



Sheep River Library 2024 Fall Programs

Mind and Body



Inductive Bible Study

We will be studying the book of Galatians. No previous experience necessary. \$10 for course materials. Instructor: Jan Burney

Wednesdays, starting Sept 18 10:00

Meditation Circle

We are a group of open-hearted folks who gather with a shared intention to cultivate happiness and wellbeing within ourselves and our world. We seek to develop experiential wisdom and more skillful living through practice with present moment awareness.

Tuesdays starting Sept 3 9:30 & 7:00

Sound Bath

Immerse yourself in the soothing session of a Himalayan healing sound bath. If you're curious how you may reduce stress, clear your mind, improve your sleep, boost your mood or heal your body while experiencing deep relaxation, you don't want to miss this. Bring along a yoga mat, blanket and two pillows. Cost \$25.

Facilitator: Linda Welsh

Fridays Sept 27, Oct 18, Nov 22 7:00

Conversational ESL

Join Kim, an ESL, CELTA, and IELTS certified facilitator, for a laid-back chat circle where you can gather to practise English in a friendly and relaxed atmosphere. Feel free to bring lunch.

Saturdays, starts Sept 28 11:30-1:00

French fun: games night / soirée jeux

Games are a great way to practice and learn to speak another language! Speakers of all abilities are welcome. Enjoy conversation by the fire and games/puzzles to hear and practice basic words and expressions. Optional communal pizza dinner at 5:30, please bring cash (\$10/adult and \$5/child) towards pizza, veggies and drinks.

Children must be accompanied by guardian age 13+.

Last Wednesday of the month 4:30-6:00

First Aid Courses

These foundational First Aid courses focus on preserving life, preventing further injury and providing first aid care until medical aid arrives. Participants receive a course workbook and First Aid certification.

Basic (Emergency) First Aid

This one-day course covers what to do in life threatening circumstances such as choking, stroke, heart attack or deadly bleeds. This course includes Level C CPR and AED use.

Instructor: Deanna Hintze. Cost: \$110 + GST

Saturday, October 5 9:00-5:00

Intermediate (Standard) First Aid

This two-day comprehensive program covers first aid care that builds on the Basic First Aid course including medical emergencies, splinting and mental health care. Instructor: Deanna Hintze

Cost: \$125 + GST

Saturday & Sunday Oct 5 & 6 9:00-5:00

Study Skills for High School Students

Study environment tips, time management, note-taking, what "read this part of the textbook," really means, review strategies for before and after a test, and test-taking skills for Grades 9-12. Facilitator: Cheryl Bain

Saturday, September 28 1:00-2:30

Setting and Meeting Class Goals

For students in grades 9-12 accompanied by a parent. This class will cover short- and long-term goals and breaking goals down into smaller milestones to help reach targets. Facilitator: Cheryl Bain

Saturday, September 28 3:00-4:30

The Creative Side

Q & S Club (Quilting & Sewing)



Open to quilters or sewers of any ability. Participants work on their own projects. Instruction and guidance provided.

Thursdays, starting Sept 19 1:00-4:00



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Sewing Basics

Learn the basics: how to cut out a pattern, inserting a zipper, making buttonholes, doing a hem and other important techniques from an expert seamstress.

Instructor: Marjolaine Leblanc

Thursdays Sept 12-Oct 17 1:00

Knitting Circle

If you like to knit or crochet, come and hang out by the fireplace with like-minded individuals.

Tuesdays, starts September 3 10:00

Painting Your Way

All classes will focus on composition, colour mixing and how to use paints, tools and media. Participants will strengthen their skills through knowledgeable instruction while working on their own projects. Individual instruction available.

Instructor: Cheryl
Cost: 8 days - \$155 8 full days - \$310

Wednesdays Sept 11 – Oct 30
10:00-12:00 & 1:00-3:00

Career Development with MCG Careers

Workshops are available as needed in Diamond Valley. If you wish to attend any of the following, please call 403-995-4377 or email: okotoks@mcgcareers.com

- Career Compass: Navigating your Future Series
- Enhancing your Professional Networks
- Amplify your Application: Perfect your Resume and Cover Letters Series
- Effective Job Search Strategies Series
- Interviews From Preparation to Performance
- Computer Basics Series

One-on-One Consultation

An MCG Careers consultant is at the library most Wednesdays to meet with you individually. Call **403-601-2660** to make an appointment.

Techy Time

Digital Photography Scanner

Put your photos and slides into a digital format

that will protect their features and save space. Call the library to arrange a one-on-one session.

Podcast Production

Our soundproofed and fully equipped podcast space is ready for you to come and record your podcasts. Call the library to reserve a time. Expert instruction provided.

E-Reader Support

Need help downloading e-books onto your e-reader? Make an appointment with Cheryl on Fridays 2:00-4:00

Tech Talk Beginner

Just getting started with technology? This six-week course is a great introduction to popular, current technology! This fun, relaxed group looks at building everyday computer skills. Fee: \$60 for six sessions.

Call Literacy for Life at 403-652-5090 to register. Thursdays, (Start date TBD) 10:30-12:30

Tech Talk Drop-In

Ideal if you have a one-off computer question or need help with a specific issue. Call Literacy for Life at 403- 652-5090 to register. Thursdays, (Start date TBD) 1:30

Clubs & Groups

The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library and on the library website.

2nd Tuesdays starting Sept 10 1:15

Evening Adult Book Club

At our first meeting on September 25, we will decide on what books we will read. Please bring suggestions. Facilitator: Jan Burney

Last Wednesday of the month 7:00

Library Drumming Circle

Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+.

Fee: Donation

Facilitators: Chris and Don Wilhelm

2nd Fridays starts Sept 13 7:00



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Poetry by the Fireside

Friendly wordsmiths meet to read the works of poets both dead and alive and to share their own work. Participation in a monthly writing project is voluntary. Facilitator: Doris Daley

Last Thursdays 10:30

MCC Writers' Group

Writers of all types are welcome to share what they have written that month. No critiquing, just sharing and complimenting.

First Tuesdays, starts September 3 6:30

Children's Programs

Parent/Caregiver must accompany children.

Moms' Coffee/Playgroup Time

Parents of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Christine Meikle
Mondays, starting September 16 10:30-11:30

Register for the following four monthly programs at:

www.greaterfoothillsfamilycentre.ca

Wee Imagine

Who doesn't love a great book? We have picked three favourites to share and explore. Each week is a new book with fun activities. This program is perfect for kids under 6 years of age.

Thursdays, September 12, 19, & 26 9:30 or 11:00

On the Farm

Join us for a morning of FARMtastic activities, learning all about life on the farm. This program is perfect for kids under 6 years of age!

Thursdays Oct 3, 10, 17, & 24 9:30 or 11:00

Let's Explore Dinosaurs

If you have a preschooler who loves dinosaurs, then this program is for you! We explore all things dinosaur with fun activities, crafts and more! This program is perfect for kids under 6 years of age.

Thursdays, Nov 7, 14, 21, & 28 9:30 or 11:00

Little Carpenter's - Santa's Workshop

This exciting program helps develop problem solving skills and fine motor skills while getting to use tools to create their very own special "Santa's Workshop" themed masterpiece! This program is perfect for kids under 6 years of age.

Thursdays December 5, & 12 9:30 or 11:00

PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30 am on PD Days. Children are welcome to bring snacks.



SCIENCE • TECHNOLOGY
ENGINEERING • ART • MATHEMATICS

Explore the exciting worlds of Science, Technology, Engineering, Arts and Math through dynamic and interactive sessions. Cost for 10 class session \$150 per student.

Grades 3-5: Pokemon Coders with Scratch

Gotta catch 'em all, gotta code 'em all! Students will create and code their favourite Pokeman while learning about the science behind their powers. Becoming a master Pokeman now also means becoming a STEAM expert!

Wednesdays Sept 25-Dec 4 5:00

Grades 6-9: Super Mario Kart Robots

Grab your kart and shells and join us building a grand Prix full of adventure! From creating your team to understanding the dynamics of races, students will feel the thrill of victory by just having fun in this club.

Wednesdays, Sept 25-Dec 4 6:15

Grades 10-12: Basics of Virtual Reality

Dive into the metaverse and learn valuable skills for your future. From graphics design to game creation, this club will explore many aspects of virtual reality.

Wednesdays, Sept 25-Dec 4 7:30





Sheep River Library 2024 Fall Programs

Youth Events

Coffee & Cram

A quiet space for teens during holidays and exam breaks to study or work on personal projects. Coffee, tea, juice, and snacks are provided.

Movie Night and Premiers

Watch a movie or the first episode of a new show, bring your friends! Some will be themed and participants are encouraged to dress up, or not. Free popcorn!

Game Nights

Card games, board games, video games, oh my. Hang out with friends and play some games, simple as that.



Teen clubs

Coming soon - monthly and bi-weekly clubs

Special events

Keep an eye out for some special events the library is planning just for the youth in our area.

Be sure to check out our [Facebook](#) and other social media pages for upcoming events and activities.

REGISTER NOW

To register, please contact the library:

- Phone: 403-933-3278
- Mail: Bag 10, Diamond Valley, AB T0L 2A0
- Email: abdsrclibrary@marigold.ab.ca
- In person: 129 Main Street NE, Diamond Valley

For more information go to our website at www.sheepriverlibrary.ca (click on programs & events tab) or our Facebook page at Facebook: Sheep River Library



Out Loud 2024: Thrills in the hills!

• The Relics

The Relics are four veteran musicians - true relics from the music business - jazzed to be playing music together. Their repertoire is based on James Taylor's timeless and memorable songbook, as well as tunes from Canadian folk artists.

Saturday, October 12

7:00

• Julie Van Rosendaal

Julie is a Calgary-based food writer, columnist and chef. Her 2021 social media post about increasingly hard butter triggered the Buttergate scandal in Canada. She is the author of eight cookbooks including *Dirty Food and Starting Out*.

Wednesday, October 16

7:00

• Jim Mitchell

After retiring from a career as an Alberta Fish and Wildlife officer, with many of those years in the Sheep River area, Jim Mitchell decided to share his 38 years of experience with the world through 34 short stories. The stories range from notable enforcement cases to wildlife encounters, to humour in uniform.

Saturday, October 19

7:00

• Paul Rumbolt

This Newfoundland singer/songwriter is steeped in the east coast Canadian tradition of storytelling through music. He marries this heritage with rich vocals to weave tales of the places he's been and the people he's met in a lifetime as a performer. Paul is the former minister of Lewis Memorial United Church in Diamond Valley.

Friday, October 25

7:00