



Date	Class Name	Description	Fees	Location	Min/Max numbers	Instructor
every Monday	Coffee & chat	Each week come for COFFEE & CHAT - Enjoy getting caught up with friends, work on an ongoing project, play a game, participate in a book swap, enjoy getting together. FREE	Free	Main room		<ul style="list-style-type: none">  @SpringbankLadiesTimeOut  @SpringbankLadiesTimeOut  springbankto@gmail.com  springbankto.ca
Feb 5	Burmese Cuisine	This class will tantalize your taste buds by highlighting a few popular Burmese dishes: shan noodles, golden egg curry, and Burmese fried rice. All food is gluten free and dairy free.	\$40	Kitchen	no Min/Max 10	Ching Li
Feb 5	Crochet Class	Learn to crochet with some easy projects, how to read pattern instructions and what the abbreviations mean. You can bring your own supplies or they will be offered by the instructor at an additional cost.	\$10	Main room	no Min or Max	Jan Wittstrom
Feb 5	Reflexology	Reflexology is an alternative healing therapy that works on the premise that your feet are a small anatomical map of your body. It is a method of acupressure which activates your body whilst working on specific points and zones of the foot that respond to different parts of your body. The benefits include dynamic healing, relaxation, stress release, revitalizing energy, clearing congestion and cleansing the body of toxins and improving circulation.	\$50	Spa room	9:15 -10:45 am	Vicky Duffner
Feb 12	Valentine Day Cupcakes	No experience required. Join me to turn plain cupcakes into LOVE-WORTHY cupcakes. Let's fill, frost & embellish to create some amazing Valentine-themed cupcakes. Proper storage will be discussed in the class and will ensure fresh & delicious cupcakes for Valentine's Day. This is a standing class; so please wear comfortable shoes. Bring an apron, pen(cil) to take notes & a creative can-do attitude! All ingredients & packaging will be provided.	\$65	Kitchen	Min 6/Max 12 (cut off for late enrollment is Feb 5)	Angela Friesen
Feb 12	Zen Doodles	Join me to learn about meditative doodling! If you attended last year, you can retake this class as I will showcase different patterns and a different small project. Bring your supplies from last year. If you are a beginner, pens will be available for purchase for \$5 or less.	\$5	Main room	Max 12	Shawna Waller
Feb 12	Reiki	Reiki is a complementary therapy to incorporate into your overall health and wellness routine by promoting stress reduction, relaxation, and healing through the balancing of energy and chakras. It can help to clear negative energy or blockages and fill it with light. It can sometimes be an intuitive experience. Regardless, it should leave you feeling relaxed and at peace. Think of it as an energy massage with a mix of meditation. (2 approximately 40 minute session)	\$40	Spa room	9-10 am 10-11 am approx. 40 mins long	Karen Knutson
Feb 19	No Classes					
Feb 26	Shake It Up!	Like to enjoy a tasty cocktail at home? Do you enjoy entertaining and want to learn some simple but impressive drinks to serve friends? This is your chance to up your cocktail/mocktail game! Alcohol or no, a tasty drink can be easy to make and enjoy wherever you are. Join me as we cover some classics and show you how to change things up. We'll make simple syrup, a cocktail mix and show you how to serve to impress! We'll sample some mocktails and then everyone will go home with recipes and cocktail mixers to enjoy at home. No alcohol will be served but hopefully you'll be inspired to use some things in your liquor cabinet!	\$20	Kitchen	Min 4/Max 12	Carmen Lopez-Folan
Feb 26	Power Of Protein	It's in the matrix that makes our bodies. Your hair, skin, nails -- as well as your shapely body muscles. Let's enjoy the truly powerful proteins, learn what they offer to our body, and long-term to our health!	\$49	Aspen Suite	Min 4/no Max	Michelle Malmberg
Feb 26	Therapeutic Massage	Registered massage therapist with 19 years experience: relaxation, therapeutic and cupping massage. 2 one hour time slots.	\$80	Spa room	9 - 10 am 10 -11am	Teresa Wallace
Mar 4	Macarons	Learn to make your own delicious macarons from scratch! From making the shell, to the filling and finally decorating them. You will take home a dozen macarons you made!	\$60	Kitchen	Min 6/Max 10	Nathalie Mandine

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Mar 4	Pottery Class part 1	Each person will make their own mug (approximately 14 oz) in clay. After creating the basic vessel embellishments can be added, a design can be stamped or writing can be put onto the mug. **Must take part 2 on March 18 to glaze your creation	\$75 for 2 class days - March 4 and March 18	Main room	Min 2/Max 4	Valerie Desaulniers
Mar 4	Reflexology	A method of accupressure of specific points and zones of the foot to promote dynamic healing. (see Feb 5 for full description)	\$50	Spa room	9:15 - 10:45 am	Vicky Duffner
Mar 11	Coffee 101 with Crickle Creek Coffee	Come and learn coffee history, growing, varieties and different variables that come into play when brewing your favorite cup. As well there will be some cupping or sampling in coffee lingo. Each person will get a bag of coffee to take home.	\$25	Kitchen	Min 6/Max 12	Guillermo Franco
Mar 11	Chinook Skincare Essentials - Journey to Radiant Skin Naturally	Give yourself a 2-step facial & massage. Dive into understanding diverse skin types, explore key ingredients, and master the art of facial massage/gua sha for some at-home self-care. Enjoy a cup of herbal tea as you discover the benefits of natural ingredients through hands on demonstrations. Each participant will receive 2-5gm skin care samples, 1 cleansing sponge AND a downloadable ebook "A Guide To Achieving Radiant Skin Naturally", as part of the course, ensuring you can immediately implement what you've learned. Elevate your routine further with an optional Bian Stone Gua Sha for \$25 (\$10 savings). Walk away with both knowledge and practical skills for an indulgent at-home facial. You'll also receive an exclusive discount code for Chinook Skincare. Embrace a healthier, glowing you with "Chinook Skincare Essentials".	\$40	Main room	Min 10/no Max	Megan Houde
Mar 11	Reflexology	A method of accupressure of specific points and zones of the foot to promote dynamic healing. (see Feb 5 for full description)	\$50	Spa room	9:15 - 10:45 am	Vicky Duffner
Mar 18	Boring to Bold Chicken Dishes	We are going to cook a wholesome "go to" meal and learn how to take BORING chicken, veggies and potatoes to BOLD - Golden Chicken, Braised Greens and Potato Gratin. Despite these BOLD names, they are easy to cook, delicious AND nutritious. During the lesson we will discuss how to plate the meal to balance our macronutrients (protein, carbs/fiber and fats) and the benefits. We will also discuss variations to this meal to always keep it interesting. This will be a new staple meal in your house! ** (this class is gluten friendly and can be dairy free) Please bring a pen to jot down personal notes and containers if there are leftovers.	\$40	Kitchen	Min 3/Max 12	Karen Knutson
Mar 18	Pottery Class part 2	You must have done Pottery Class part 1 on March 4 to participate in this class. Your pottery masterpiece will be returned after drying and being bisque fired. This class will involve glazing your mug and after that it will be taken to get fired. It will be returned to LTO at a later date for you to pick up.	cost included in March 4 Pottery Class part 1	Main room	Same people from Part 1 on Mar 4	Valerie Desaulniers
Mar 18	Learn To Apply False Lashes	False lashes and the following fillings can add up and be time consuming and expensive. In this class you will be doing it yourself saving time and money. Learn the ins and outs of choosing the right false lash style for you, how to customize them to work for your eye shape and how to apply them so they're comfortable and stay put! This is a hands on lesson and includes a False Lash Starter Kit to keep that is valued at \$62.	\$125	Main room	Min 2/Max 6	Adrienne Furrie
Mar 18	Reflexology	A method of acupressure of specific points and zones of the foot to promote dynamic healing. (see Feb 5 for full description)	\$50	Spa room	9:15 - 10:45 am	Vicky Duffner
Mar 25	Easter Cake	No experience required. Learn how to properly stack, fill, frost & decorate a layer cake. The entire cake is yours to take home. Proper storage will be discussed in the class and will ensure a fresh cake for your Easter entertaining. This is a standing class; so, please wear comfortable shoes. Bring an apron, pen(cil) to take notes & a creative can-do attitude! All ingredients & packaging will be provided.	\$75	Kitchen	Min 6/Max 12 (cut off for late enrollment is March 11)	Angela Friesen

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Mar 25	Tea Cup Floral Display	Follow along as we create a pretty floral arrangement ready to bring home or gift to a friend. Using grocery store flowers and a vintage tea cup, we'll put together a sweet arrangement! Everything you need will be provided. If you have floral snips, please bring them along.	\$25	Main room	Min 2/Max20	Carmen Lopez-Folan
Mar 25	Pelvis Health Information Session	Hosted by Emily Czechowskyj, a registered physiotherapist, with practise in both sports and pelvic floor physiotherapy. The class will start with a group information session on pelvic floor physiotherapy, which is a specialized branch that focuses on the treatment and management of pelvic health conditions in both men and women. These conditions may include pelvic pain, urinary incontinence, pelvic organ prolapse and post surgical rehabilitation. This talk aims to educate individuals about the role of the pelvic floor muscles, common conditions affecting pelvic health and various treatment options available. Treatment strategies will be discussed. Overall, the purpose is to empower individuals to take control of their pelvic health and provide them with the necessary tools and knowledge to improve their quality of life. After the group talk concludes there will be private 10 minute 1 on 1 complimentary physiotherapy treatment demonstrations to show how it can help various muscle and joint conditions or sports injuries. It will include a brief assessment of the person's chosen joint or muscle issue followed by a brief treatment of the area. **Disclaimer: these are only sample demonstrations and therefore no insurance receipt will be provided.	\$15	Main room/ Spa room	Min 6/ Max 6	Emily Czechowskyj
Apr 1	No Classes					
Apr 8	Japanese	Miso is a staple ingredient in Japanese cuisine. In this class you will learn how to use miso in something other than soup...Miso Marinated Chicken, Buttery Miso Noodles, Asian Pear and Edamame Salad and Coconut Mochi Cake. Please notify instructor if you need gluten free or dairy free as substitutions can be supplied.	\$40	Kitchen	no Min/Max 10	Ching Li
Apr 8	One On One Hair Tutorials	Wondering how to use the hair tools or products you have laying around at home to create the styled look your hairstylist does? Get 30 minutes of 1 on 1 time with master hairstylist, Rachel Crews with over 16 years in the beauty industry, to learn how to use your tools and products to get the look you desire. You can bring your own tools from home otherwise Rachel will have hers to use. Products can make or break your look so bring your products from home to make sure you are using the right things for your hair type. ***please come with clean, dry hair***A selection of products will be available to purchase CASH ONLY. All those that register will receive a 20% off coupon for future hair services with Rachel at the salon Hairpop.	\$25 per 30 minute session	Main room	Choose 1 - 30 minute time slot: 9 - 9:30 am 9:30 - 10 am 10 - 10:30 am 10:30 - 11am	Rachel Crews
Apr 8	Yoga For Movement/Movement For Yoga	This session is intended to provide a welcoming environment in which to breath, move, and discover pathways toward greater ease and harmony in daily life, whatever your current level of activity or experience with Yoga may be. All are invited to connect with themselves in this supportive practice opportunity that will utilize classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences to present an opportunity for personal development, greater self-awareness, increased strength, stability, range-of-motion and functional stability. Options will be continuously offered to accommodate those ready and eager for increasing challenges, as well as those who may prefer or require a slower pace or more refined instruction to feel at home in their bodies. Adaptations can be made for any pre existing injuries or conditions.	\$20 each or all 4 classes for \$75	Aspen Suite	Min 4/ no Max	Jessica Kwong
Apr 8	Reflexology	A method of acupressure of specific points and zones of the foot to promote dynamic healing. (see Feb 5 for full description)	\$50	Spa room	9:15 - 10:45 am	Vicky Duffner
Apr 15	Chinese Dumplings	Come learn the traditional art of making Chinese dumplings. Each participant will make their own pork and cabbage dumpling to bring home. We will also sample two types of dumplings with different dipping sauces.	\$30	Kitchen	Min 4/ Max 8	Linda Tamkee

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Apr 15	Personalized Wine Glasses	Join in for some creative fun! Create your very own set of personalized wine glasses. During this 2 hour session you will design and paint 2 wine glasses, under the guidance of an experienced artist. Bring your own ideas from Pinterest, or browse our idea pages. Create and connect with friends and drink wine from a fun glass that brings you joy.	\$40	Main room	Min 6/ no Max	Shea Stiles
Apr 15	Yoga For Movement/ Movement For Yoga	Classical yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences (see April 8 for full description)	\$20 each or all 4 classes for \$75	Aspen Suite	Min 4/ no Max	Jessica Kwong
Apr 22	BBQ Sauces & Rubs	Join us in making some modern takes on BBQ sauces and dry rubs. We will make a blueberry BBQ sauce, a Korean gochujang BBQ sauce, an all purpose BBQ rub and an Asian- inspired BBQ rub. You will bring home one batch of each of these as well as the recipes and ideas on how to use them.	\$35	Kitchen	Min 4/ Max 10	Jessica Bowen
Apr 22	Introduction To Beading	Get started stringing beads with this introduction to beading. Millefiori glass beads - or "Thousand Flowers" - are the focal point of this necklace and earrings set. Learn how to use tiger wire and crimp beds as you string your necklace. Create a matching pair of dangle earrings by turning loops in wire with pliers. Choose between Turquoise, Amber, Green, Red or Multi colored beads. Please note your color choice on registration form.	\$50	Main room	Min 6/ no Max	Angie from "Beads and Plenty More"
Apr 22	Reflexology	A method of acupressure of specific points and zones of the foot to promote dynamic healing. (see Feb 5 for full description)	\$50	Spa room	9:15 - 10:45 am	Vicky Duffner
Apr 22	Yoga For Movement/Movement For Yoga	Classical yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences (see April 8 for full description)	\$20 each or all 4 classes for \$75	Aspen Suite	Min 4/ Max 10	Jessica Kwong
Apr 29	Blueberry Pie	Intimidated at the thought of making homemade pie crust? Well, you won't be after this class! Learn how to make pie crust from scratch then prepare your own delicious Spring-inspired fruit pie. Please note that you will take your unbaked pie home. Please plan to go home immediately following the class to either bake or freeze your pie. This is a standing class; so, please wear comfortable shoes. Bring an apron, rolling pin (if you have one), pen(cil) to take notes & an appetite for blueberry pie because we will be eating pie at the end of the class! All ingredients & packaging will be provided.	\$40	Kitchen	Min 6/ Max 12 (cut off for late enrollment is April 15)	Angela Friesen
April 29	Reflexology Talk and Demonstration	This term I will be offering a Reflexology talk and demonstration for those of you who are interested in learning what Reflexology is, how Reflexology works, the history of this healing technique and the benefits for your body and mind. The demonstration will be shown so you know what to expect, how it is done and what it feels like. Come along and learn something new, interesting and therapeutic.	\$15	Main room	no Min or Max	Vicky Duffner
April 29	Yoga For Movement/Movement For Yoga	Classical yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see April 8 for full description)	\$20 each or all 4 classes for \$75	Aspen Suite	Min 4/ no Max	Jessica Kwong
May 6	Spring Tea	SPRING TEA 9:00am - 11:00am All are welcome to our spring tea!	FREE!	Main Room		