






<p><b>January</b></p>			<p>29</p> <p><b>January 29 Registration Day &amp; Presentations from Instructors</b> 9:00am - 11:00am</p> <p>Eden Brook Reception Area located on Lower Springbank Road near the end of 17th Ave SW</p>	<p><b>May 6 SPRING TEA!</b> 9:00am - 11:00am</p> <p>All are welcome to our spring tea!</p>	<p> @SpringbankLadiesTimeOut   @SpringbankLadiesTimeOut   springbanklto@gmail.com   springbanklto.ca</p>
<p><b>February</b></p>	<p>5</p> <p>Burmese Cuisine (Ching) \$40                  Crochet Class (Jan W) \$10                  Reflexology (Vicky) \$50                  9:15 -10:45</p>	<p>12</p> <p>Valentine Day Cupcakes (Angela) \$65                  Zen Doodles (Shawna) \$5                  Reiki (Karen) \$40                  9-10 / 10-11</p>	<p>19</p> <p>No Classes (Family Day)</p>	<p>26</p> <p>Shake It Up! (Carmen) \$20                  Power Of Protein (Michelle) \$49                  Therapeutic Massage (Teresa)                  \$80                  9-10 / 10-11</p>	<p>#1 Snack Day/Set Up/Clean Up:</p> <hr/>
<p><b>March</b></p>	<p>4</p> <p>Macarons (Nathalie) \$60                  Pottery Class Part 1 (Valerie)                  \$75 for 2 class days                  Reflexology (Vicky) \$50                  9:15 -10:45</p>	<p>11</p> <p>Coffee 101 with Crickle Creek                  Coffee (Guillermo) \$25                  Chinook Skincare Essentials -                  Journey to Radiant Skin                  Naturally (Megan) \$40                  Reflexology (Vicky) \$50                  9:15 -10:45</p>	<p>18</p> <p>Boring to Bold Chicken Dishes (Karen) \$40                  Pottery Class Part 2 (Valerie)                  \$75 for 2 class days                  Learn To Apply False Lashes (Adrienne) \$125                  Reflexology (Vicky) \$50                  9:15 -10:45</p>	<p>25</p> <p>Easter Cake (Angela) \$75                  Tea Cup Floral Display (Carmen)                  \$25                  Pelvis Health Information Session (Emily) \$15</p>	<p>#2 Snack Day/Set Up/Clean Up:</p> <hr/>
<p><b>April</b></p>	<p>1</p> <p>No Classes (Easter)</p>	<p>8</p> <p>Japanese Miso (Ching) \$40                  One On One Hair Tutorials (Rachel) \$25                  9-9:30 / 9:30-10 /                  10-10:30 / 10:30-11                  Reflexology (Vicky) \$50                  9:15 -10:45                  Yoga for Movement (Jessica K)                  \$20/class OR \$75 for 4 classes</p>	<p>15</p> <p>Chinese Dumplings (Linda) \$30                  Personalized Wine Glasses (Shea) \$40                  Yoga for Movement (Jessica K)                  \$20/class OR \$75 for 4 classes</p>	<p>22</p> <p>BBQ Sauces &amp; Rubs (Jessica B)                  \$35                  Introduction To Beading (Angie)                  \$50                  Reflexology (Vicky) \$50                  9:15 -10:45                  Yoga for Movement (Jessica K)                  \$20/class OR \$75 for 4 classes</p>	<p>29</p> <p>Blueberry Pie (Angela) \$40                  Reflexology Talk and                  Demonstration (Vicky) \$15                  Yoga for Movement (Jessica K)                  \$20/class OR \$75 for 4 classes</p>
<p><b>MAY 6 SPRING TEA Everyone Welcome! Bring a friend or neighbor to celebrate the coming of Spring.</b></p>					
<p>Each week come for FREE coffee, snacks and a visit with other ladies. On any given Monday there may be games to learn, ongoing help with crochet projects and/or IT assistance.</p>					
<p>Regular Classes 9-11 am including: cooking, crafts, arts, &amp; wellness (except massage, reiki and reflexology)</p>					
<p>If you can't attend your class, send a friend in your place!</p>					