

# How-To Festival Schedule of Events



**CULTURE DAYS**

Orillia Public Library

**Learn 40 skills in 4 hours!**

**Saturday, Sept. 28th  
10 a.m. to 2 p.m.**

10-10:45 a.m.	11-11:45 a.m.	12-12:45 p.m.	1-1:45 p.m.
Use Essential Oils Like a Pro with Brittany Deck of BKH Essentials <b>Program Room 1</b>	Kick the Sugar Habit with Alisa Herriman of Nutrinity Health <b>Program Room 1</b>	Get Active & Enjoy the Benefits with Jacqueline & Chantal of Crunch Fitness <b>Program Room 1</b>	Build a Rain Garden with Parklane Landscapes <b>Program Room 1</b>
Freeform Watercolour Paint with Stephanie Montague <b>Program Room 2</b>	Create a Fairy Garden with Betty, Donna & Kathy <b>Program Room 2</b>	Decorate Fancy Cookies with Emily Sullivan <b>Program Room 2</b>	Paint a Mandala with Steph Whalen <b>Program Room 2</b>
Appreciate Chocolate with Georgian Chocolate Co. <b>Café</b>	Plan & Prep Super Speedy Snacks with Zehrs Dietitian Becka Orgill Toner <b>Café</b>	Find Fossils in Your Own Backyard with Gavy Swan <b>Café</b>	Make Vegan Kimchi with YJ McParland of YJ Seoul Food <b>Café</b>
Find Peace with Meditation with Lee Kelly <b>Courtyard</b>	Do Yoga in 6 Easy Moves with Lee Kelly <b>Courtyard</b>		
Do a Bedroll & Pack for Camping with Kaylie Galbraith <b>Greeter Desk</b>	Get Crafty with the Cricut with Tech Librarian Eli <b>Greeter Desk</b>	Home How-To Questions with Eric Ager <b>Greeter Desk</b>	Orillia History Q & A with Historian Marcel Rousseau <b>Greeter Desk</b>
Make Slime & Other Messy Things <b>Children's Dept.</b>	Create Process Art as a Family <b>Children's Dept.</b>	Do a Somersault & More! <b>Children's Dept.</b>	Make & Fly Paper Airplanes <b>Children's Dept.</b>
Do an "Ollie" & "Kickflip" with Kahuna Surf Shop <b>*Kahuna Booth at Farmer's Market</b>	Make Balloon Animals with Kid Expert Margaret <b>Children's Dept.</b>	Wrap & Wear Your Baby with Orillia Midwives <b>Children's Dept.</b>	
Pro Tips to Research Your Family History with Jayne Turvey <b>Tech Lab</b>	Budget for Every Stage of Life with Meridian Credit Union <b>Tech Lab</b>	Navigate Online Dating with Chanel Craigie <b>Tech Lab</b>	Participate in Your Local Time Trade with Lake Country Time Trade <b>Tech Lab</b>
Reduce Food Waste with Magdaline Dontosos <b>Fireplace Area</b>	Use a Vintage Typewriter with Darrin Davis <b>Fireplace Area</b>	Set the Right Goals & Achieve Them with Amy Jefferies <b>Fireplace Area</b>	Make Friendship Bracelets with Sarahannedipity <b>Fireplace Area</b>
Create an Art Therapy Journal with Youth Haven <b>Teen Scene</b>	Do Basic CPR with Orillia First Aid <b>Teen Scene</b>	Make Your Own Wooden Jewelry with David Giannunzio of Porcupine Studios <b>Teen Scene</b>	Go Urban Birding Downtown with David Giannunzio <b>Teen Scene</b>

**"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)

**PRIZE DRAW!**

**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.



**Everyone welcome! No registration required! Free!**

## Session One

10-10:45 a.m.

### Use Essential Oils Like a Pro

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**

### Do an "Ollie" & "Kickflip" on a Skateboard

Kahuna's Dylan and Mark will demonstrate how to perform the "Ollie" and "Flipkick" tricks on a skateboard.

**Kahuna Booth at the Farmer's Market**

### 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 Dontsos 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**

## Session Two

11-11:45 a.m.

### Kick the Sugar Habit

Nutritionist Alisa Herriman of Nutrinity 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 2**

### 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 our 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**

### Do Basic CPR

Nicole Kasurak from Orillia First Aid will show you how to save a life using basic CPR and first aid for choking. **Teen Scene**

## Session Three

12-12:45 a.m.

### 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 back 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**

### Navigate Online Dating

Chanel Craigie will walk you through the world of online dating apps and share some of her tips!

**Tech Lab**

### Set the Right Goals & Achieve Them

Professional Coach Amy Jefferies helps you explore why we often fail to reach our goals and how setting the right goal with the right mindset will make you unstoppable. **Fireplace Area**

### Make your Own Wooden Jewelry

David Giannunzio from Porcupine Studios will give you the opportunity to decorate your own rings, necklaces, earrings and bracelets made out of pre-cut wood. **Teen Scene**

## Session Four

1-1:45 p.m.

### 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 Korean 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! GROUP WILL LEAVE OPL AT 1:10 P.M. FROM **Teen Scene**