



ROCHESTER PUBLIC LIBRARY LIBRARY LINES

OCTOBER 2024

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)

If you wish to have this monthly newsletter emailed to you, please send your email address to info@rochesterlibrary.ab.ca. We will definitely add you to the list. This is not only a Library newsletter, so if you wish to add something to it, weather it be an ad, or a poster, please email a jpeg copy to the same address and I will try to add it.

IMPORTANT NOTICE

THE LIBRARY WILL BE
CLOSED MONDAY, OCT. 14/24

Children's Program

Ages 5-8



SCRIBBLE BOT



Join us as we make our own
scribble bots.

Wednesday, Oct. 2, 2024
3:00 - 4:30

Please register with the library before Oct. 1

STORY TIME

AT THE ROCHESTER LIBRARY

Every Thursday @ 11 am

- Music
- Crafts
- Stories
- Games
- Play

NOTE: The Travelling Family Center from Athabasca will join us on October 10.

WE ARE LOOKING FOR VOLUNTEERS!!

We are always looking for volunteers. If you would be interested in helping at the library or updating our library website and/or Facebook page, please stop in for a chat. We can always find something for you to do!!



LIBRARY LINES

ROCHESTER LIBRARY

Bad Art Night

TWEEN PROGRAM

OCTOBER 16/24

3-5 PM

AGES 9+

GET CREATIVE

Make a sculpture, painting, structure,
- whatever kind of art you want, as
long as it's really bad!

Please register with the library before Oct. 14.



JOIN US FOR A UNIQUE
TASTING EVENT
&
**LEARN SOME TIPS ON
FOOD PRESERVING**

THURSDAY,
OCT. 10/24
7 PM
ROCHESTER
LIBRARY

BRING A JAR OF
SOMETHING YOU
HAVE PROCESSED
TO TASTE AND
SHARE YOUR
RECIPE!

PLEASE
REGISTER WITH
THE LIBRARY.

Show & Tell ADULT BOOK CLUB

Wednesday, Oct. 9 2024
2 pm
@ the Rochester Library

Bring a favorite book for
discussion and hear about other
favorites!

MARK YOUR CALENDARS!

**SCHOLASTIC
BOOK FAIR**

October 21-25, 2024

Library Hours During the Fair

Monday, Oct. 21 - 10:30-4:00
Tuesday, Oct. 22 - 12 noon - 4:00
Wednesday, Oct. 23 - 12 noon-7:30
Thursday, Oct. 24 - 10:30 - 7:30
Friday, Oct. 25: 10:30 - 4:00

IF YOU ARE INTERESTED IN VOLUNTEERING FOR THE BOOK FAIR, PLEASE CONTACT THE LIBRARY

Amber Simpson
Registered Massage
Therapist
780-213-4661

Sewing, Mending, Quilting & Design

Rochester Seamstress

Elaine Hemeon
780-307-8671

Don't Delay, Call Today

Embraced Healing

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

eTransfer@genmech@mcsmet.ca



**ROCHESTER LIBRARY
LEGO CLUB**
Fourth Wednesday of
Each month

Wednesday, Oct. 23/24
5:30 - 6:30

Open to all ages

We have also purchased a few kits
if you would rather complete one of
them.

Bring a friend along with your imagination
and start building something great!



ROCHESTER LIBRARY
TRIVIA NIGHT

Tease Your Brain &
Surprise Yourself

Wednesday
Oct. 30
@ 7 pm
OPEN TO ALL AGES

Please contact the library to register
www.rochesterlibrary.ab.ca
or
text: 780-349-0690



Get ready for a couple spooky

HALLOWEEN
Movies

October 26, 2024

Rochester Community Hall

Concession

**More information to
come!!**



DON'T FORGET!

RENEW NOW!
**COMMUNITY BIRTHDAY
CALENDAR**

TIME TO ORDER YOUR 2025
COMMUNITY BIRTHDAY CALENDAR!
IF WE DON'T HEAR FROM YOU, WE
WILL CONTINUE WITH THE
INFORMATION WE HAVE!

\$15.00 per calendar
\$40.00 for advertising
(includes a calendar)

New to the
community, and
wish to receive a
calendar?

Lots of room to
advertise your
business!

If prepaid calendar
will be delivered to
post office

Please contact the library for more
information!

LIBRARY LINES

ROCHESTER SCHOOL Upcoming Events

Oct. 10 – Day of Thanks
Oct. 10 - Picture Day
Oct. 14 –Thanksgiving - NO SCHOOL
Oct. 15 - PD Day - NO SCHOOL
Oct. 16—Parent Council Meeting @ 9am
Nov. 1 - PD Day - NO SCHOOL

ROCHESTER AG. SOCIETY Upcoming Events

Oct. 3 - Rochester Bingo - uncertain
Oct. 17 - Ag. Society Meeting @ 7 pm in the hall

Rochester Community Supper

At Rochester Senior's Centre
On Thursday, October 3rd at 5:30pm

Ham
Lazy Cabbage Rolls
Baked Beans
Garden Salad
Jello Salad
Veggies
Pickles and Buns
Coffee and Juice

Chocolate Cake, Pudding, and Whipping Cream for Dessert

Take out available

Prepared by The Father's House Church

All proceeds go to the Athabasca Good Samaritan Food Bank

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!

Ladies Day Out

Saturday, October 19, 2024

1:00 – 4:00 pm

Rochester Senior's Centre

Door Prizes, Speakers, and Games

Wine pull, Silent Auction, and Market Tables

Snacks and Desserts

Tickets are \$10 at the Door!!

Presented by the
Rochester Willing
Workers



It's that time of year again! Lock your vehicles! Everyone is trying to unload their zucchini!



COFFEE TIME

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



STAY FIT NOT STILL

JOIN US FOR A GENTLE FULL BODY
STRETCH TWICE A WEEK.

Monday & Thursday
Rochester Library

10 am

LIBRARY LINES

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



EVERY MONDAY
AT ROCHESTER SENIORS' CENTRE
1 - 4 PM

Rochester & District Agricultural
Society's

Walking Club

Tuesdays and Thursdays

10:00 – 11:00 am

At the Hall



Don't forget your water bottles and your
running shoes!



Saturday 7:30 PM
October 5, 2024
Athabasca, AB



Lynne Hanson is an Ottawa-based, Americana songwriter known for her high energy roots guitar driven live performances with an authenticity that's as entertaining as it is disarming.

Too tough for folk and too blues-influenced for country, Lynne Hanson's brand of porch music with a little red dirt can turn on a dime from a sunshine, blue sky ballad to a full on thunderstorm of gritty Americana swamp from one song to the next.

Sponsored by:



Nancy Appleby Theatre 4720 - 48 Street, Athabasca, AB
All shows start at 7:30 pm with one intermission

Tickets Available at:
Online at Eventbrite**
**online fees apply
Value Drug Mart

Whispering Hills Fuels
Athabasca Health Foods
Harvey 780-675-4158
George 780-698-3957

Seasons Tickets
\$100 for all 4 shows
\$30 in advance
\$35 at the door

16 years and under FREE!
Will Call also available
780-307-6477 or
heartwood1997@gmail.com



2024 Fall Concert Series



Lynne Hanson

Canada's Queen of Americana
Saturday, October 5, 2024 7:30 PM



The Wardens

Rich & authentic mountain music from the spirit of their Canadian Experiences.
Thursday, October 17, 2024 7:30 PM



Blue Moon Marquee

Modern blues, original style & a tremendous sound from a hugely talented duo.
Wednesday, October 30, 2024 7:30 PM



Jack Semple

Jack Semple plays Lightfoot
Wednesday, November 27, 2024 7:30 PM

Nancy Appleby Theatre 4720 - 48 Street, Athabasca, AB
All shows start at 7:30 pm with one intermission

Tickets Available at:
Online at Eventbrite**
**online fees apply
Value Drug Mart

Whispering Hills Fuels
Athabasca Health Foods
Harvey 780-675-4158
George 780-698-3957

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heartwood1997@gmail.com



LIBRARY LINES

Regular Monthly Bingo



Perryvale Hall

Friday, October 25, 2024

Doors open @ 6 pm

Pre-call @ 7 pm

Lucky 7, Odd & Even, Early Bird, Lots of Games

**Minors Welcome
Concession Available**

SENIORS
FOR
CLIMATE



NATIONAL
SENIORS DAY
OCTOBER 1ST 2024

LATER IS TOO LATE!
seniorsforclimate.org

Let's Talk Climate, Seniors!

- Latest in Climate News and Science
- Climate Change and Seniors Health
- Mentoring Youth
- Local Initiatives Looking for You!

October 1, 7 PM
**Athabasca Seniors Centre,
Boardroom**

4810 48th Street, Athabasca



Presented by: Change on the Ground Projects
changeontheground@gmail.com

St. Andrew's Anglican/Zion Lutheran Church

WELCOMES YOU!

(the church on the corner in Colinton)

Sunday Service at 11:00 am

Rev. (Pastor) Rosemarie Howell

Check us out!

Website: parishnorthernlights.org

Facebook: St. Andrew's Anglican/Zion Lutheran Church

Contact us...

Church telephone #: 780-675-9750 or 780-213-0439 (cell)

Church mailing address: PO Box 2317, Athabasca, T9S 2B8

Email address: rosemariehowell777@gmail.com



Doubts or questions about God?

Want to talk with someone who will listen?

Call Pastor Rose Howell at (780)213-0439

or email rosemariehowell777@gmail.com

St. Andrew's Anglican/Zion Lutheran Church

Regular Sunday Service

First four Sundays of the month, 11:00am

Parish of the Northern Lights Family Service

5th Sunday of the month, 11:00am, location TBA

ONGOING EVENTS:

Community Coffee Time

1st and 3rd Thursdays of the month, 10:00-11:30am

Men's Breakfast

3rd Saturday of the month, 8:00-10:00am

Family Games Night

4th Friday of the month, 6:30-8:30pm

Bible Study

Tuesdays, 7:00-9:00pm

God Chats

2nd and 4th Thursdays of the month, 1:00-3:00pm

Stay tuned for upcoming events!

EVERYONE is WELCOME!

Athabasca Family Centre

3598-48 Ave

Add us on Facebook: Athabasca Family Centre

780-675-2623 or text (780) 327-4461



October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	1. 8:30-9:30am Coffee Chat 9:30-11:00am Sensory Exploring 1:30-2:30pm Partners In Time @ Extendicare (yard cleaning)	2. Centre Closed 1:00-2:00pm Coffee Chat 3:30-4:30pm Fast Feet@ WHPS school gym	3. 10:00-11:30am Baby Plus 1:30-3:00pm Coffee Chat 3:00-3:30pm Colour Me	4. 10:00-12:00am Remember Me 2:00-3:00pm Muskeg Creek Scavenger Hunt	5. 9:00-11:00am Pancakes and Play
7. 9:30-10:30am Bike/Stroller Roller 10:30-11:00am Coffee Chat 1:30-2:30pm Coffee Chat 2:30-3:00pm Story Time	8. 8:30-11:00am Coffee Chat 1:30-3:00pm Coffee Chat 1:30-2:30pm Partners In Time @ Extendicare (shuffleboard) 10:30am-12:00pm *Join us at Boyle Library* Travelling Family Centre	9. 9:00-11:00am Coffee Chat 1:00-2:00pm Coffee Chat 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ EPC-Craft (candles) pre-register	10. 10:00-11:30am Baby Plus 1:30-3:00pm Coffee Chat 3:00-3:30pm Colour Me 11:00am-1:00pm *Join us at Rochester Library* Travelling Family Centre	11. 10:00-12:00am Remember Me 12:00-1:00pm Thanksgiving Potluck <i>Everyone welcome, please bring a food dish to share</i>	12. Centre Closed
14. Centre Closed -Thanksgiving-	15. 8:30-9:30am Coffee Chat 9:30-11:00am Sensory Exploring 1:30-2:30pm Partners In Time @ Extendicare (shuffleboard) 10:30am-12:00pm *Join us at Boyle Library* Travelling Family Centre	16. 9:00-11:00am Coffee Chat 1:00-2:00pm Coffee Chat 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ LTIS-(minute to win it games) pre-register	17. 10:00-11:00am Family Sing Along 1:30-2:30pm Coffee Chat 2:30-3:00pm Colour Me	18. 10:00-12:00am Remember Me 2:00-3:00pm Muskeg Creek Scavenger Hunt	19. Centre Closed
21. 9:30-10:30am Bike/Stroller Roller 10:30-11:00am Coffee Chat 1:30-2:30pm Coffee Chat 2:30-3:00pm Story Time	22. 8:30-11:00am Coffee Chat 1:30-3:30pm Coffee Chat	23. 9:00-11:00am Coffee Chat 1:00-2:00pm Coffee Chat 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ EPC-workshop (procrastination) pre-register	24. 10:00-11:30am Baby Plus 1:30-3:00pm Coffee Chat 3:00-3:30pm Colour Me 10:30am-12:00pm *Join us at Richmond Park Hall* Travelling Family Centre	25. 10:00-12:00am Remember Me 2:00-3:00pm Muskeg Creek Scavenger Hunt	26. 10:00-4:00pm Prenatal Course by AHS <i>Learn about labor, delivery, newborn care and more. Facilitated by AHS Registered Nurse. Pre-register FREE</i>
28. Centre Closed	29. 8:30-9:30am Coffee Chat 9:30-11:00am Sensory Exploring 1:30-2:30pm Partners In Time @ Extendicare (baking)	30. 9:00-11:00am Coffee Chat 1:30-3:00pm Alzheimer Group *Caregivers ONLY* 3:00-3:30pm Craft and Shine 3:30-4:30pm Fast Feet@ WHPS school gym	31. Halloween Trick-Or-Treating Start @ 10:00am <i>Follow me after to the Hospital, Extendicare and Pleasant Valley Lodge</i>		

Alzheimer Group: Adults ONLY. Care Partner's Support Group lead by FCSS Seniors Advocate. Contact Kim for more info (780)675-2623

Baby Plus: A time for caregivers with babies under 12 months and their siblings to meet other caregivers and babies and discuss current topics

Coffee Chat: Let's connect through conversation and discuss topics you are finding challenging

Colour Me: Colour with different mediums

Family Sing Along: Join in this caregiver/child singing group. The songs that will be sang are current (pop, country, contemporary). There will be small instruments for children to play

Halloween Trick-or-Treating: Everyone is welcome to come and trick-or-treat indoors starting in the FCSS building at 10:00am then going to the county office, hospital, Extendicare and PVL

Pancakes and Play: One Saturday a month join us for pancakes and play time in the centre

Potluck: Come to the center and enjoy a themed potluck (please bring a food dish to share)

Remember Me: Join us for weekly group workshops to explore who you are and connect with your inner self

Sensory Exploring: Let your child learn through their senses

Story Time: Come sit and listen to a couple stories

Bike/Stroller Roller: Join us as we move and get outside. Meet at the Family Centre and walk/bike around Cornwall. We will leave at start time of program **Weather dependent, check Facebook**

Fast Feet: Join us at WHPS school gym for a fun physical activity program; running, throwing, catching, kicking, movement games and more! Must have indoor shoes.

Muskeg Creek Scavenger Hunt: Come explore nature at the Muskeg Creek 1km Trail. Meet at chalet/muster point **Weather dependent, check Facebook**

Partners In Time: Interact with the seniors through a variety of activities at Extendicare

Travelling Family Centre: Crafts, stories, singing and caregiver education at communities within the NLFNRN

Youth Club: See calendar for activity and school location. Please pre-register with Amanda at (780)675-2623

**Outreach
 *In the centre

LIBRARY LINES

Rochester Community Garage Sale

Sunday, September 29

10 am - 4 pm

At Rochester Senior's Centre

We are fundraising to purchase an AIR CONDITIONING unit for the Rochester Senior's Centre!

Come sell your own treasures at \$20 a table OR you can donate any items you want to the Senior's sale tables.

To book a table or to donate items to the Senior's tables - Call 780-698-2133.

Concession will be available!



Presented by the Senior's Coffee Time!

FOR SALE!

We have *Rochester Library* book bags available for sale at the library. Your choice from two designs. \$10. each.

The library is more than books! Stop by to see what we have.

- . Garden/flower seeds swap
- . Puzzle swap
- . Vegetable swap when available.



We also have a wide range of novelty cake pans we lend out.



And a Telus Hub if you require internet service!

ALL FOR FREE



Cabin Consulting

Strategic business advice, focused on results.

Serial entrepreneur with 10+ years of international business experience. References upon request.

Rate: \$125/hour for virtual consultation. Prefer to meet in person? Let me know and I'll do my best to accommodate you.

- Services include:
- start-up phase & client acquisition
 - advertising & marketing
 - scaling & growth
 - life coaching
 - best practices
 - exit strategies

Introductory Offer: Complimentary 30-minute consultation to start!

Website: www.cabinconsulting.ca
Email: david@cabinconsulting.ca

New Path HEALTH

ACUPUNCTURE
Now Booking

Located in Perryvale

EMAIL: NEWPATHHEALTH@GMAIL.COM
PHONE: (587) 435-7284
BOOK ONLINE AT: HELPME.AS.ME

MARY KAY

Nicole Traverse
Independent Beauty Consultant

Perryvale, Alberta
mobile 780 799-3555
nicolettraverse38@gmail.com
www.marykay.ca/nicolettraverse

Clayton Jensen
Director

LARUE ELECTRIC AND CONTROLS LTD

780.307.8149
LarueElectric@outlook.com

PO Box 354
Rochester, AB
T0G 1Z0

OCTOBER 2024



SUN MON TUE WED THU FRI SAT

		1 Walking Club @ the hall 10-11 am	2 Children's Program 3-4:30 pm Library Open 2-7:30	3 Exercise @ library 10 am Walking Club @ hall 10-11 am Story Time 11 am Supper @ Seniors 5:30 Library Open 11-4	4	5
6	7 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Library Open 11-4	8 Walking Club @ the hall 10-11 am	9 Adult Book Club 2 pm Library Open 2-7:30	10 Exercise @ library 10 am Walking Club @ hall 10-11 am Story Time 11 am Tasting Event 7 pm Library Open 11-4	11	12
13	14 Cards @ Sr. Centre 1 pm  HAPPY THANKSGIVING LIBRARY CLOSED	15 Walking Club @ the hall 10-11 am NO SCHOOL	16 Tween Program 3-5 pm Library Open 2-7:30	17 Exercise @ library 10 am Walking Club @ hall 10-11 am Story Time 11 am Ag Society Mtg. 7 pm Library Open 11-4	18	19 Ladies Day Out
20	21 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Library Open 11-4	22 Walking Club @ the hall 10-11 am	23 Lego Club 5:30-6:30 Library Open 2-7:30	24 Exercise @ library 10 am Walking Club @ hall 10-11 am Story Time 11 am Library Open 11-4	25 Perryvale Bingo	26 Halloween Movies @ the hall
SCHOLASTIC BOOK FAIR						
27	28 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Library Open 11-4	29 Walking Club @ the hall 10-11 am	30 Trivia Night 7 pm Library Open 2-7:30	31 Exercise @ library 10 am Walking Club @ hall 10-11 am Story Time 11 am  Library Open 11-4		