PROGRAM AND ACTIVITY GUIDE

COCHRANE PUBLIC LIBRARY

LIBRARY

WHERE WILL IT TAKE YOU?

SPRING 2024

WELCOME!

to the Cochrane Public Library's Spring Program Guide

(Effective April 1 - July 2024)

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Children	Tween & Teen	All Ages	Adult

EARLY LITERACY PROGRAMS

STORYTIME (AGES 2-5/PARENTED) **NO REGISTRATION REQUIRED**

Learn rhymes, songs, fingerplays, and share stories that will incorporate early literacy skills into your daily routine. These sessions will keep your preschooler interacting from start to finish! *Remember to pick up a pass for each family member at the front door.*

DAY	DATES	TIME
Session 1: Mon	Apr 15 - May 13	11:15 - 11:45am
Session 1: Thu	Apr 18 - May 16	11:15 - 11:45am
Session 2: Mon	May 27 - Jun 24	11:15 - 11:45am
Session 2: Thu	May 30 - Jun 27	11:15 - 11:45am

DAYCARE & DAYHOME STORYTIME (AGES 0-5/CAREGIVERS REQUIRED) **REGISTERED**

Day Home and Daycare providers - this program is for you! Join us for rhymes, songs, fingerplays, and stories that will complement the early literacy skills your littles are learning. *Weekly registration will open on the Monday prior to each session.*

DAY	DATES	TIME
Session 1: Thu	Apr 18 - May 16	10:15 - 10:45am
Session 2: Thu	May 30 - Jun 27	10:15 - 10:45am

BABY LAPTIME (AGES 0–WALKING/PARENTED) **NO REGISTRATION REQUIRED**

Discover new and fun ways to connect with your baby through bounces, tickles, and stories set to song! *Remember to pick up a pass for each family member at the front door.*

DAY	DATES	TIME
Session 1: Mon	Apr 15 - May 13	10:15 - 10:45am
Session 2: Mon	May 27 - Jun 24	10:15 - 10:45am

MOVERS AND SHAKERS (WALKING-3/PARENTED) **NO REGISTRATION REQUIRED**

Join us for songs and rhymes in a movement-oriented program guaranteed to get out the wiggles! *Remember to pick up a pass for each family member at the front door.*

DAY	DATES	TIME
Session 1: Tues	Apr 16 - May 14	10:15 - 10:45am / 11:15 - 11:45am
Session 2: Tues	May 28 - Jun 25	10:15 - 10:45am / 11:15 - 11:45am

CHILDREN'S PROGRAMS

HOMESCHOOL HELPERS

The Homeschool Helpers Initiative is made possible through the generosity of *Cochrane Foundation* & *Cochrane Home Treasures*. It supports select programs and collections for the homeschool community.

Thank you!

BRIXOLOGY: AEROSPACE (Ages 6-10) REGISTERED

Launch your imagination to new heights as you explore aerospace engineering! Discover the secrets of working in space – efficiency and compact, modular design. Create a trussed space station module, then connect it with others to create a massive modular spacecraft. Finally, assemble, test, and take home your own Mad Science® Astro Lander – it's a space capsule with a parachute that you can launch!

Registration opens on April 8.

DAY	PROJECTS	DATES	TIME
Thu	Brixology: Aerospace	Apr 25	1:00 - 2:00pm

KITCHEN CHEMISTRY (Ages 6-10) REGISTERED

Learn the difference between chemical and physical reactions, how indicators can be used to detect different substances and how our bodies change starches to sugar.
Registration opens on April 13.

DAY	PROJECTS	DATES	TIME
Mon	Kitchen Chemistry	May 6	1:00 - 2:00pm

WALLOPING WEATHER (Ages 6-10) REGISTERED

Learn how and why seasons change, how weather is measured, how to protect our skin from UV rays, what causes lightening & thunder and the water cycle. Students will take home a Mad Science® Sun Bead Kit. **Registration opens on June 1.**

DAY	DATES	TIME
Mon	Jun 17	1:00 - 2:00pm

CHILDREN'S PROGRAMS

MINDFUL SOAPSTONE CARVING (Ages 8+) REGISTERED

Embark on a journey with Michael Emery of Unique Soapstone Experiences as he leads students into the serene world of soapstone carving. This workshop marries creativity with meditation, inviting participants to dive deep into an ancient art form that nurtures self-expression through the tactile joy of shaping and sculpting stone. All materials supplied.

Registration opens on April 13. Limited Space Available.

DAY	DATES	TIME
Thu	May 9	1.00 - 4:00pm

THREADS OF TRADITION: INDIGENOUS STORYTELLING & MEDICINE POUCH WORKSHOP (Ages 6-10) REGISTERED

Celebrate National Indigenous History Month with Judy and Elle from Momma Moon Journeys Indigenous Experiences.   Enjoy Indigenous stories and craft your very own medicine pouch.

Registration opens on May 11. Limited Space Available.

DAY	DATES	TIME
Mon	Jun 10	1.00 - 2:00pm

HOMESCHOOL CHESS CLUB NO REGISTRATION REQUIRED

If you're eager to forge new friendships or simply have a passion for chess, this chess club tailored for home education students is your perfect match! Join us weekly to hone your strategies, partake in friendly competitions, and mingle with like-minded enthusiasts. It's the ideal spot to enhance your game while building lasting connections!

DAY	DATES	TIME
Tue	Apr 9 - Jun 25	2:00 - 300pm

Cochrane FOUNDATION

H❤ME TREASURES
Restore your home. Restore your heart.

CHILDREN'S PROGRAMS

FULL STEAM AHEAD (AGES 8-12) REGISTRATION REQUIRED

Join us on a journey of discovery with this STEAM (Science, Technology, Engineering, Arts, and Math) based program!

To register go to: www.cochranepubliclibrary.ca/steam

DAY	TOPIC	DATES	TIME
Mon	Earth Day	Apr 22	2:00 - 3:30pm
Mon	Puzzle Masters	May 27	2:00 - 3:30pm
Mon	Superhero Science	Jun 24	2:00 - 3:30pm

TWEEN & TEEN PROGRAMS

~~BORED~~ GAME CLUB (AGES 12-17) NO REGISTRATION REQUIRED

Calling all Cochrane youth! If you're between the ages of 12 - 17, come join BGC Cochrane and Area's The CLUB for fun at the Cochrane Public Library! Play games, make connections, and have fun at the Library while enjoying the company of CLUB staff!

In partnership with BGC Cochrane and Area.

DAY	DATES	TIME
Fri	Apr 5 - Jun 28	3:30 - 5:30pm

TEEN NIGHT TAKEOVER (GRADE 9-12) NO REGISTRATION REQUIRED

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, movies, and more! Did we mention PIZZA?! *Made possible by the generosity of Cochrane FCSS and United Way.*

DAY	DATES	TIME
Fri	Apr 5, Apr 26, May 3, May 24, Jun 7, Jun 28	6:00 - 8:00pm

ADVENTURE BOOK CLUB (AGES 10-14) REGISTERED

Explore an adventure book and participate in discussion, games, and STEAM activities!
Registration opens on April 8. *Made possible by the generosity of Inter Pipeline.*

DAY	DATES	TIME
Session 1: Thu	Apr 18 - May 16	4:30 - 5:30pm
Session 2: Thu	May 30 - Jun 27	4:30 - 5:30pm

ALL AGES PROGRAMS

DIGITAL RESOURCES IN THE LIBRARY NO REGISTRATION REQUIRED

Join us and discover the many digital resources available to you with your Library card!

DAY	DATES	TOPIC	TIME
Wed	Apr 17	**eBooks/eAudiobooks:** *Libby/CloudLibrary/ Hoopla*	12:00 - 12:45pm
Wed	May 1	**Self-Improvement:** *LinkedIn Learning/ Brainfuse/CreativeBug/Pronunciator*	12:00 - 12:45pm
Wed	May 29	***Movies/Music:*** *Freegal/Hoopla/Kanopy Plus*	12:00 - 12:45pm

April 2024

Mon	Tue	Wed	Thu	Fri	Sat
1 **Family Flicks** 2:00 - 4:00pm	**2** **Cookie Books** 2:00 - 3:00pm **Classics in Context** 6:30 - 7:30pm	**3** **Frozen In Time** 2:00 - 3:30pm **Fireside Chats:** **Income Tax** **Basic Concepts** 6:15 - 7:15pm	**4** **Library Makeshop** 2:00 - 4:00pm	**5** **Putt & Play** 2:00 - 6:00pm **~~Bored~~ Game Club** 3:30 - 5:30pm **Teen Night Takeover** 6:00 - 8:00pm	**6** **Edible Book Day** 10:00am - 4:00pm **Introduction to Spanish** 1:00 - 2:30pm
8	**9** **Homeschool Chess Club** 2:00 - 3:00pm	**10**	**11**	**12** **~~Bored~~ Game Club** 3:30 - 5:30pm	**13** **Dying For Conversation** 10:15 - 11:45am **Introduction to Spanish** 1:00 - 2:30pm
15 **Baby Laptime** 10:15 - 10:45am **Story Time** 11:15 - 11:45am **Phone Photography** 6:00 - 7:00pm	**16** **Tech Hour** 10:15 - 11:15am **Movers and Shakers** 10:15 - 10:45am / 11:15 - 11:45am **Homeschool Chess Club** 2:00 - 3:00pm	**17** **Digital Resources:** **eBooks/eAudiobooks** 12:00pm - 12:45pm **MS Word (Part 1)** 5:00 - 6:00pm	**18** **Daycare Story Time** 10:15 - 10:45am **Story Time** 11:15 - 11:45am **Adventure Book Club** 4:30 - 5:30pm **In Stitches** 6:15 - 7:15pm	**19** **Family Flicks** 10:30am - 12:00pm **~~Bored~~ Game Club** 3:30 - 5:30pm **Games Afternoon** 4:00 - 5:30pm	**20** **Let's Go LEGO** 11:00am - Noon **Introduction to Spanish** 1:00 - 2:30pm
22 **Baby Laptime** 10:15 - 10:45am **Story Time** 11:15 - 11:45am **Full Steam Ahead** 2:00 - 3:30pm **Phone Photography** 6:00 - 7:00pm	**23** **Tech Hour** 10:15 - 11:15am **Movers and Shakers** 10:15 - 10:45am / 11:15 - 11:45am **Homeschool Chess Club** 2:00 - 3:00pm **Intro to 3D Printing** 5:00pm - 5:45pm **Adult Book Club** 6:30 - 7:30pm	**24** **Unstuck: Grief & Loss** 10:30am - 12:00pm **MS Word (Part 2)** 5:00 - 6:00pm	**25** **Daycare Story Time** 10:15 - 10:45am **Story Time** 11:15 - 11:45am **Brixology: Aerospace** 1:00 - 2:00pm **Adventure Book Club** 4:30 - 5:30pm **Artsy Evenings** 6:15 - 7:15pm	**26** **~~Bored~~ Game Club** 3:30 - 5:30pm **Games Afternoon** 4:00 - 5:30pm **Teen Night Takeover** 6:00 - 8:00pm	**27** **Let's Go LEGO** 11:00am - Noon **Introduction to Spanish** 1:00 - 2:30pm
29 **Baby Laptime** 10:15 - 10:45am **Story Time** 11:15 - 11:45am **Phone Photography** 6:00 - 7:00pm	**30** **Tech Hour** 10:15 - 11:15am **Movers and Shakers** 10:15 - 10:45am / 11:15 - 11:45am **Homeschool Chess Club** 2:00 - 3:00pm **Tinkercad** 5:00 - 5:45pm				

Children   **Tween & Teen**   **Adult**   **All Ages**

www.cochranepubliclibrary.ca

MAY 2024

Mon	Tue	Wed	Thu	Fri	Sat
		1 Digital Resources: Self Improvement 12:00pm - 12:45pm Excel (Part 1) 5:00 - 6:00pm	**2** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm **CLOSED AT 6:00PM TODAY**	**3** ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	**4** Let's Go LEGO 11:00am - Noon
6 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Kitchen Chemistry 1:00 - 2:00pm Phone Photography 6:00 - 7:00pm	**7** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am/ 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Tinkercad 5:00 - 5:45pm Caregiver Self-Care 6:00 - 7:30pm	**8** Excel (Part 2) 5:00 - 6:00pm Fireside Chats: Harmonize Your Life 6:15 - 7:15pm	**9** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Soapstone Carving 1:00 - 4:00pm Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	**10** Family Flicks 10:30am - 12:00pm ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm	**11** Dying For Conversation 10:15 - 11:45am Let's Go LEGO 11:00am - Noon
13 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am	**14** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Tinkercad 5:00- 5:45pm	**15** *Sorry We're* **CLOSED**	**16** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm In Stitches 6:15 - 7:15pm	**17** ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm	**18** Let's Go LEGO 11:00am - Noon
20 *Sorry We're* **CLOSED**	**21** Homeschool Chess Club 2:00 - 3:00pm	**22** Unstuck: Grief & Loss 10:30am - 12:00pm Fireside Chats: Carol Walsh 6:15 - 7:15pm	**23**	**24** ~~Bored~~ Game Club 3:30 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	**25**
27 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead 2:00 - 3:30pm Better Understand Your Digital Camera 6:00 - 7:00pm	**28** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Phone Photography 4:30 - 5:30pm Adult Book Club 6:30 - 7:30pm	**29** Digital Resources: Movies & Music 12:00pm - 12:45pm Google Drive 5:00 - 6:00pm	**30** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm In Stitches 6:15 - 7:15pm	**31** ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm	

Legend: Children | Tween & Teen | Adult | All Ages

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June 2024

Mon	Tue	Wed	Thu	Fri	Sat
					1 Let's Go LEGO 11:00am - Noon
3 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Better Understand Your Digital Camera 6:00 - 7:00pm	**4** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Phone Photography 4:30 - 5:30pm	**5** Google Docs 5:00 - 6:00pm	**6** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Soapstone Carving 1:00 - 4:00pm Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	**7** Qigong 11:00am - 12:00pm ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	**8** Dying For Conversation 10:15 - 11:45am Let's Go LEGO 11:00am - Noon Indigenous Family Storytime 2:00 - 3:00pm
10 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Threads of Tradition 1:00 - 2:00pm Better Understand Your Digital Camera 6:00 - 7:00pm	**11** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Phone Photography 4:30 - 5:30pm	**12** Google Sheets 5:00 - 6:00pm	**13** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm In Stitches 6:15 - 7:15pm	**14** Family Flicks 10:30am - 12:00pm ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm	**15** Let's Go LEGO 11:00am - Noon
17 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Walloping Weather 1:00 - 2:00pm What Wood You Make 6:00 - 7:00pm	**18** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Phone Photography 4:30 - 5:30pm	**19** Google Slides 5:00 - 6:00pm	**20** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm Artsy Evenings 6:15 - 7:15pm	**21** ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm	**22** Let's Go LEGO 11:00am - Noon Photo Walk 2:30 - 5:00pm
24 Baby Laptime 10:15 - 10:45am Story Time 11:15 - 11:45am Full Steam Ahead 2:00 - 3:30pm What Wood You Make 6:00 - 7:00pm	**25** Tech Hour 10:15 - 11:15am Movers and Shakers 10:15 - 10:45am / 11:15 - 11:45am Homeschool Chess Club 2:00 - 3:00pm Adult Book Club 6:30 - 7:30pm	**26** Unstuck: Grief & Loss 10:30am - 12:00pm Google Forms 5:00 - 6:00pm	**27** Daycare Story Time 10:15 - 10:45am Story Time 11:15 - 11:45am Adventure Book Club 4:30 - 5:30pm In Stitches 6:15 - 7:15pm	**28** ~~Bored~~ Game Club 3:30 - 5:30pm Games Afternoon 4:00 - 5:30pm Teen Night Takeover 6:00 - 8:00pm	**29** Let's Go LEGO 11:00am - Noon

Children | Tween & Teen | Adult | All Ages

www.cochranepubliclibrary.ca

ALL AGES PROGRAMS

FAMILY FLICKS NO REGISTRATION REQUIRED

Join us each month for a family-friendly movie.
Participants are welcome to bring snacks to enjoy!

DAY	DATES	TIME
Fri	Apr 19, May 10, Jun 14	10:30am

LET'S GO LEGO NO REGISTRATION REQUIRED

Drop in with your family and build your own LEGO creations! **There will be no program on Saturday, May 25.**

DAY	DATES	TIME
Sat	Apr 20 - Jun 29	11:00am - 12:00pm

INTRODUCTION TO 3D PRINTING NO REGISTRATION REQUIRED

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	Apr 23	5:00 - 5:45pm

BASIC TINKERCAD (AGES 8+) REGISTERED

This 3-week program will teach how to use the program Tinkercad to design a project to print on our 3D printer. **Adult supervision required for children under the age of 12. Registration opens April 8.**

DAY	DATES	TIME
Tue	Apr 30 - May 14	5:00 - 5:45pm

INDIGENOUS FAMILY STORYTIME WITH ELDER TERRY DANIELS

REGISTRATION REQUIRED

Celebrate National Indigenous History Month. Join us for a special event with Stoney Nakoda First Nation Elder and Knowledge Keeper, Terry Daniels, who will be sharing traditional stories and leading us through a simple beaded craft. This event is a unique opportunity to connect with the rich heritage of Indigenous people through the art of storytelling and creativity.

Registration opens May 13.

Made possible by the generous support of Qualico Communities.

DAY	DATES	TIME
Sat	Jun 8	2:00 - 3:00pm

ALL AGES PROGRAMS

IN STITCHES NO REGISTRATION REQUIRED

Drop in on alternate Thursdays to enjoy our very first stitching program! Whether you crochet, knit, cross-stitch, bead or sew, you are welcome join us for a laid back night of stitching. You might even learn a thing or two! *There will be no program on May 2*.

DAY	DATES	TIME
Thu	Apr 18, May 16, May 30, Jun 13, Jun 27	6:15pm - 7:15pm

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. **Registration opens on April 8.**

DAY	DATES	TIME
Mon	Apr 15 - May 6	6:00 - 7:00pm
Tue	May 28 - Jun 18	4:30 - 5:30pm

PHOTO WALK REGISTERED

Bring your camera or smartphone and join us for a photo walk through the beauty of Cochrane. You'll have a chance to learn some photography techniques and ask lots of questions as we go. Make sure you wear comfortable walking shoes for this event. **Registration opens on April 8.**

DAY	DATES	TIME
Sat	Jun 22	2:30 - 5:00pm

GAMES AFTERNOON NO REGISTRATION REQUIRED

Join us for an afternoon of games, puzzles, and more! All skill levels and ages are welcome.

DAY	DATES	TIME
Fri	Apr 19 - May 17	4:00 - 5:30pm
Fri	May 31 - Jun 28	4:00 - 5:30pm

TECH HOUR NO REGISTRATION REQUIRED

Do you have technology questions or need help 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	Apr 16 - Jun 25	10:15 - 11:15am

ADULT PROGRAMS

"DYING" FOR CONVERSATION NO REGISTRATION REQUIRED

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 elephant in the room and seize the opportunity to discuss one's end of life wishes.

DAY	DATES	TIME
Sat	Apr 13, May 11, Jun 8	10:15 - 11:45am

BETTER UNDERSTAND YOUR DIGITAL CAMERA REGISTERED

Do you own a digital camera? Would you like to take photos but you don't know what buttons to press? Learn what White Balance, ISO, and Aperture are, and how you can use them to produce beautiful photos. **Registration opens on April 8.**

DAY	DATES	TIME
Mon	May 27 - Jun 10	6:00 - 7:00pm

GOOGLE WORKSPACE REGISTERED

Come and learn the basics of Google Drive, Docs, Sheets, Slides, and Forms. **Registration opens on April 8.**

DAY	SUBJECT	DATES	TIME
Wed	Drive	May 29	5:00 - 6:00pm
Wed	Docs	Jun 5	5:00 - 6:00pm
Wed	Sheets	Jun 12	5:00 - 6:00pm
Wed	Slides	Jun 19	5:00 - 6:00pm
Wed	Forms	Jun 26	5:00 - 6:00pm

MICROSOFT OFFICE REGISTERED

Come and learn the basics of Word and Excel. **Registration opens on April 8.**

DAY	SUBJECT	DATES	TIME
Wed	Word	Apr 17 & 24	5:00 - 6:00pm
Wed	Excel	May 1 & 8	5:00 - 6:00pm

ARTSY EVENINGS NO REGISTRATION REQUIRED

Adults of Cochrane! Are you interested in trying a new craft or hobby? We will be exploring new crafts and art forms biweekly on Thursdays. ***There will be no program on May 23rd.***

DAY	DATES	TIME
Thu	Apr 25, May 9, Jun 6, Jun 20.	6:15 - 7:15pm

ADULT PROGRAMS

CAREGIVER SELF-CARE REGISTERED

When we care for ourselves, we are better able to care for others. Make your own succulent garden as we discuss the importance of self-care; taking care your emotional, mental, and physical health. **There will be a children's (ages 6 - 12) self-care activity running simultaneously for those attending this program.**

Registration opens April 8. *In partnership with Stepping Stones to Mental Health.*

DAY	DATES	TIME
Tue	May 7	6:00 - 7:30pm

HARMONIZE YOUR LIFE: EXPLORING FOUR PILLARS OF WELLNESS REGISTERED

Join Still Lake Listening for a grounding and empowering conversation facilitated to support you in finding harmony - body, mind, heart and spirit. Sandra and Michelle will guide the conversation that explores how we can nurture each of the four pillars of wellness daily: mental-emotional well being, social well being, physical well being, and spiritual well being. **Registration opens on April 8**. *In partnership with Still Lake Listening.*

DAY	DATES	TIME
Wed	May 8	6:15 - 7:15pm

FIRESIDE CHATS - CAROL WALSH REGISTERED

Carol Walsh, certified genealogist, invites you to step into a world of family legacies and discover the magic of storytelling. Get ready for an immersive experience that will inspire you to document and share your own family's timeless treasures. This session provides practical examples and strategies to employ in the writing of your family stories, ensuring that your heritage shines through with authenticity and passion. **Registration opens on April 8.**

DAY	DATES	TIME
Wed	May 22	6:15 - 7:15pm

UNSTUCK: GRIEF & LOSS NO REGISTRATION REQUIRED

Join compassionate listeners, Michelle Copithorne and Sandra McDonald (Still Lake Listening) for nurturing, non-judgmental, and maybe even mischievous, group conversations exploring how we can be with our grief. This is a space for you to borrow courage from one another through shared story and lived experience about grief and loss of all kinds. *In partnership with Still Lake Listening.*

DAY	DATES	TIME
Wed	Apr 24, May 22, Jun 26	10:30am - 12:00pm

ADULT PROGRAMS

WELL-BEING QIGONG FOR SENIORS REGISTERED

Celebrate Seniors' Week with an introduction to Qigong. Certified instructor Donna Devlin will guide you through the ancient practice of Traditional Chinese Medicine that revitalizes body, mind, and spirit. With breath, gentle movement, and focused intention, you can decrease stress, enhance your immune system, and build strength. Perfect for seniors looking to embrace wellness in every breath. **Registration opens on May 11.**

DAY	DATES	TIME
Fri	June 7	11:00am - 12:00pm

WHAT WOOD YOU MAKE? REGISTERED

Create a small wood project to take home every session. Try your hand at woodburning, and/or wood etching. Space is limited, register early. **Registration opens on April 8.**

DAY	PROJECT	DATES	TIME
Mon	Wood Etching	Jun 17	6:00 - 7:00pm
Mon	Pyrography	Jun 24	6:00 - 7:00pm

INTRODUCTION TO SOAPSTONE CARVING FOR SENIORS REGISTERED

Celebrate Seniors' Week with an opportunity to learn Soapstone Carving! Join Michael Emery of Unique Soapstone Experiences as we explore the wonders of soapstone, a medium celebrated for its softness, making it perfect for beginners and those looking to express their creativity without the physical strain. No previous experience is required - just bring your enthusiasm and a desire to create! Refreshments will be served.

To register go to: www.cochranepubliclibrary.ca/seniorssoapstone. Registration opens May 13. *This program is made possible by funding from Cochrane FCSS*

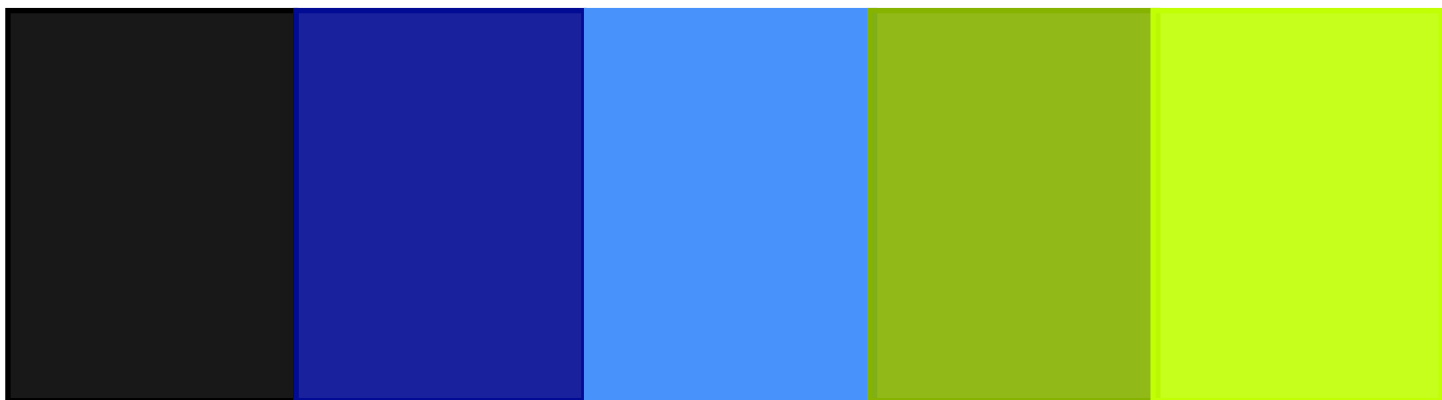| DAY	DATES	TIME
Thu	Jun 6	1:00 - 4:00pm

Invest in the Future: Support Cochrane Public Library's Vision for Tomorrow

Our goal is to create a dynamic, multifaceted environment that inspires creativity, supports strong community bonds, educates people of all ages, and serves as a beacon for innovation.

 Together, we can ensure our Library remains a dynamic and welcoming space for everyone. Please consider donating today. Every dollar you contribute helps to support our goals for the future. Go to https://www.canadahelps.org/en/charities/the-town-of-cochrane-library-board/ to donate today!

Sign up for our monthly newsletter for exciting updates, events, programs, services, and more.

https://tinyurl.com/cochranesubscribers

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

Spring 2024

Version 1 (Apr 4)