



ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

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August 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, AUGUST 1.**

STORY TIME



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

Open to children ages 0-6.

WE WILL CONTINUE WITH STORY TIME
DURING THE SUMMER MONTHS.

LEGO CLUB

We will meet the fourth Wednesday in August.



August 24, 2022
5:30 - 6:30
Open to all ages

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

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.

SUMMER READING PROGRAM NLLS

Sand Art Contest
At the beach, playground or home.
Entry deadline: July 26, 2022.
Vote online from August 1-20, 2022.

DRAW, SCULPT, BUILD, CREATE
At the beach, playground or home.
Entry deadline: July 26, 2022.
Vote online from August 1-20, 2022.

Summer Pen Pal Program
Sign up to have a letter writing buddy for the summer.
Register before June 30, 2022.

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!

AND MUCH MORE!
Visit
www.nllsreadingprograms.ca

Enchanted

Record your reading minutes and win
some great prizes!

Scan to
log your reading

or visit
bit.ly/nlls-log-your-reading



Find us on
Facebook

Note: Activities are geared
towards children ages 5-12, but
everyone is welcome to attend.



LIBRARY LINES

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ROCHESTER SCHOOL

Upcoming Events

August 22 - School Office will be open!
August 25 - First day back for staff
August 29 - First day back for students

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 yourselves that it is #anexceptionalplacetobe!

CHILDREN'S PROGRAM

Maker Space

Bring your imagination and design something to wow your friends!

Sept. 6, 2022

3:00 - 4:30

Ages 6-12



ROCHESTER UNITED CHURCH

Aug. 7 - Church Service - 11:30

Sept. 4 - Church Service - 11:30

ROCHESTER AG. SOCIETY

Upcoming Events

August 12-13 - FAIR DAYS

AG. SOCIETY IS LOOKING FOR VOLUNTEERS 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**

The Rochester Ag. Society & The
Rochester Willing Workers

are proud to present the

Edith Anderson

Memorial Bench Show

Saturday August 13, 2022

At the Rochester Fairgrounds

Big Shed

**Please enter your artwork, baking, canning, knitting, garden finds.....

on **Friday Aug. 12 - 9:00 - 11:30 am**

Come and view on **Saturday Aug. 13 from 12:00 - 4:00 p.m.

**Please pick up your products on

Saturday Aug. 13 by 5:00p.m.

Booklets can be found at the store or Rochester Ag. Society Facebook page!

For information call : Marianne
@ 780-307-6588



**Presale tickets now available for
The Rochester Fair Cabaret
(Supper, Dance & Fireworks)**

August 12, 2022

\$20 Adult

\$12 Ten and Under

To get tickets call Sandy

780-307-6225



COFFEE TIME

Monday, Wednesday and Friday

9 am - 11 am

Rochester Seniors Centre

LIBRARY LINES



Friends of the Rochester Community Library

MEETING

Wednesday, August 3, 2022

7 pm

at the Rochester Library

EVERYONE WELCOME

The friends of the Library are a group of individuals that support the library with fundraising and library awareness.

Come Be Our Friend

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

ROCHESTER SECOND HAND/ INDOOR GARAGE SALE

LOCATED IN THE OLD CAFÉ
ROCHESTER

OPEN ONLY IN AUGUST:

TUESDAY'S—1-5 PM

SATURDAY'S—1-6 PM

Check out "Miranda Haynes" on Facebook for more information.

STOP BY AND FIND SOME GREAT TREASURERS!

WANTED

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

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							

August 26, 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 ROCHESTERS SENIORS CENTRE
1 - 4 PM
LUNCH PROVIDED**

Rochester Community Supper

At Rochester Senior's Centre
On Thursday, August 4th at 5:30 p.m.

Roast Pork

Hashbrown Casserole

Green Beans

Caesar Salad

Pickles and Buns

Tea, Coffee, and Juice

Fruit Crisps and 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!!!

LIBRARY LINES



Alberta
Healthy Living
Program

August 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 3
Aug 18 - Eating Away at 1:30pm
Aug 25 - Factors Affecting Weight Management at 1:30pm
Tier 1
Aug 16 - Understanding Weight & Health at 9:30am
Aug 23 - Eating Well for Weight & Health at 9:30am
Aug 30 - Making a Change & Building Habits at 9:30am
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 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 - Aug 4 & 11 at 9:30am
Part 2 - Aug 18 at 9:30am
Part 1 - Aug 15 & 22 at 1:30pm
Part 2 - Aug 29 at 1:30pm

Understanding COPD
Understand what COPD is and how you can manage well and continue to live your best life
Please check online for the next available class

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
Aug 16 & 23 at 1:30pm

Moving Matters - [Registration Link](#)
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
Aug 10 at 5:30pm


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 - Aug 3 at 9:30am
Part 2 - Aug 10 at 9:30am
Part 1 - Aug 16 at 1:30pm
Part 2 - Aug 23 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>




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!



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, August 19, 2022
7 pm
@ the Library

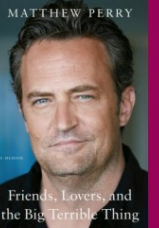
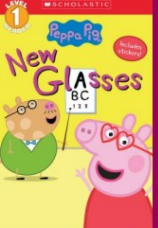
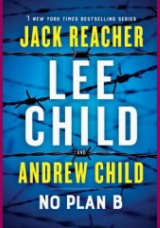

Activity still to be
determined.


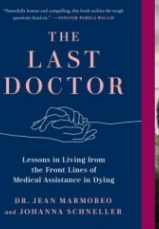

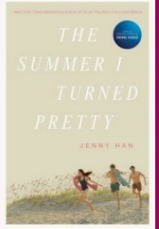


If anyone would like to add anything to our library newsletter, please e-mail me the submission in a jpeg format to tmorey@rochesterlibrary.ab.ca. If there is room, I'd be happy to include it.

NEW TITLES
ARRIVING SOON!

Place a hold on these titles to be sure you're on the list!





LIBRARY LINES

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AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
NOTE: Red indicates SRP Activity	1 LIBRARY CLOSED	2	3 Library Open 2-7:30	4 Story Time 11 am Library Open 11-4	5 Friday 15	6
IN-HOUSE SUMMER READING PROGRAM						FRIDAY 15 Read for 15 minutes on a Friday
Sand Art Contest Vote for your favorite entry online August 7-20 www.nllsreadingprograms.ca	8 Library Open 11-4	9	10 Library Open 2-7:30	11 Story Time 11 am Hawkey Studio's 1 pm Library Open 11-4	12 Friday 15 ROCHESTER FAIR AUG. 12-13	1 Get your library to the top & your name in the draw! Starts July 8 8 Fridays = 8 chances to win!
	15 Library Open 11-4	16	17 Library Open 2-7:30	18 Story Time 11 am Story time with Mrs. A. Swan 1 pm Library Open 11-4	19 Friday 15	2
21	22 School Office Open Library Open 11-4	23	24 Lego Club 5:30-6:30 Library Open 2-7:30	25 Story Time 11 am Library Open 11-4	26 Friday 15	27
28	29 FIRST DAY OF SCHOOL Library Open 11-4	30	31 Library Open 2-7:30			

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

etranfer@genmedh@mcnet.ca

Amber Simpson
Registered Massage Therapist
780-213-4661

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- Mobile Fuel Tanks
- Fuel Trucks
- Fuel Trailers
- Mobile Fuel Stations
- Mobile Fuel Tanks
- Propane Trucks / Tanker
- Propane Trailers

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Smithbuiltenterprisesltd.com T0G 0P0

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
follows us on facebook and instagram