

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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