






<p>January</p>			<p>20</p> <p>Registration Day 9:00 - 11:00 am</p> <p>Eden Brook Reception Center</p>	<p>27</p> <p>Love Your Guts-Simple Sourdough with Kerrie-Ann \$50</p> <p>Adventures in Groceries (Lori) \$20</p> <p>Reflexology (Vicky) \$50</p>	<p> @SpringbankLadiesTimeOut</p> <p> @SpringbankLadiesTimeOut</p> <p> springbanklto@gmail.com</p> <p> springbanklto.ca</p>
<p>February</p>	<p>3</p> <p>Asian Soups (Ching) \$40</p> <p>Learn to Play Cribbage (Leanne) \$5</p> <p>Yoga for Movement #1 (Jessica) \$20 each, 3 classes for \$55, 4 classes for \$75 or all 7 for \$125</p>	<p>10</p> <p>Curious about Carbs (Michelle) \$49</p> <p>Valentine Layer Cake (Angela) \$75</p> <p>Yoga for Movement #2 (Jessica)</p>	<p>17</p> <p>Family Day No Classes</p>	<p>24</p> <p>Healing Elixirs (Nichole) \$30</p> <p>Woven Wire Pendant (Angie) \$20</p> <p>Spa Pedicures (Helen) \$65</p> <p>Yoga for Movement #3 (Jessica)</p>	<p>#1 Snack Day/Set Up/Clean Up:</p> <hr/>
<p>March</p>	<p>3</p> <p>Modern Vietnamese (Ching) \$40</p> <p>Wild Sun Skincare Natural Beauty Workshop (Leah) \$40</p> <p>Massage (Teresa) \$80</p> <p>Yoga for Movement #4 (Jessica)</p>	<p>10</p> <p>Love Your Guts-Simple Sourdough (Kerrie-Ann) \$50</p> <p>Glass Bead Elastic Bracelets (Angie) \$20</p> <p>Reflexology (Vicky) \$50</p>	<p>17</p> <p>Making Macarons (Nathalie) \$60</p> <p>Paint Your Pet (Shea) \$41</p> <p>Reflexology (Vicky) \$50</p>	<p>24</p> <p>Healing Teas - Decaf (Nichole) \$30</p> <p>RCMP Talk \$5</p> <p>Massage (Teresa) \$80</p>	<p>31</p> <p>Homemade Crackers (Angela) \$45</p> <p>Origami Bookmarks (Jan) \$15</p> <p>Crickle Creek Coffee \$25</p> <p>Yoga for Movement #5 (Jessica)</p>
<p>April</p>	<p>7</p> <p>Soffrito Pizza Cooking Class (Gord) \$40</p> <p>Spring Floral (Carmen & Donna) \$30</p> <p>Massage (Teresa) \$80</p>	<p>14</p> <p>Vanilla & Chocolate - Taste & Learn (Nichole) \$30</p> <p>Easter Surprise-Inside Cupcakes (Angela) \$75</p> <p>Spa Pedicures (Helen) \$65</p> <p>Yoga for Movement #6 (Jessica)</p>	<p>21</p> <p>Easter Monday No Classes</p>	<p>28</p> <p>Dumplings & Wontons (Linda) \$40</p> <p>Fascinator DIY (Karen) \$30</p> <p>Massage (Teresa) \$80</p> <p>Yoga for Movement #7 (Jessica)</p>	<p>#2 Snack Day/Set Up/Clean Up:</p> <hr/>

SPRING TEA MAY 5, 2025 - Everyone Welcome! Bring a friend or neighbor to enjoy tea and snacks-and don't forget your fascinator!!

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, etc.

Regular Classes 9-11 am including: cooking, crafts, arts, & wellness (except massage and reflexology)

If you can't attend your class, send a friend in your place!