



ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

PAGE 1

September 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 - tmorey@rochesterlibrary.ab.ca
Web page - www.rochesterlibrary.ab.ca
Facebook - Rochester Library
Phone - 780-698-3970, 780-349-0690 (cell)

**NOTE: THE LIBRARY WILL BE CLOSED
MONDAY, SEPT. 5.**

STORY TIME

It's story
TIME
@your library™

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

Open to children ages 0-6.

LEGO CLUB

We will meet the fourth Wednesday in September..



Sept. 28, 2022
5:30 - 6:30
Open to all ages

WE HAVE SOME VERY EXCITING NEWS TO
SHARE! BRING YOUR FRIENDS!



CHILDREN'S PROGRAM AT THE LIBRARY

WEDNESDAY, Sept 7, 2022
3:00 - 4:30 PM
FOR AGES 6-12

Please register before Sept. 5, 2022
780-698-3970
or
email: tmorey@rochesterlibrary.ab.ca

SPACE IS LIMITED.
REGISTRATION IS A MUST!!

ADULT BOOK CLUB



After a long break, the Adult Book Club will start meeting this month. The "kick-off" meeting will be on Wednesday, September 14, 2022 at 7 pm.

We would like to invite anyone interested in reading and discussing our reads. We will be discussing possible changes to our previous meetings.

Fresh Start = New Slate!

Contact the library for more information.

Everyone welcome

PAINT NIGHT

Children's Program
at the Rochester Library

Wednesday, Oct. 5, 2022
3:00 - 4:30 pm
For Ages 6-12

Please register before Monday, Oct. 3/22
by contacting the library
Space will be limited!



Discover your family history.



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

WHEN: Wednesday, Sept. 21, 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



CREATIVE FRIDAYS
Let's create together
DIY projects such as paint nights, sign making,
mosaic art, rock painting, etc.

**Third Friday of each
month**

Friday, Sept. 16, 2022
7 pm
@ the Library

Crafts with Amanda!

Register by contacting
the library!



Rochester Community Supper

At Rochester Senior's Centre
On September 1st at 5:30 p.m.

Menu

Hamburgers/Hot dogs

Potatoes Salad

Coleslaw Salad

Baked Beans

Pickles, Lettuce, Tomatoes, Onions

Tea, Coffee, and Juice

Strawberry Shortcake!!

Take out available!

Prepared by

The Friends of the Rochester Library

Adults - \$12.00

6 – 12 years old - \$7.00

5 and under – Free

All children must be accompanied by a parent/guardian!

Everyone is Welcome!!!

The Rochester Library's

SEED LIBRARY has now become a VEGETABLE SWAP

Do you have too many zucchinis?
Tired of picking beans? Instead of
putting them in your neighbour's yard,
bring them to the library for people
that may want them.



STOP BY TO SEE WHAT IS AVAILABLE!

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 newsletter would be welcomed. If there are other areas you wish to volunteer for, please come on in for a chat!!



**Find us on
Facebook**

NEW PROGRAM

**FREE FUN
FOR PRE-TEENS
AGES 9-12!**

FUN NIGHT!

EVENT DATE: Oct. 6/2022
EVENT TIME: 5 - 7 pm
LOCATION: Rochester Library
Activity: Nintendo Games

Please contact to library to sign up!

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

WANTED

Looking to purchase a stationary exercise bike.
Nothing fancy.
Call Susan @ 780-698-2166.

LIBRARY LINES

ROCHESTER SCHOOL Upcoming Events

August 29 - First day back for students
September 5 - No School - Labor Day
September 23 - Terry Fox Pancake Breakfast
September 29 - Orange Shirt Day
September 30 - No School
September ?? - Meet the Staff Night



CALLING ALL TEENAGERS!!

*You are invited to come
have some fun!*

**Rochester Youth Group Kick Off
September 9th 7-9pm
The Jensen House
Games - Campfire - Food - Fun**

Rochester Youth Group meets Friday nights during the school year.
We create a safe place for young people from Grades 7-12 to have fun,
discover their own potential, and connect with God and others.
We do everything from field games, gym nights, study the Bible, listen to
music, eat food, play drama games, and even go neon bowling!!!
Find us on FaceBook (Rochester Youth Group) and
Instagram (rochesteryouth) for weekly updates!!!

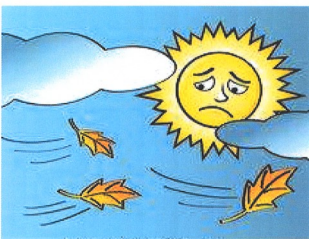
If you have any questions or need directions contact:
Pastor Candice 780-307-8159

ROCHESTER UNITED CHURCH

Sept. 4 - Church Service - 11:30
Oct. 2 - Church Service - 11:30

ROCHESTER AG. SOCIETY Upcoming Events

Sept. 15 - Ag. Society Meeting (Rochester Hall)
Oct. 6 - Rochester Bingo (Rochester Hall)
Oct. 20 - Ag. Society Meeting (Rochester Hall)



Rochester Willing Worker's

Spaghetti Supper

2 sauces - Bacon mushroom Alfredo
and a traditional red sauce

&

Dessert Auction

Saturday, September 17, 2022

Rochester Senior's Centre

Doors open at 5:30 p.m.

Supper at 6:00 p.m.

Dessert Auction at 6:30 p.m.

There will also be a Silent Auction!

6 and under is FREE

7 - 12 is \$10.00 per person

13 and up is \$12.00 per person

Everyone Welcome!!



WATCH FOR EVENTS HAPPENING SOON!

- Rochester School Meet the Staff.
- Scholastic Book Fair
- Library Survey (with a prize)

The library is open to ideas of different activities
you would like to see happen. I will definitely do
my best to accommodate.

COFFEE TIME



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

**ROCHESTER BINGO
IS CLOSED UNTIL
THE FIRST THURSDAY IN
OCTOBER.
HOPE TO SEE YOU THEN!**

PERRYVALE BINGO

September 30, 2022

Doors open at 6 pm
Bingo starts at 7 pm

Come and have some fun
Everyone Welcome

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

THE ROCHESTER SENIORS' CENTRE
IS LOOKING FOR
MEMBERS TO ATTEND OUR WEEKLY
CARDS AND SOCIALIZING



EVERY MONDAY
AT ROCHESTERS SENIORS CENTRE
1 - 4 PM
LUNCH PROVIDED



Suicide Awareness for Caregivers

SEPTEMBER 7, 2022
NANCY APPLEBEE THEATRE, ATHABASCA
TWO DROP-IN SESSIONS AVAILABLE: 12 - 2 PM OR 7 - 9 PM

This information session is for adults supporting young people considering suicide.


Participants will receive free resources and community health care providers will be in attendance, building greater awareness of local resources.

- WHAT YOU'LL LEARN
- Myths and facts of suicide
 - Who is impacted by suicide
 - Best practices for suicide prevention
 - A four-step model to start a conversation with a young person

FOR MORE INFORMATION

To learn more, contact community Champions Angela Kuzyk at angdawnwag@gmail.com or Lisa Stocking at lovensup@gmail.com.

This workshop is supported by Centre for Suicide Prevention. We educate for life.
www.suicideinfo.ca



Alberta
Healthy Living
Program

September 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
Sep 6 - Physical Activity & Taming Triggers at 9:30am
Sep 13 - Make a Plan to Eat Well at 9:30am
Sep 20 - Emotions & Eating at 9:30am
Tier 1
Sep 14 - Understanding Weight & Health at 5:30pm
Sep 21 - Eating Well for Weight & Health at 5:30pm
Sep 28 - Making a Change & Building Habits at 5:30pm
Tier 3
Sep 27 - Eating Away at 9:30am
Oct 4 - Factors Affecting Weight Management at 9:30am

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 - Sep 7 & 14 at 1:30pm
Part 2 - Sep 21 at 1:30pm
Part 1 - Sep 8 & 15 at 5:30pm
Part 2 - Sep 22 at 5:30pm
Part 1 - Sep 13 & 20 at 9:30am
Part 2 - Sep 27 at 9:30am

Understanding COPD
Understand what COPD is and how you can manage well and continue to live your best life
Sep 20 at 1:30pm - [Registration Link](#)

Better Choices Better Health®
Take control of your health, feel better, take small steps, plan for the future.
Sep 28 - Nov 2 at 6:00pm - [Registration Link](#)

Chronic Pain
Discover changes and strategies to help you live healthier
Sep 13 - Oct 8 at 6:00pm - [Registration Link](#)


Managing Stress - [Registration Link](#)
A 2 part workshop on Stress Management
Sep 22 & 29 at 9:30am

Moving Matters - [Registration Link](#)
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
Sep 12 at 9:30am

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 - Sep 8 at 9:30am
Part 2 - Sep 15 at 9:30am
Part 1 - Sep 12 at 5:30pm
Part 2 - Sep 19 at 5:30pm
Part 1 - Sep 21 at 1:30pm
Part 2 - Sep 28 at 1:30pm

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>

ZOOM WORKSHOPS


The library will gladly accommodate anyone who wishes to attend any of these classes via zoom. We can set you up in the library as a group or individually. Contact the library for more information.

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Smithbuiltenterprises.ltd@gmail.com
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LIBRARY LINES



SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Story Time 11 am Community Supper Sr. Center Library Open 11-4	2	3
4	5 LIBRARY CLOSED Cards @ Sr. Center - 1 pm	6	7 Children's Program 3:00-4:30 Library Open	8 Story Time 11 am Library Open 11-4	9	10
11	12 Cards @ Sr. Center - 1 pm Library Open 11-4	13	14 Adult Book Club 7 pm Library Open 2-7:30	15 Story Time 11 am Library Open 11-4	16 Creative Friday 7 pm	17 Spaghetti Supper
18	19 Cards @ Sr. Center - 1 pm Library Open 11-4	20	21 Genealogy Workshop 3:30 pm Library Open 2-7:30	22 Story Time 11 am Library Open 11-4	23	24
25	26 Cards @ Sr. Center - 1 pm Library Open 11-4	27	28 Lego Club 5:30-6:30 Library Open 2-7:30	29 Story Time 11 am Library Open 11-4	30	

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
T0G 1Z0

Embraced Healing

Usui Holy Fire Reiki III
Reiki Practitioner Connie Lapierre
Call to book your date
780-349-1059
embracedhealing@gmail.com

etransfer@genmedchamcesnet.ca

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