

## **Library End of Term Stress Relief November 30 - December 4, 2015**

### **All Week Long**

- All Day - **Coloring** - Main Floor
- All Day - **Zen Garden** - Main Floor
- All Day - **Buddha Board** - Main Floor
- All Day - **Peacock Feather Balancing** - Main Floor
- All Day - **Sheet Tent** - Main Floor

### **Monday Nov 30**

- 1:00 pm - 2:00 pm **Certified Therapy Dogs** Crossett Library

### **Tuesday Dec 1**

- 2:00 pm - 4:00 pm **Oodles of Doodles** Crossett Library Main Floor
- 6:00 pm - 7:00 pm **Certified Therapy Dogs** Crossett Library

### **Wednesday Dec 2**

- 1:30 pm **Super Bouncy Ball Drop** Crossett Balcony (Rain Date 12/3)
- 2:00 pm - 4:00 pm **Oodles of Doodles** Crossett Library Main Floor
- 9:00 am - 4:30 pm **Cat Therapy** Jennings Music Library
- 6:00 - 7:00 pm **Certified Therapy Dogs** Crossett Library

### **Thursday Dec 3**

- Noon - 2:00 pm **Hot Spot** free hot chocolate at the Crossett Drive-Thru Window
- 1:00 pm - 2:00 pm **Certified Therapy Dogs** Crossett Library
- 1:30 pm **Super Bouncy Ball Drop** Crossett Balcony (Rain Date)

### **Friday Dec 4**

- 10:00 am - 1:00 pm **Free Chakra Balancing or Massage** with Laurie, Kim, and Janet from Jophiel's Salon and Wellness Loft. Email Laura Payne [lpayne@bennington.edu](mailto:lpayne@bennington.edu) or call 4600 to schedule your free 15 minute appointment.
- 1:00-2:00 pm **Ambient Guitar** with Joe Tucker
- 3:00-5:00 pm **Jazz Break with Snacks** Jennings Music Library