

Osterville  
**O'Well**  
 Wellness Day 2018

**Saturday**  
**May 5th**

## Class Schedule

All classes are being held in the Osterville Library

Time	Activity	Location	Instructor
9 - 9:30 am	Strech	Library Lawn (community room in bad weather)	Cape Cod Rehab
9:45 - 10:15 am	Yoga 6 - 12 YRS.	Community Room	Linda Catalina
10:30 - 11 am	Intro to Pilates Mat	Community Room	Holly Silva
11:15 - 11:45	Cardio for All Ages	Community Room	Dianne Francis
12 - 12:30 pm	Pilates Mat Flow	Community Room	Monica Williams
12:45 - 1:15	Yoga	Community Room	Gordon Kanzer

Healthy Snack Table from 9 - 11:30 for class participants -

Sponsored by Nicholaeff Architect Assoc.

These classes are free, and open to all on a first come first serve basis.

They are meant for all levels.

Please bring your own mat. If you don't have a mat, use a beach towel

### EVENTS AT THE OSTERVILLE VILLAGE LIBRARY

- 9:00 - 9:30 \*Children's Yogurt Parfait Breakfast & Coloring Session - Sponsored by Carol Williams Catering
- 9:30 - 11 \*Edible Children's Craft with St. Peter's Nursery School
- 9:30 - 11:30 \*Chair Massage by Moon Tide Massage
- 9:30 - 11:30 \*Chair Massage - Heidi Meizinger
- 10 - 2 \*Inflatable Obstacle Course - Sponsored by Osterville House & Garden
- 10 - 1 \*Children's Craft - Para cord survival bracelet - sponsored by LL Bean
- 10:30 \*Dog/Family Walk - walk to Armstrong Kelley Park, to Bates Street and back to the library
- 11:00 - 1:00 \*Chair Massage by Knot Again Muscular Therapy
- \*Blood Pressure Screening - Mary Principe, RN
- \*Wellness Art Exhibit - presented by The Key Idea
- \*Guessing Game with Cape Cod Academy - guess correctly and enter to win a week at Cape Cod Academy's Seahawk Summer Camp (value:\$550)

- 10 - 1 Face Painting  
Osterville House & Garden 846 Main Street
- 10:00 - 5:00 "Art as Therapy" - release anxiety with clay and coloring - Sponsored by Osterville Art Gallery & Solutions Learning Center  
8 West Bay Road
- 9:30 - 3:30 Blood Drive - Cape Cod Healthcare Mobile  
Sotheby's Int. Realty 851 Main Street
- 11:00 - 3:00 "Here Comes the Sun" - free samples, sun tips, raffle, light refreshments, 15% off skin care products  
Eden Skin Care and Makeup 874 Main Street
- 11:00 - 11:30 \*30 min. Mat Pilates - free  
11:30 - 12:00 \*30 min. Reformer Class - free  
Osterville Pilates in Designers Walk  
845 Main St
- 11:30 - 2:30 Sample homemade artisanal gourmet food. Purchase a food item and enter our Gourmet Gift Basket raffle  
Camilla Richman Fine Arts and The Artistic Framers
- 10 - 2 Sample Facials and Reflexology/Foot Massage  
European Skin Care by Basia 832 Main Street
- 11 - 2 Osterville Vodka Tasting - Learn why vodka is healthy for you!  
Osterville Package Store 11 Wianno Ave
- 11 - 1 \*Fruit & Veggie Herb Waters  
\*Grin Hola Granola Samples and Cookies  
Oyster Island Emporium 846 Main Street
- Pineapple Caper Food Truck  
Rockland Trust Parking Lot
- Rotary Club of Osterville - Rotary Clubs work with "Pure Water of the World" on projects to reach people living without clean, safe drinking water
- Armstrong Kelley Park - a sidewalk safe, family destination for walking, hiking and picnics
- Enjoy breakfast or lunch at one of Osterville's delicious restaurants or bakeries!



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