



ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

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July 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)

STORY TIME

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

Open to children ages 0-6.

Athabasca Family Services will join us for some fun
on
Thursday, July 21.

WE WILL CONTINUE WITH STORY TIME
DURING THE SUMMER MONTHS.

It's story
TIME
@your library™

CHILDREN'S PROGRAM

Ages 6-12
3:00 - 4:30

*WATCH FOR DETAILS FOR OUR NEXT
CHILDREN'S PROGRAM SCHEDULED FOR
SEPTEMBER. 6*



LEGO CLUB

We will meet the fourth Wednesday in July.



July 27, 2022
5:30 - 6:30
Open to all ages

COME SEE WHAT THE NEXT CHALLENGE
WILL BE.

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!



Here's the Scoop!

JULY IS NATIONAL Ice Cream Month!

Rochester Library invites you to an
Ice Cream Social

Sunday, July 17, 2022
2 - 4 pm
@ the library
\$4.00

BRING YOUR
OWN BANANA
IF YOU WISH

Bowl of vanilla ice cream, choice of chocolate or
caramel topping, add sprinkles and top it off with a
cherry and whipped cream.

All proceeds will be put towards our
Summer Reading Program



Summer Programs at the Rochester Library 2022

IN-PERSON EVENTS:

Thursday, July 14 | 1 pm
Science Outreach Activity

Thursday, July 21 | 11 am - 1 pm
Athabasca Family Centre Activity
Mandy and team will join us for some cool activities.

Thursday, July 28 | TBA
Bike/Scooter Safety
Athabasca RCMP gives us some great safety tips.

Tuesday, Aug. 2 - Friday, Aug. 5 | 9:30 am - 12 noon
In-House program
Ms. Leveque has some great activities & crafts.

Thursday, August 11 | 1 pm
Hawkey Studios
Jonathan and group introduces us to his puppet family.

Thursday, August 18 | 1 pm
Story Time with Mrs. Alma Swan
Mrs. Swan reads and speaks about Residential Schools.



Follow us on social media for much more!

SUMMER READING PROGRAM NLLS

Sand Art Contest

DRAW, SCULPT,
BUILD, CREATE!
At the beach, playground or home.
Entry deadline: August 1, 2022.
Vote online from August 1-31, 2022.

www.nllsreadingprograms.ca

Read for 15 minutes
on a Friday

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

Starts July 8
& Fridays -
8 chances to win!

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

Register before June
30, 2022

www.nllsreadingprograms.ca

AND MUCH MORE!
Visit

www.nllsreadingprograms.ca



Find us on Facebook

LIBRARY LINES

ROCHESTER SCHOOL Upcoming Events

June 28 - Last Day for students
June 29 - Last Day for staff
SCHOOL WILL BE CLOSED UNTIL AUG. 22.
HAVE A GREAT SUMMER!!

ROCHESTER COMMUNITY



THE ROCHESTER SCHOOL STILL NEEDS YOUR
SUPPORT!

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

Rochester Community Supper

At Rochester Senior's Centre
On Thursday, July 7th at 5:30 p.m.

Meatballs with a Mushroom Gravy
Ham
Mashed Potatoes
Green Beans
Coleslaw
Pickles and Buns
Tea, Coffee, and Juice
Ice Cream for Dessert!

Take out available!

Prepared by the Rochester Willing Workers

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!!!

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!!

ROCHESTER UNITED CHURCH

July 3 - Church Service - 11:30
Aug. 7 - Church Service - 11:30

ROCHESTER AG. SOCIETY Upcoming Events

July 6 - Fair Meeting - 7 pm
July 21 - Regular Ag. Meeting - 7 pm
August 12-13 - FAIR DAYS

**AG. SOCIETY IS LOOKING FOR VOLUN-
TEERS TO HELP WITH THE FAIR. PLEASE
CONTACT JEN @ 780-206-7617 FOR MORE
INFORMATION**

Rochester Ag. Society FAIR DAYS *"Let the Good Times Roll"*

AUGUST 12-13, 2022

FRIDAY, AUG. 12

*SUPPER, DANCE & FIREWORKS

- \$20/Adult
- \$10/12 and under
- Presale tickets
phone Sandy @ 780-307-6225

Doors open @ 5 pm

Supper @ 6 (Roast Beef)

Cabaret to follow

- Music by Bonnie Nichols

Fireworks @ 11 pm

****Entries for the bench show will be accepted
Friday morning between 9 and 11:30 at the
Fairgrounds Summer Hall. Call Marianne
@ 780-307-6588 for more information.****

SATURDAY, AUG. 13

* Breakfast - 8-10 am

- \$10/Adult
- \$5/12 and under

*Parade 11 am

- Meet at Rochester School @ 10 am

EVENTS AT THE FAIRGROUNDS

SATURDAY: NOON TO 4 PM

* Chili Cook-off, Barrell Racing, Beer
Gardens, Bouncy Castle, Kids Games,
Tractor Pulls, Face Painting, Petting
Zoo, Bench Show

* Concession - supplied by EPC
International Learning Experience



**FOR MORE
INFORMATION, CALL
JEN @ 780-206-7617**

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



COFFEE TIME

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

LIBRARY LINES



Get Ready....
For a Howlin' Good Time!

MONUMENTAL
CELEBRATING GOD'S GREATNESS

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

Contact Candice Jensen to register
780-307-8159 candice@tfhchurch.ca

PERRYVALE BINGO

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

Friday, July 29, 2022

Doors open at 6 pm
Bingo starts at 7 pm

Come and have some fun
Everyone Welcome

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



EVERY MONDAY
AT ROCHESTER SENIORS' CENTRE
1 - 4 PM



Rochester Willing Workers

75th Anniversary

Open House

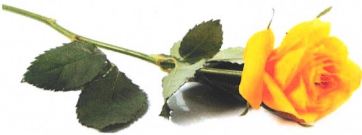
Saturday July 23, 2022

At


The Rochester's Senior Centre

1:00 p.m. - 4:00 p.m.

Please come and help us Celebrate!!



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.



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>



LIBRARY LINES



JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
NOTE: Red indicates SRP Activity				30 Pen Pal Registration Deadline	1	2
3	4 Library Open 11-4	5	6 Library Open 2-7:30	7 Story Time 11 am Library Open 11-4	8 Friday 15	FRIDAY 15 Read for 15 minutes on a Friday Get your library to the top & your name in the draw! Starts July 8 8 fridays = 8 chances to win!
	MONUMENTAL SUMMER KIDS CAMP					
10	11 Library Open 11-4	12	13 Library Open 2-7:30	14 Story Time 11 am Science Outreach Activity 1 pm Library Open 11-4	15 Friday 15	
17	18 Library Open 11-4	19	20 Library Open 2-7:30	21 Story Time 11 am Athabasca Family Centre 11 am Library Open 11-4	22 Friday 15	23
24 Sand Contest Deadline 31	25 Library Open 11-4	26	27 Lego Club 5:30-6:30 Library Open 2-7:30	28 Story Time 11 am Bike/Scooter Safety 1 pm Library Open 11-4	29 Friday 15	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

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

etranfer@genmedhcmcsnet.ca

Amber Simpson
Registered Massage
Therapist
780-213-4661

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
VRIP 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
- TCH Fuel Tanks
- Buses
- Anhydrous Ammonia tanks
- Nitrogen Tanks
- Mobile Fuel Tanks
- Fuel Trucks
- Fuel Trailers
- Mobile Fuel Stations
- Mobile Fuel Tanks
- Propane Trucks / Tanker
- Propane Trailers

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P.O. Box 373, Clyde Alberta
T0G 0P0

Maureen's
Self Care Salon

Hair * Beauty * Wellness
780 349 0749
Appointment Date Service
Secondary, 661 & Range Road 234 #622006
m.cuts_curis@hotmail.com
follows us on facebook and instagram