



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>Easter Monday CLOSED</p>	<p>3</p>	<p>4</p> <p>Bright Babies 10:30-11:00am</p> <p>Chair Yoga 1:00-2:00pm \$</p> <p>Junior Fiction Book Club 3:45-4:30pm</p> <p>Bedtime Buddies 6:30-7:00</p> 	<p>5</p> <p>Play & Learn 10:00-11:30am</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>Tech & Tea 1:00-2:00pm</p> <p>PEPL Board Meeting 6:00pm</p>	<p>11</p> <p>Bright Babies 10:30-11:00am</p> <p>Chair Yoga 1:00-2:00pm \$</p> <p>Kids Yoga 3:30-4:00pm \$</p> <p>Bedtime Buddies 6:30-7:00</p> 	<p>12</p> <p>Play & Learn 10:00-11:30am</p> <p>Caught Read-Handed Book Club 1:30pm</p>	<p>13</p>	<p>14</p> <p>Spring Flower Craft 10:00-11:00am Drop-in</p> 
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Bright Babies 10:30-11:00am</p> <p>Chair Yoga 1:00-2:00pm \$</p> <p>Afterschool Adventures 3:30-4:00pm</p> <p>Bedtime Buddies 6:30-7:00</p> 	<p>19</p> <p>Play & Learn 10:00-11:30am</p> <p>Conestoga Career Centre 2:00-4:00pm</p> 	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p> <p>Book Club 7:00-8:00pm</p>	<p>25</p> <p>Bright Babies 10:30-11:00am</p> <p>Chair Yoga 1:00-2:00pm \$</p> <p>Kids Yoga 3:30-4:00pm \$</p> <p>Bedtime Buddies 6:30-7:00</p> 	<p>26</p> <p>Play & Learn 10:00-11:30am</p> <p>Tech & Tea 1:00-2:00pm</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>					<p>\$ - Cost to attend the program</p>

Kids are invited to join us for some afterschool fun! Each month has a special theme and programs will include games, crafts, physical and learning activities.

Wednesdays
3:30-4:00pm



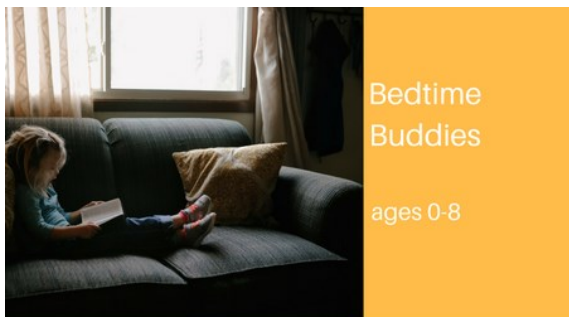
Join Stacy for a half hour session of kids yoga after school. The cost for each session is \$3.00 and children must pre-register.

Wednesdays
3:30-4:00pm



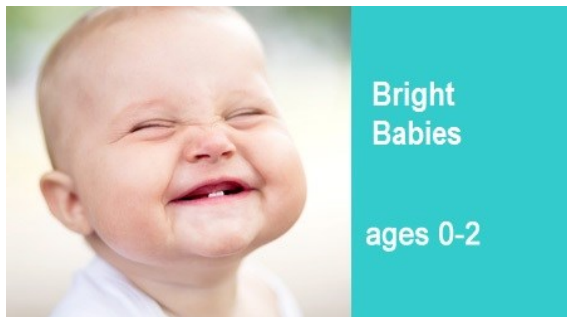
Join us for an evening of stories, circle time, crafts and activities to wind down before bedtime!

Wednesdays
6:30-7:00pm



A program for infants and their caregivers. In Bright Babies there will be stories, lap bounces, finger and sensory play.

Wednesdays
10:30-11:00am



NEW **Chair Yoga Class**

Class Instructor: **Stacy Roth, Registered Yoga Teacher (RYT 200)**


When: **New Session begins Wednesday March 21, 2018 at 1:00-2:00pm**
Where: **Perth East Public Library**
Cost: **\$3.00 per class or \$20.00 for a 10 week session**

Chair Yoga is designed specifically as a non-impact exercise. The focus is placed on proper breathing and gentle postures. All postures are done either sitting in a chair or standing. Postures strengthen the body and promote flexibility and balance; breath work calms the nervous system, reduces stress and improves the mind/body connection.





For more information, please contact
Wellness Coordinator- Josie Scott at
519-595-8755 or email
jscott@knollcrestlodge.com

PLOW- Amish Playgroup



Wednesday April 4
9:30-11:00am
Wednesday April 11
9:30-11:00am
Wednesday April 18
9:30-11:00am
Wednesday April 25
9:30-11:00am
Wednesday May 2
9:30-11:00am

**JUNIOR FICTION
BOOK CLUB**

Wednesday April 4th
3:45-4:30PM

WHY JOIN OUR BOOK CLUB?
EACH INDIVIDUAL CHILD GETS TO SELECT BOOKS OF
INTEREST TO THEM.

FOR MORE INFORMATION PLEASE CONTACT THE
LIBRARY AT 519-595-8395