<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>10-10:45 a.m.</td>
<td>Use Essential Oils Like a Pro with Brittany Deck of BKH Essentials Program Room 1</td>
<td>Program Room 1</td>
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<td></td>
<td>Freeform Watercolour Paint with Stephanie Montague Program Room 2</td>
<td>Program Room 2</td>
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<td></td>
<td>Appreciate Chocolate with Georgian Chocolate Co. Café</td>
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<td>Find Peace with Mediation with Lee Kelly Courtyard</td>
<td>Courtyard</td>
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<td>Do a Bedroll &amp; Pack for Camping with Kayle Galbraith Greeter Desk</td>
<td>Greeter Desk</td>
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<td>Make Slime &amp; Other Messy Things Children’s Dept.</td>
<td>Children's Dept.</td>
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<td>Do an “Ollie” &amp; “Kickflip” with Kahuna Surf Shop “Kahuna Booth at Farmer’s Market”</td>
<td>Kahuna Booth</td>
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<td></td>
<td>Pro Tips to Research Your Family History with Jayne Turvey Tech Lab</td>
<td>Tech Lab</td>
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<td>Reduce Food Waste with Magdaline Dontsos Fireplace Area</td>
<td>Fireplace Area</td>
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<td>Create an Art Therapy Journal with Youth Haven</td>
<td>Teen Scene</td>
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<tr>
<td>11-11:45 a.m.</td>
<td>Kick the Sugar Habit with Alisa Herriman of Nutrinity Health Program Room 1</td>
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<td>Create a Fairy Garden with Betty, Donna &amp; Kathy Program Room 2</td>
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<td>Plan &amp; Prep Super Speedy Snacks with Zehrs Dietitian Becka Orgill Toner Café</td>
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<td>Do Yoga in 6 Easy Moves with Lee Kelly Courtyard</td>
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<td>Get Crafty with the Cricut with Tech Librarian Eli Greeter Desk</td>
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<td>Create Process Art as a Family Children’s Dept.</td>
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<td>Make Balloon Animals with Kid Expert Margaret Children’s Dept.</td>
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<td>Budget for Every Stage of Life with Meridian Credit Union Tech Lab</td>
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<td>Use a Vintage Typewriter with Darrin Davis Fireplace Area</td>
<td>Fireplace Area</td>
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<td>Do Basic CPR with Orillia First Aid Teen Scene</td>
<td>Teen Scene</td>
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<tr>
<td>12-12:45 p.m.</td>
<td>Get Active &amp; Enjoy the Benefits with Jacqueline &amp; Chantal of Crunch Fitness Program Room 1</td>
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<td>Decorate Fancy Cookies with Emily Sullivan Program Room 2</td>
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<td>Find Fossils in Your Own Backyard with Gavy Swan Café</td>
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<td>Home How-To Questions with Eric Ager Greeter Desk</td>
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<td>Do a Somersault &amp; More! Children’s Dept.</td>
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<td>Wrap &amp; Wear Your Baby with Orillia Midwives Children’s Dept.</td>
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<td>Navigate Online Dating with Chanel Craigie Tech Lab</td>
<td>Tech Lab</td>
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<td>Set the Right Goals &amp; Achieve Them with Amy Jefferies Fireplace Area</td>
<td>Fireplace Area</td>
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<td>Make Your Own Wooden Jewelry with David Giannunzio of Porcupine Studios Teen Scene</td>
<td>Teen Scene</td>
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<td>Participate in Your Local Time Trade with Lake Country Time Trade Tech Lab</td>
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<td>Make Friendship Bracelets with Sarahannedipity Fireplace Area</td>
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<tr>
<td>1-1:45 p.m.</td>
<td>Build a Rain Garden with Parklane Landscapes Program Room 1</td>
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<td>Paint a Mandala with Steph Whalen Program Room 2</td>
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<td>Make Vegan Kimchi with YJ McParland of YJ Soeul Food Café</td>
<td>Café</td>
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<td>Orillia History Q &amp; A with Historian Marcel Rousseau Greeter Desk</td>
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<td>Touch-A-Truck Explore a fire truck and meet some of our local fire fighters at 11:00 a.m.-1:00 p.m. in the Library parking lot.</td>
<td>Library parking lot</td>
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<td>Everyone welcome! No registration required! Free!</td>
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**How-To” All Day with OPL Staff!**

- Get A Library Card @ Check Out Desk
- Find the Perfect eBook @ Information Desk (2nd floor)
- Find Your Next Great Read @ Reader’s Advisory Desk (2nd floor)

**CULTURE DAYS**

**Learn 40 skills in 4 hours!**

Saturday, Sept. 28th

10 a.m. to 2 p.m.
**Session One**  
10:45 a.m. - 11:45 a.m.  
Program Room 1

**Create an Art Therapy Journal**  
Join Brittany Deck of BKH Essentials to learn what essential oils are, what they can do for you, and how to use them.  
**Program Room 1**

**Freeform Watercolour Paint**  
Explore different washes and shapes through freeform watercolour painting with artist Stephanie Montague.  
**Program Room 2**

**Appreciate Chocolate**  
Chocolate experts from Georgian Chocolate Co. will introduce you to chocolate from around the world, with samples!  
**Café Area**

**Find Peace with Meditation**  
Lee Kelly will help you find inner calm as you are guided through a series of short meditation practices.  
**Library Courtyard**

**Do a Bedroll & Pack for Camping**  
Girl Guide Leader Kayllie Galbraith will teach you how to do a bedroll and pack with ease for a weekend of camping.  
**Greeter Desk**

**Make Slime & Other Messy Things**  
OPL Children’s staff know how to make a mess! Learn how to make slime and other messy things in the comfort of not your house!  
**Children’s Department**

**Pro Tips to Research Your Family History**  
Jayne Turvey will teach you how to start your genealogy research, and learn tips to find those hard-to-find details.  
**Tech Lab**

**Reduce Food Waste**  
Magdaline Donotsow brings today’s food waste into focus with her history of food waste from 1700 to today.  
**Fireplace Area**

**Create an Art Therapy Journal**  
Create an art therapy journal for creative emotional expression with Jennifer Morrison of Youth Haven.  
**Teen Scene**

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**Session Two**  
11:45 a.m. - 12:45 p.m.  
Program Room 1

**Kick the Sugar Habit**  
Nutritionist Alisa Herriman of Nutrini Health will talk you through the benefits of a sugar detox, and how to do it! (Space is limited.)  
**Program Room 1**

**Create a Fairy Garden on the Cheap**  
Betty, Donna & Kathy will show you how to create your very own fairy garden without spending a ton of money!  
**Program Room 1**

**Plan & Prep Super Speedy Snacks**  
Learn tasty & nutritious tips and ideas for easy & healthy snacks at home or on the go from Zehrs Dietitian Becka Orgill Toner.  
**Café Area**

**Do Yoga in 6 Easy Moves**  
Practice a series of gentle sitting and standing moves that unite mind & body for energy, calm & well-being with Lee Kelly.  
**Library Courtyard**

**Get Crafty with the Cricut**  
Tech Librarian Eli will introduce you to your Cricut Explore cutting machine, and teach you how to create your own amazing projects with adhesive and iron-on vinyl!  
**Greeter Desk**

**Create Process Art as a Family**  
Library Literacy Specialist, Erin, will teach you simple techniques and tools for process art projects that can be done as a family at home!  
**Children’s Department**

**Make Balloon Animals in Minutes**  
Learn the fine art of making balloon animals with Kid Expert Margaret!  
**Children’s Department**

**Budget for Every Stage of Life**  
Jessica Lund of Meridian Credit Union will walk you through how to create a budget and how to make the most of your savings.  
**Tech Lab**

**Use a Vintage Typewriter**  
Darrin Davis will share tips & trivia about these single-purpose analog machines, then you can try out one of the many typewriters from his collection.  
**Fireplace Area**

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**Session Three**  
12:45 a.m. - 1:45 p.m.  
Program Room 2

**Get Active & Enjoy the Benefits**  
Jacqueline & Chantal of Crunch Fitness will demonstrate cardiovascular training, core conditioning & strengthening, and toning to achieve maximum health benefits. Don’t be shy, get ready to move & have some fitness fun!  
**Program Room 1**

**Decorate Fancy Cookies**  
Learn how to easily decorate cookies that look like you spent hours on them with Emily Sullivan.  
**Program Room 2**

**Find Fossils in Your Own Back Yard**  
Gavy Swan will teach you about the fossils you can find in your own yard. Touch real fossils and make your own cast!  
**Café Area**

**Home How-To Questions**  
Do you have a nagging home repair or renovation question? Experienced contractor Eric Ager will help you figure out how to fix it!  
**Greeter Desk**

**Do a Somersault & More!**  
Learn how to perform a somersault and other fun ways to be active with OPL Children’s staff.  
**Children’s Department**

**Wrap & Wear Your Baby**  
Learn the basics of wearing your baby or child safely from Sarah Maharaj of Orillia Midwives.  
**Children’s Department**

**Paint a Mandala**  
Local historian Marcel Rousseau will be available to answer all of your questions about Orillia’s local history, and show off some of his historic postcards.  
**Greeter Desk**

**Fjord the Sugar Habit**  
Nutritionist Alisa Herriman of Nutrini Health will talk you through the benefits of a sugar detox, and how to do it! (Space is limited.)  
**Program Room 1**

**Get Active & Enjoy the Benefits**  
Jacqueline & Chantal of Crunch Fitness will demonstrate cardiovascular training, core conditioning & strengthening, and toning to achieve maximum health benefits. Don’t be shy, get ready to move & have some fitness fun!  
**Program Room 1**

**Make Friendship Bracelets**  
Chloe Bard from Sarahannedipity will teach you how to make beautiful floss friendship bracelets.  
**Children’s Department**

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**Session Four**  
1:45 p.m. - 2:45 p.m.  
Program Room 2

**Build a Rain Garden**  
Joanne Mohan of Parklane Landscapes will give an interactive demonstration of rain water sources and how they can connect to rain gardens.  
**Program Room 1**

**Paint a Mandala**  
Join local artist Steph Whalen as she teaches you how to paint a beautiful and colourful mandala. (Space is limited.)  
**Program Room 2**

**Make Vegan Korean Kimchi**  
YJ McParland of YJ’s Soeul Food will demonstrate how to make authentic vegan kimchi.  
**Café Area**

**Orillia History Q & A**  
Local historian Marcel Rousseau will be available to answer all of your questions about Orillia’s local history, and show off some of his historic postcards.  
**Greeter Desk**

**Make & Fly Paper Airplanes**  
OPL Children’s staff will teach you how to make and fly paper airplanes of all sizes!  
**Children’s Department**

**Participate in Your Local Time Trade**  
Learn about sharing skills and talents in your Local Time Trade with Bonita and Annalise.  
**Tech Lab**

**Make Friendship Bracelets**  
Chloe Bard from Sarahannedipity will teach you how to make beautiful floss friendship bracelets.  
**Fireplace Area**

**Go Urban Birding Downtown**  
Learn how to find a variety of birds right in downtown Orillia. David Giannunzio will guide you on a small adventure in birding!  
**Teen Scene**