PROGRAM AND ACTIVITY GUIDE











FALL 2023



WELCOME!

to the Cochrane Public Library's Fall Program Guide

(Effective September - December 31, 2023)

TABLE OF CONTENTS			
Adult Book Club - Registered	16	Hebecon: A Crappy Robot Battle - Registered	5
Adventure Book Club - Registered	5	Indigenous Perspectives - Registered unless otherwise indicated	14
Apocalypse Meow: Eavesdrop to Survive - Registered	5	Introduction to 3D Printing	7
Artsy Evenings	16	Let's Go Lego	6
Baby Laptime	3	Microsoft Office - Registered	15
Basic Tinkercad - Registered	7	Movers and Shakers	3
Boardgame Afternoon	6	A Night with the Stars	14
Christmas Wood Ornament	7	Phone Photography	7
Creative Colours - Registered	4	A Reservation on the Titanic	14
"Dying" For Conversation	16	Storytime	4
Fireside Chats - Registered	17	Tech Hour	6
Friday Fun!	6	Teen Night Takeover	5
Full Steam Ahead	4	Thriving in Your Golden Years - Registered	16
Games Night	6	What's Your Story? - Registered	3
Google Workspace/Apps - Registered	15	What Wood You Make (Adults) - Registered	15
Halloween Spooktacular	7	What Wood You Make (Children) (8+ ADULT SUPERVISION) - Registered	4

Children

Tween & Teen

All Ages

Adult

EARLY LITERACY PROGRAMS

STORYTIME (AGES 2-5/PARENTED) DROP-IN

Learn rhymes, songs, fingerplays, and share stories that will add early literacy skills into your daily routine. These sessions will keep your preschooler interacting from start to finish! *There will be no program on Monday, Oct 9.*

DAY	DATES	TIME
Session 1: Mon	Sep 11 - Oct 23	11:15 - 11:45am
Session 1: Thu	Sep 14 - Oct 26	11:15 - 11:45am
Session 2: Mon	Nov 6 - Dec 11	11:15 - 11:45am
Session 2: Thu	Nov 9 - Dec 14	11:15 - 11:45am

WHAT'S YOUR STORY? (AGES 3-5/PARENTED) REGISTERED

What does a firefighter's day look like? Or an Olympian? Or maybe a pilot? Drop in for exciting stories and songs with a special guest each week!

Subject to availability of special guests.

DAY	DATES	TIME
Session 1: Thu	Sep 14 - Oct 26	10:15 - 10:45am
Session 2: Thu	Nov 9 - Dec 14	10:15 - 10:45am

BABY LAPTIME (AGES 0- WALKING/PARENTED) DROP-IN

Discover new and fun ways to connect with your baby through bounces, tickles, and stories set to song! *There will be no program on Monday, Oct 9.*

DAY	DATES	TIME
Session 1: Mon	Sep 11 - Oct 23	10:15 - 10:45am
Session 1: Fri	Sep 15 - Oct 27	1:15 - 1:45pm
Session 2: Mon	Nov 6 - Dec 11	10:15 - 10:45am
Session 2: Fri	Nov 10 - Dec 15	1:15 - 1:45pm

MOVERS AND SHAKERS (WALKING-3/PARENTED) DROP-IN

Join us for songs and rhymes in a movement-oriented program guaranteed to get out the wiggles!

DAY	DATES	TIME
Session 1: Tues	Sept 12 - Oct 24	10:15 - 10:45am / 11:15 - 11:45am
Session 2: Tues	Nov 7 - Dec 12	10:15 - 10:45am / 11:15 - 11:45am

CHILDREN'S PROGRAMS

FULL STEAM AHEAD REGISTERED

Join us on a journey of discovery with this STEAM (Science, Technology,

Engineering, Arts, and Math) based program! This program is designed for kids in Grades 1 to 8.

There will be no program on Monday, Oct 9.

There will be an hour-long program for both groups on Dec 4. Check calendar for details.

DAY	GRADES	DATES	TIME
Mon	1 - 4	Sep 11, Sep 25, Oct 16, Nov 6, Nov 20, Dec 4*	2:00 - 2:45pm *1:00 - 2:00pm (Dec 4 only)
Mon	5 - 8	Sep 18, Oct 2, Oct 23, Nov 13, Nov 27, Dec 4*	2:00 - 2:45pm *2:30 - 3:30pm (Dec 4 only)

CREATIVE COLOURS: PAINT POURING FOR KIDS (AGES 8+) REGISTERED

Kids! Unleash your creative side with the wonderful world of paint pouring! Each month, participants will learn a new fluid art technique. No painting experience required. Dress for Mess.

DAY	DATES	TIME
Tue	Sep 12, Oct 10, Nov 14, Dec 12	4:00 - 5:00pm

WHAT WOOD YOU MAKE? (8+ ADULT SUPERVISION REQUIRED) REGISTERED

Create a small wood project to take home every session. Try your hand at woodburning, string art, and more.

Space is limited, register early.

DAY	DATES	TIME
Wed	Oct 18, 25, & Nov 1	4:00 - 5:00pm

STORIES WITH SANTA DROP-IN

Has your little been naughty or nice? Santa is checking his list twice! Join him at the Library for fun and crafts.

DAY	DATES	TIME
Sat	Dec 16	1:00 - 3:00pm

TWEEN & TEEN PROGRAMS

TEEN NIGHT TAKEOVER DROP-IN

Grade 9-12 teens REJOICE! TEEN TIME is here! Have your say in what programming you want to enjoy and we will make it happen: games, activities, crafts, movies, and more! Did we mention PIZZA?! *Made possible by the generosity of Cochrane FCSS and United Way.*

DAY	DATES	TIME
Fri	Sep 8, Sep 29, Oct 1, Oct 8, Oct 27, Nov 3, Nov 24, Dec 1, Dec 8	6:00 - 8:00pm

HEBECON: A CRAPPY ROBOT BATTLE REGISTERED

Kids ages 10 - 14 *drumroll* join us for a robot sumo-wrestling competition! Build robots and battle other teams. We'll supply the materials, you bring your imagination and creativity.

What's the catch? The crappier the robot, the better!

DAY	DATES	TIME
Wed	Nov 8, 15, 22, 29	4:30 - 5:30pm

APOCALYPSE MEOW: EAVESDROP TO SURVIVE REGISTERED

Discover how you can eavesdrop on animals to find food, shelter, and more to survive the hoard. Will you pick the right path towards shelter, or get eaten by a cougar around the corner?

This program is designed for Grades 9 - 12

DAY	DATES	TIME
Fri	Oct 13	2:00 - 3:00pm

ADVENTURE BOOK CLUB REGISTERED

Explore an adventure book and participate in discussion, games, and STEAM activities! For ages 10 - 14. *Made possible by the generosity of Inter Pipeline*.

DAY	DATES	TIME
Session 1: Thurs	Sept 14 – Oct 26	4:30 - 5:30pm
Session 2: Thurs	Nov 9 - Dec 14	4:30 - 5:30pm

ALL AGES PROGRAMS

FRIDAY FUN! DROP-IN

Slime! Codenames! Join us for fun programming (including crafts and games) for children and families every week!

DAY	DATES	TIME
Session 1: Fri	Sep 15 - Oct 27	4:00 - 5:00pm
Session 2: Fri	Nov 10 - Dec 15	4:00 - 5:00pm

GAMES NIGHT DROP-IN

Come make new friends while sharing your passion for games and conversation!

Games Night, speed puzzling, card, and table games are a great way to learn English as a second language. Multi-leveled skill and multi-generational ages all welcome.

DAY	DATES	TIME	
Fri	Sep 15 - Dec 15	4:00 - 5:30pm	

TECH HOUR DROP-IN

Need help with technology questions or using the Library's electronic resources? Join our drop-in Tech Hour! No appointment is required. All you need to bring are your technology problems and any relevant devices.

DAY	DATES	TIME	
Tue	Sep 5 - Dec 19	10:15 - 11:15am	

LET'S GO LEGO DROP-IN

Drop in with your family and build your own LEGO creations!

There will be no program on Saturday, September 30.

DAY	DATES	TIME	
Sat	Sep 2 - Dec 16	11:00am - 12:00pm	

BOARDGAME AFTERNOON DROP-IN

Board games, card games, table top games, role-playing games - whatever you like to play is fair game! Dive into our boardgame collection, pull up a chair, and join in the fun.

DAY	DATES	TIME	
Sat	Oct 7 - Dec 9	3:00 - 4:00pm	

ALL AGES PROGRAMS

INTRODUCTION TO 3D PRINTING DROP-IN

This 45 minute session will introduce you to the basics of 3D printing. Learn how to create a design and submit it for printing.

DAY	DATES	TIME
Tue	Oct 17	5:00 - 5:45pm

BASIC TINKERCAD REGISTERED

This 3-week program will teach how to use the program Tinkercad to design a project to print on our 3D printer.

DAY	DATES	TIME	
Tue	Oct 24 - Nov 7	5:00 - 5:45pm	

PHONE PHOTOGRAPHY REGISTERED

The best camera is the one you have with you! Let us help you get the best shots from your phone over this 4-week program. You will be introduced to composition, camera apps, editing on your phone, and more.

DAY	DATES	TIME
Mon	Sep 11 - Oct 2	6:00 - 7:00pm
Mon	Nov 13 - Dec 4	6:00 - 7:00pm

HALLOWEEN SPOOKTACULAR DROP-IN

Carve out some boooootiful memories at the Library's Halloween Spooktacular! Halloween games, crafts, and challenges await ghosts & goblins of all ages! Don't forget to wear your costume. Warning! You just may go batty at this free program! Be sure to drop in for a spell.

DAY	DATES	TIME
Mon	Oct 30	4:00 - 5:30pm

CHRISTMAS WOOD ORNAMENT DROP-IN

Looking to make a thoughtful Christmas gift for yourself or someone special? Join us as we create small wooden ornaments for Christmas!

DAY	DATES	TIME
Thu	Nov 30	4:00 - 5:00pm

SPECIAL EVENTS









SEPTEMBER 2023

NEW KIDS' PROGRAMS FOR THE FALL!! What's Your Story? What does a firefrighter's day look like? Or an Olympian? Or maybe a pilot? Drop in for exciting stories and songs with a special guest each weeld Creative Colours Kids! Unleash your creative side with the wonderful world of paint pouring! Each month, participants will learn a new fluid art technique. 4	Mon	Tue	Wed	Thu	Fri	Sat
Labour Day Classics in Context Classics in Context Code - Scott Code -	What does a firefigl for exciting stories a Kids! Unleash your	What's Your Story? What does a firefighter's day look like? Or an Olympian? Or maybe a pilot? Drop in for exciting stories and songs with a special guest each week! Creative Colours Kids! Unleash your creative side with the wonderful world of paint pouring! Each				Let's Go LEGO
Baby Laptime 1015-10-45sm 1015	Sent We're CLOSED	Classics in Context	6	7	Teen Night Takeover	Let's Go LEGO
Baby Laptime 10:15 - 10:45am What's Your Story 10:15 - 10:45am 10:15 - 1	Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 1 - 4 2:00 - 2:45pm Phone Photography	Movers and Shakers 10:15 - 10:45am / 11:15 - 10:45am / 11:15 - 11:45am Adult Book Club 1:00 - 2:00pm Creative Colours: Paint Pouring for Kids	Office 365 5:00 - 6:00pm Fireside Chat: Raeann Cheung	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm Games Night	Dying For Conversation 10:15 - 11:15am Indigenous Perspectives: Storystones 10:00am - 12:00pm Indigenous Perspectives: Métis Fingerweaving
Baby Laptime 10:15 - 10:45am	Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 5 - 8 2:00 - 2:45pm Phone Photography	10:15 - 11:15am Movers and Shakers 10:15 - 10:45am /	Office 365 5:00 - 6:00pm Fireside Chat: Tyne Baker	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00pm - 5:00pm Games Night 4:00 - 5:30pm A Night with the Stars	Indigenous Perspectives: Traditional Drumming 10:00am - 12:00pm Indigenous Perspectives: Medicine Bags
	Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 1 - 4 2:00 - 2:45pm Phone Photography	10:15 - 11:15am Movers and Shakers 10:15 - 10:45am /	Office 365 5:00 - 6:00pm Fireside Chat: Carol Walsh	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm Games Night 4:00 - 5:30pm Teen Night Takeover	Indigenous Film Screenings All Day National Day for Truth and Reconciliation



OCTOBER 2023

Mon	Tue	Wed	Thu	Fri	Sat
Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 5 - 8 2:00 - 2:45pm Phone Photography 6:00 - 7:00pm 9	Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Classics in Context 6:45 - 7:45pm 10 Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Adult Book Club	Office 365 5:00 - 6:00pm Fireside Chat: Christine Nykoluk 6:15 - 7:15pm 77 Office 365 5:00 - 6:00pm	5 What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm 12 What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm Games Night 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm 13 Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Apocalypse Meow 2:00 - 3:00pm	Dying For Conversation 10:15 - 11:15am Let's Go LEGO 11:00am - Noon
Thanksgiving	1:00 - 2:00pm Creative Colours: Paint Pouring for Kids 4:00 - 5:00pm	Fireside Chat: Michelle Godard Richer 6:15 - 7:15pm	Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	Friday Fun 4:00 - 5:00pm Games Night 4:00 - 5:30pm	Titanic 1:00 - 2:00pm / 4:00 - 5:00pm Boardgame Afternoon 3:00 - 4:00pm
Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 1 - 4 2:00 - 2:45pm	Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 -	What Wood You Make 4:00 - 5:00pm	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm	Let's Go LEGO 11:00am - Noon
What Wood You Make 6:00 - 7:00pm	5:00pm Intro to 3D Printing 5:00pm - 6:00pm 24 Tech Hour 10:15 - 11:15am	Fireside Chat: Laurey Godard 6:15 - 7:15pm	Artsy Evenings 6:15 - 7:15pm	Games Night 4:00 - 5:30pm	Boardgame Afternoon 3:00 - 4:00pm
Story Time 11:15 - 11:45am	Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 - 5:00pm	What Wood You Make 4:00 - 5:00pm Fireside Chat:	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm	Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm Games Night 4:00 - 5:30pm	II:00am - Noon Boardgame Afternoon 3:00 - 4:00pm
What Wood You Make 6:00 - 7:00pm	Tinkercad 5:00pm - 6:00pm Tech Hour 10:15 - 11:15am	Amber Boyd 6:15 - 7:15pm	Мог	Teen Night Takeover 6:00 - 8:00pm EEN SPOOKTACU nday, October 30 4:00 -5:30pm	LAR!!!
Halloween Spooktacular 4:00 - 5:30pm What Wood You Make 6:00 - 7:00pm	Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 - 5:00pm Tinkercad 5:00pm - 6:00pm		Halloween gar await ghosts &	mes, crafts, and a goblins of all a wear your cost	ges! Don't
Children Tv	ween & Teen	Adult All A	Ages	www.cochra	nepubliclibrary.ca



November 2023

Mon	Tue	Wed	Thu	Fri	Sat
Heboi i that somet poor robots teams	r IS HEBECON?? s a Japanese word t loosely means hing is technically r. Build "crappy" s and battle other s. The crappier the bot, the better!	What Wood You Make 4:00 - 5:00pm Fireside Chat: Stepping Stones 6:15 - 7:15pm	2	Games Night 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	Let's Go LEGO 11:00am - Noon Boardgame Afternoon 3:00 - 4:00pm
Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 1 - 4 2:00 - 2:45pm What Wood You Make 6:00 - 7:00pm	7 Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 - 5:00pm Tinkercad 5:00 - 6:00pm Classics in Context 6:45 - 7:45pm	Hebecon: A Crappy Robot Battle 4:30 - 5:30pm Google Apps 5:00 - 6:00pm Fireside Chat: Sheridan Taylor 6:15 - 7:15pm	9 What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Remembrance Day Art Exhibit: "Love and Peace" 3:00 - 6:00pm Friday Fun 4:00 - 5:00pm Games Night 4:00 - 5:30pm	Remembrance Day
Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 5 - 8 2:00 - 2:45pm Phone Photography 6:00 - 7:00pm	Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am/ 11:15 - 11:45am Adult Book Club 1:00 - 2:00pm Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 - 5:00pm Creative Colours: Paint Pouring for Kids 4:00 - 5:00pm	Hebecon: A Crappy Robot Battle 4:30 - 5:30pm Google Apps 5:00 - 6:00pm Fireside Chat: Laurey Godard 6:15 - 7:15pm	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00 - 5:00pm Cames Night 4:00 - 5:30pm	Dying For Conversation 10:15 - 11:15am Let's Go LEGO 11:00am - Noon Boardgame Afternoon 3:00 - 4:00pm
20 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 1 - 4 2:00 - 2:45pm Phone Photography 6:00 - 7:00pm	721 Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Thriving in Your Golden Years 2:30 - 3:30pm / 4:00 - 5:00pm	Hebecon: A Crappy Robot Battle 4:30 - 5:30pm Google Apps 5:00 - 6:00pm Fireside Chat: Valerie Bautista, RecT, CDCP 6:15 - 7:15pm	What's Your Story 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	Baby Laptime with Baby Stay and Play 1:15 - 1:45pm Friday Fun 4:00pm - 5:00pm Games Night 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	Let's Go LEGO 11:00am - Noon Boardgame Afternoon 3:00 - 4:00pm
Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead Grade 5 - 8 2:00 - 2:45pm Phone Photography 6:00 - 7:00pm	28 Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am	Hebecon: A Crappy Robot Battle 4:30 - 5:30pm Google Apps 5:00 - 6:00pm	30 What's Your Story 10:15 - 10:45am Storytime 11:15 - 11:45am Christmas Wood Ornament 4:00 - 5:00pm Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	MANAY COChro	nepubliclibrary.ca



DECEMBER 2023



LIVE TUTORING



ACCESS FREE LESSONS



GET HELP WITH HOMEWORK

FREE WITH YOUR LIBRARY CARD SUPPORT FOR ADULT LEARNERS

MEQUENCORTES ELASHE YOUR OWN

ponsored by the Rotary Club of Cochrane



Adults of Cochrane! Come to the library and participate in a new craft every week.

Every second Thursday of each month will be a night dedicated to stitching!



Thursdays @ 6:15-7:15

September 14 - October 26 | November 9 - December 14

ALL AGES PROGRAMS

INDIGENOUS PERSPECTIVES REGISTERED UNLESS OTHERWISE INDICATED

Join Chantal Chagnon, Singer, Drummer, Artist, Storyteller, and Educator in an interactive series of programs designed to share Indigenous Culture and Knowledge. All ages are welcome.

DAY	TOPIC	DATE	TIME
Sat	Storystones *(Drop-In)	Sep 16	10:00am - 12:00pm
Sat	Métis Fingerweaving	Sep 16	1:00 - 5:00pm
Sat	Traditional Indigenous Drumming, Songs, Storytelling *(Drop-In)	Sep 23	10:00am - 12:00pm
Sat	Medicine Bags	Sep 23	1:00 - 5:00pm

A NIGHT WITH THE STARS DROP-IN

The Calgary Centre of the Royal Astronomical Society of Canada will be bringing the stars and more to Cochrane. Join us for informative presentations on the wonders of the night sky, including solar & nighttime telescope viewing. Travel through space and explore the stars with the indoor planetarium, and create your own mini aurora borealis art piece.

Dress for the weather as part of this program will take place outdoors.

In partnership with The Royal Astronomical Society of Canada - Calgary Centre.

DAY	DATES	TIME
Fri	Sep 22	7:00 - 9:00pm

A RESERVATION ON THE TITANIC DROP-IN

Immerse yourself in the history of the Titanic. Join Titanic historian Larry Robinson as he shares his passion and knowledge of this historical event. Stop by between presentations to chat with Larry and view his large collection of Titanic memorabilia.

Both programs are family-friendly; however, the adult program will dive deeper into the technical aspects of the construction of the ship. All ages are welcome to attend each program.

DAY	DATES	TIME	AUDIENCE
Sat	Oct 14	1:00 - 2:00pm	Children
Sat	Oct 14	4:00 - 5:00pm	Adult

ADULT PROGRAMS

GOOGLE WORKSPACE/APPS REGISTERED

Come and learn the basics of Google Docs, Sheets, and Forms.

Training made possible by the generosity of the Banff Canmore Community Foundation, Inter Pipeline, and the Cochrane Foundation.

DAY	DATES	TIME
Wed	Nov 8 - 29	5:00 - 6:00pm

MICROSOFT OFFICE REGISTERED

Learn the basics of Word, Excel, PowerPoint, and Publisher.

Training made possible by the generosity of the Banff Canmore Community Foundation, Inter Pipeline, and the Cochrane Foundation.

DAY	DATES	TIME
Wed	Sep 13 - Oct 11	5:00 - 6:00pm

WHAT WOOD YOU MAKE FOR ADULTS REGISTERED

Create a small wood project to take home every session. Try your hand at woodburning, string art, and more.

Space is limited, register early.

DAY	DATES	TIME
Mon	Oct 16, 23, 30 & Nov 6	6:00 - 7:00pm

ONE-ON-ONE TECH APPOINTMENTS



Did you get a new eReader, tablet, or phone? Do you need help with software/programs/apps? Not sure how to use your Library account? We can help!

Patrons can set up an appointment with one of our staff members to help answer questions. Contact the Library for more information.



ADULT PROGRAMS

ADULT BOOK CLUB REGISTERED

Meets the second Tuesday of the month. Join us to discuss and connect with fellow readers! *Made possible by the generosity of Inter Pipeline*.

воок	DAY	DATES	TIME
Lonesome Dove by Larry McMurty	Tue	Sep 12	1:00 - 2:00pm
The White Hare by Jane Johnson	Tue	Oct 10	1:00 - 2:00pm
Lessons in Chemistry by Bonnie Garmus	Tue	Nov 14	1:00 - 2:00pm
Homecoming by Kate Morton	Tue	Dec 12	1:00 - 2:00pm

"DYING" FOR CONVERSATION DROP-IN

Join End of Life Doula, Julie Handrahan, for coffee and casual conversations on the topic of end of life. End of life is one of the least talked about subjects, but should it be? Address the white elephant and seize the opportunity to discuss one's end of life wishes.

DAY	DATES	TIME
Sat	Sep 16, Oct 14, Nov 18	10:15 - 11:15am

ARTSY EVENINGS DROP-IN

A brand new program! Are you interested in trying a new craft or hobby? Come to the Library where we will be doing a new craft every week. Watercolour painting, bad art night, card making, and more!

The second Thursday of every month will be a night dedicated to stitching. Bring your crocheting, knitting, cross-stitching or embroidery project for a laid back program.

DAY	DATES	TIME
Session 1: Thurs	Sept 14 - Oct 26	6:15 - 7:15pm
Session 2: Thurs	Nov 9 - Dec 14	6:15 - 7:15pm

THRIVING IN YOUR GOLDEN YEARS REGISTERED

A series of workshops built around an aging-in-place checklist, designed to help participants plan to stay at home as long as possible. In partnership with FCSS.

DAY	DATES	TIME
Session 1: Tue	Oct 17 - Nov 21	2:30 - 3:30pm
Session 2: Tue	Oct 17 - Nov 21	4:00 - 5:00pm

FIRESIDE CHATS

FIRESIDE CHATS REGISTERED

Join local experts and speakers in a series of engaging and informative talks.

Speaker: Elaine Phillips - CLASSICS IN CONTEXT

Featuring art, books, and music through the ages. This series will include patron favourites, as well as the Impressionists, Dutch Masters, Vincent van Gogh and varied women artists. No pre-knowledge required. Bring a friend.

Speaker: Raeann Cheung - WE ARE IMMIGRANTS

Join artist, Raeann Cheung, as she discusses the research, techniques, challenges, and next-steps for her "WE ARE IMMIGRANTS - The Hidden Hardships of Early Chinese Canadian Immigrants" project, which was featured in the Library in February 2023.

Speaker: Tyne Baker - BACKYARD STORIES

What if a nature documentary was happening right in your backyard? Spend some time with Wildlife Biologist and Animal Communication specialist, Tyne Baker. You'll learn all about the amazing behaviours and hidden stories of animals that also call Cochrane home.

Speaker: Carol Walsh - GENEALOGY: A JOURNEY THROUGH TIME

How do you begin building your family tree? Join Carol Walsh as she walks you through the process of discovering your family history.

Speaker: Christine Nykoluk - HEARTSTONES: A NOVEL

Join author, Christine Nykoluk, as she reads excerpts from and discusses her book titled "Heartstones: A Ukrainian Immigration Story of Love and Hope."

Speaker: Michelle Godard Richer - FATAL HUNT

Join award winning thriller writer, Michelle Godard Richer, as she reads excerpts from her book and discusses her craft.

Speaker: Laurey Godard - FINANCIAL PLANNING

Join us by the fire as we discuss ways of improving financial health with a Chartered Professional Accountant.

Speaker: Amber Boyd - THE TRADITIONAL ART OF BIRCH BARK CANOE BUILDING

When Amber Boyd set out to explore the traditions of her Métis ancestors, she didn't quite know what she was in for when she decided to make a birch bark canoe. Always the storyteller, she'll share some of the tribulations and more joyous moments in completing the build. Come check out her birch bark canoe and the tools required to make one.

FIRESIDE CHATS

FIRESIDE CHATS REGISTERED

Speaker: Stepping Stones to Mental Health - SUPPORTING YOUR

ANXIOUS CHILD: WHAT WORKS, WHAT DOESN'T

In this session, you will learn the differences between stress, everyday anxiety, and anxiety disorders. It will also cover how anxiety may manifest at different ages, common myths, and what has been proven to be helpful. Stepping Stones will share a handful of tips and strategies for supporting an anxious child.

Speaker: Sheridan Taylor - NOT OKAY? OKAY.

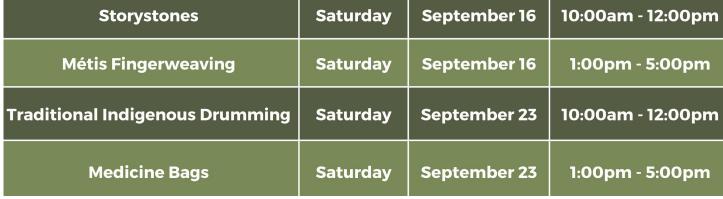
Join author, Sheridan Taylor, as he discusses his book titled "Not Okay? Okay: A Roadmap Back from the Brink". This book is a desire to share an understanding of how to heal the mental health crisis in our world.

Speaker: Valerie Bautista RecT, CDCP - DEMENTIA PREVENTION

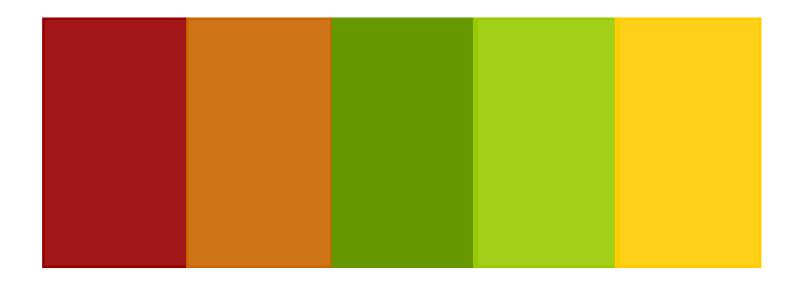
Learn proactive measures to reduce the risk of dementia, including the six key pillars of a brain-healthy lifestyle, with a spotlight on lifestyle modifications. Additionally, Valerie will highlight the impact of regular exercise, balanced nutrition, stress management, and adequate sleep on brain health.

DAY	SPEAKER	DATE	TIME
Tue	Elaine Phillips	Sep 5, Oct 3, Nov 7, Dec 5	6:45 - 7:45pm
Wed	Raeann Cheung	Sep 13	6:15 - 7:15pm
Wed	Tyne Baker	Sep 20	6:15 - 7:15pm
Wed	Carol Walsh	Sep 27	6:15 - 7:15pm
Wed	Christine Nykoluk	Oct 4	6:15 - 7:15pm
Wed	Michelle Godard Richer	Oct 11	6:15 - 7:15pm
Wed	Laurey Godard	Oct 18, Nov 15, Dec 6	6:15 - 7:15pm
Wed	Amber Boyd	Oct 25	6:15 - 7:15pm
Wed	Stepping Stones To Mental Health	Nov 1	6:15 - 7:15pm
Wed	Sheridan Taylor	Nov 8	6:15 - 7:15pm
Wed	Valerie Bautista	Nov 22	6:15 - 7:15pm









DAY	OPEN	CLOSE
Monday	10.00am	8:00pm
Tuesday	10.00am	8:00pm
Wednesday	10.00am	8:00pm
Thursday	10.00am	8:00pm
Friday	10.00am	6:00pm
Saturday	10.00am	6:00pm
Sunday	Noon	5:00pm

This guide is correct at time of print. Please check our website for the most current & accurate information.

https://www.cochranepubliclibrary.ca/Events

FOR INFO AND UPDATES, CHECK OUT OUR WEBSITE (WWW.COCHRANEPUBLICLIBRARY.CA) AND SOCIAL MEDIA





405 Railway St. W. | PHONE: 403-932-4353

Fall 2023

Version 1 (Aug 23)