can manage well and continue to live your best life  
July 19 at 10:30am - [Registration Link](#)

**Supervised Exercise - done virtually!**  
2 times per week, 1.5 hours session, for 6 weeks.  
Use the [Get Started](#) button to fill out some information that goes to the Exercise Therapist and you will get a call within 2 weeks to begin your assessment.

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**  
Or you can self-register at: <https://www.healthylivingprogram.ca>





Find us on  
Facebook

# LIBRARY LINES



JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 PAC Mtg. 9 am  Library Open 2-7:30	2 Story Time 11 am Community Supper 5:30 Bingo 7 pm  Library Open 11-4	3	4
5	6  Library Open 11-4	7	8 Children's Program 3:00-4:30  Library Open 2-7:30	9 Story Time 11 am  Library Open 11-4	10	11
12	13  Library Open 11-4	14	15 Genealogy Workshop 3:30 pm  Library Open 2-7:30	16 Story Time 11 am  Library Open 11-4	17	18
19  Happy Father's Day	20  Library Open 11-4	21	22 Lego Club 5:30-6:30  Library Open 2-7:30	23 Story Time 11 am  Library Open 11-4	24	25
26	27  Library Open 11-4	28 Last Day of School	29  Library Open 2-7:30	30 Story Time 11 am  Library Open 11-4		

ASPEN CHIROPRACTIC HEALTH CENTRE

10423 100th Ave, Westlock AB T7P 2J2

Dr. Bruce Elliott\*

Chiropractor

780 - 349 - 3503

888 - 349 - 3503

\*Bruce Elliott Professional Corporation

westlockchiro@gmail.com

Clayton Jensen

Director

LARUE

ELECTRIC

AND CONTROLS LTD

780.307.8149

LarueElectric@outlook.com

PO Box 354

Rochester, AB

TOG 1Z0

EZZY DOZ IT 4 U

CLEANING SERVICES

Houses & Apartments & Cabins

Realtor Referrals

Move In's & Move Out's

New & Old

ezzydozit4u@gmail.com

Elaine Burton

780-307-1642

Embraced Healing

Usui Holy Fire Reiki III

Reiki Practitioner Connie Lapierre

Call to book your date

780-349-1059

embracedhealing@gmail.com

etransfer@genmedhomesnet.ca

Smithbuilt Enterprises Ltd.

24/7 Mobile Inspection Services

Blake Smith

Owner / Operator

780-266-3973

Ryan Smith

Field Operations

780-307-7667

Mobile Highway Tank Inspections

Hose testing

WHP Inspections

Thickness & Linings Testing

Upper Coupler Inspection

Manufacture & Repair

PRV Valve Rebuilds

We offer Inspection Services For -

- Vacuum Trucks

- Combo Vac Trucks

- Semi Vac Trucks

- Hot Oilers

- Pressure Trucks

- Flushby Trucks

- Swab Trucks

- TC44 Fuel Tanks

- Hoses

- Anhydrous Ammonia tanks

- Nitrogen Tanks

- Mobile Fuel Tanks

- Fuel Trucks

- Fuel Trailers

- Mobile Fuel Stations

- Mobile Fuel Tanks

- Propane Trucks / Tanker

- Propane Trailers

Smithbuiltenterprisesltd@gmail.com

Smithbuiltenterprisesltd.com

P.O. Box 373, Clyde Alberta

TOG 0P0