






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. Coffee & Chat is included your membership fee!	Free	Main room		<ul style="list-style-type: none">  @SpringbankLadiesTimeOut  @SpringbankLadiesTimeOut  springbanklto@gmail.com  springbanklto.ca
January 27	Love Your Guts Simple Sourdough	Love Your Guts Simple Sourdough is teaming up with LTO. Join me while we embark on a journey where simplicity meets nourishment and tradition meets innovation. Leave your worries at the door? This workshop is crafted to be stress-free and enjoyable, allowing you to immerse yourself fully in the experience. I'll guide you through a straightforward sourdough baking process, ensuring that each step is clear and manageable. You won't need any fancy gadgets or tools. We'll keep things uncomplicated and accessible to all. Includes all ingredients, starter, instructions, YouTube tutorial, jar and access to a private Love Your Guts Simple Sourdough Facebook group for questions, comments and celebrations. You will get a sourdough starter, a loaf to bake, sourdough jar, new knowledge around keeping a healthy happy gut microbiome, a fun experience and the ability to make your own bread for the rest of your life. Please bring a large bowl, medium bowl, small spatula, measuring cups and a tea towel.	\$50	Kitchen	Min 5 / Max 10	Kerrie-Ann LeBlanc
	Adventures in Groceries	I'll tell you all about some great hidden gems of Calgary grocery stores, bakeries and hole-in-the-wall eateries. Samples, prizes and recipes included!	\$20	Main Room	Min 4/ no Max	Lori Champagne
	Reflexology with Vicky	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	Max 1 9:00-10:30 am	Vicky Duffner
Feb 3	Asian Soups	Time to cozy up with a warm bowl of soup. We will be making Kimchi Sujebi (hand-torn noodle soup) and Thai Chicken and Cauliflower Coconut Soup. This class is dairy-free!	\$40	Kitchen	Max 10	Ching Li
	Learn to Play Cribbage	Have you always wanted to learn how to play crib? You will learn to recognize common patterns, shuffle, and crush the dreams of others hoping to win. We will play with 2-3-4 players, single or teams. Come for the fun!!	\$5	Main	min 1/ Max 6	Leanne
	Yoga For Movement/Movement For Yoga Class #1	This session is intended to provide a welcoming environment in which to breathe, move and discover pathways towards 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, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong

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Feb 10	Curious About Carbs!	How do carbs affect our hormones and make our bodies feel 'heavy'? That moment on the lips but not on the hips...How can we prepare carb foods so the food chemistry supports our health? How do we choose and serve carbs that best nourish our bodies? Let's dive into samples of nourishing foods that support our brain and vitality for the long term! Includes food samples!	\$49	Kitchen	Min 5/ no Max	Michelle Malmberg
	Valentine Layer 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 Valentine's Day. Please indicate your preference of Chocolate Fudge or Vanilla Raspberry when registering. *Contains Gluten & Dairy* 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	Main room	Min 5 / no Max <i>Note: Last day to register is Jan. 27</i>	Angela Friesen
	Yoga For Movement/Movement For Yoga Class #2	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong
Feb 17	Family Day - No Classes					
Feb 24	Healing Elixirs	We will talk about the immune boosting benefits of fire cider and oxymels. Fire cider is an old remedy of sorts that is great for cold and flu season. It is an infusion of many different herbs, roots, fruits and vegetables in apple cider vinegar, all with immune boosting benefits as well as anti viral and anti fungal effects. Oxymels are similar to fire cider. An oxymel is honey, apple cider vinegar infused with spices, roots, and any other nutrient dense foods you would like to add for the effects you want to achieve. Like fire cider, oxymels are great for cold and flu season as well as other ailment supports. You will learn how to mix both, how to know when they are ready for use and how to use them. We will also discuss what to add to each for maximum effectiveness. You will go home with a recipe and information handout as well as a sample of each item described and everything is gluten free.	\$30	Kitchen	Min 6/Max 10	Nichole Philipchuk
	Woven Wire Pendant	Encase a stone with wire using a simple braiding technique. Learn how to create a bale and finish your wire ends off.	\$20	Main Room		Angie
	Spa Pedicure	Aesthetic & Wellness spa pedicure. Your feet will be soaked in a gently massaging foot bath infused with organic Dead Sea salts; next, a cuticle and nail trim and a manual foot file to remove callus & dry skin; and finally a luxurious foot massage followed by a regular polish using a premium professional line from Germany whose polishes are free of many harmful chemicals. Bring a pair of flip flops and allow approx. 45min for the polish to harden sufficiently before wearing closed-toe shoes.	\$65	Spa Room	9 -10am 10 -11am	Helen Doukakis
	Yoga For Movement/Movement For Yoga Class #3	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each	Aspen Suite	Min 5 / no Max	Jessica Kwong
Mar 3	Modern Vietnamese	In this class you will learn how to make a ginger Sesame Banh Mi Rice Bowl that will be perfect for lunch or dinner. We will also bake some Green Tea Lemon Latte Cookies. The rice bowl is gluten-free. We will be using flour and butter in the cookies;	\$40	Kitchen	Max 10	Ching Li

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	Wild Sun Skincare Natural Beauty Workshop	Wild Sun Skincare, will be hosting a 1 hour and 15 minute workshop on how natural beauty products (free from chemicals and synthetics) can keep your skin looking youthful and glowing year-round. Leah will discuss the benefits of her top selling anti-aging facial and body products. She will demonstrate how to use the products, and which ones are best suited for which skin types. Included in the workshop, Leah will demonstrate a hands-on ultra moisturizing and exfoliating organic sugar scrub. She will also explain how wonderful this product is to remedy and repair the appearance of crepey skin. Leah will take everyone through the process step-by-step of mixing the 100% organic ingredients and essential oils. She will also provide the formula recipe. Each participant will take home their own 8 oz jar of exfoliation scrub. Valued at \$25. Each participant will also take home one of Leah's Replenish Lip Balms in lavender/lemon or citrus/mint.	\$40	Main Room	Min 5/ no Max	Leah Sigurdson
	Massage	Registered Massage Therapist with 20 years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80/hour	Spa Room	9 -10am 10 -11am	Teresa Wallace
	Yoga For Movement/Movement For Yoga Class #4	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong
Mar 10	Love Your Guts Simple Sourdough	This is a repeat class-see January 27 for full description!	\$50	Kitchen	Min 5 / Max 10	Kerrie-Ann
	Glass Bead Elastic Bracelets	Choose from a variety of stone and glass beads to create two elastic bracelets with or without a charm. Additional bracelets can be made at \$10 per bracelet.	\$20	Main Room		Angie
	Reflexology with Vicky	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	Max 1 9:00-10:30 am	Vicky Duffner
Mar 17	Making 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
	Paint Your Pet	This session is two hours in length, you will have all the supplies needed plus a canvas with a sketched image of your pet or your favourite animal. We will take you through your painting step-by-step. Please email a copy of your pet/animal photo to shea@vingogh.ca, at least one week prior to the event. A clear photo of your pet looking at the camera works best. Check us out on insta @vingoghyyc	\$41	Main Area	Min 8/ Max 12	Shea Stiles
	Reflexology with Vicky	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	Max 1 9:00-10:30 am	Vicky Duffner

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Mar 24	Healing Teas (Decaf)	his class is all about how to use teas to support your health. All non-caffeinated recipes. We will discuss and learn how to blend a tea for each ailment listed: Inflammation Digestion Detox Immune system Sleep We will try some of the teas we will talk about. You will also get a handout with recipes and ideas of herbs and spices. As well as some samples of teas.	\$30	Kitchen	Min 6/Max 10	Nichole Philipchuk
	RCMP Talk	Content to be Announced	\$5	Main Room	Min 8/Max 12	RCMP Officer
	Massage	Registered Massage Therapist with 20 years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80/hour	Spa Room	9 -10am 10 -11am	Teresa Wallace
Mar 31	Homemade Crackers	No experience necessary. Do you love crackers? Learn to make them from scratch and with real ingredients & no preservatives. Varieties include; raincoast crisps, sesame snaps, buttermilk crackers and a seedy high fibre crispy flatbread. Two are naturally gluten-free & two contain gluten. Must be ok with sesame. Please indicate any nut or seed allergies when registering. 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.	\$45	Kitchen	Min 6/ Max 12 Note: Last day to register is Mar 24	Angela Friesen
	Origami Bookmarks	Create your own origami bookmark! All materials and supplies included.	\$15	Main Room	Min 3/ Max 10	Jan Wittstrom
	Crickle Creek Coffee	90 minute coffee tasting experience. Gain insights into different coffee varieties, processing methods, roasting and brewing techniques. Deepen your appreciation for every sip. Includes a 340g bag of specialty coffee!	\$25	Main Room	Min 12	Guillermo
	Yoga For Movement/Movement For Yoga Class #5	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong
Apr 7	Soffrito	Pizza Making Class	\$40	Kitchen		Gord
	Spring Floral	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 or Mason jar, we'll put together a sweet arrangement! Everything you need will be provided. If you have floral snips, please bring them along.	\$30	Main Room	Min 4/ Max 12	Carmen & Donna
	Massage	Registered Massage Therapist with 20 years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80/hour	Spa Room	9 -10am 10 -11am	Teresa Wallace
	Yoga For Movement/Movement For Yoga Class #6	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong
Apr 14	Vanilla & Chocolate - Taste & Learn!	We will learn how to make vanilla extract, vanilla sugar, how to use vanilla beans and the differences between the vanilla options out there. I will show you how to make your own healthier version of chocolate. How to add flavours to your chocolate recipes. The course will include demonstrations, a handout with recipes and samples to taste. Everything will be gluten free.	\$30	Kitchen	Min 6/ Max 10	Nichole Philipchuk

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	Easter Surprise-Inside Cupcakes	No experience required. Join me to turn plain cupcakes into fun, surprise-inside cupcakes! Let's fill, frost & embellish to create some amazing Easter-themed cupcakes. Proper storage will be discussed in the class and will ensure fresh & delicious cupcakes for Easter. *Contains gluten & dairy*. 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	Main Room	Min 6/ no Max	Angela Friesen
	Spa Pedicure	Aesthetic & Wellness spa pedicure. Your feet will be soaked in a gently massaging foot bath infused with organic Dead Sea salts; next, a cuticle and nail trim and a manual foot file to remove callus & dry skin; and finally a luxurious foot massage followed by a regular polish using a premium professional line from Germany whose polishes are free of many harmful chemicals. Bring a pair of flip flops and allow approx. 45min for the polish to harden sufficiently before wearing closed-toe shoes.	\$65	Spa Room	9 -10am 10 -11am	Helen Doukakis
Apr 21	Easter Monday - No Classes					
Apr 28	Dumplings & Wontons	Learn to make this classic Asian comfort food! They are versatile with so many options for fillings, dipping sauces, and cooking methods. For this class, we will make Pork and Chive Dumplings and Vietnamese Beef Potsticker Salad. You will wrap your own dumplings and wontons to bring home and we will also cook some up for a delicious tasting!	\$40	Kitchen	Min 6/ Max 10	Linda Tamkee
	Fascinator DIY	Do you want to feel like a princess or a queen going to high tea? This is a make your own fascinator class that is conveniently timed to showcase it at the LTO Spring Tea on May 5! We will have a couple different styles for a base and then various supplies like ribbons and feathers to add your own personality and flair. There will be samples and pictures to help get the creative juices flowing.	\$30	Main Room	Min 4/ Max 10	Karen Knutson
	Massage	Registered Massage Therapist with 20 years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80/hour	Spa Room	9 -10am 10 -11am	Teresa Wallace
	Yoga For Movement/Movement For Yoga Class #7	Classical Yoga Asana (postures) as well as exploratory somatic (integrated full body) movement sequences. (see Feb 3rd for full description)	\$20 each, 3 for \$55, 4 classes for \$75 or all 7 for \$125	Aspen Suite	Min 5 / no Max	Jessica Kwong
May 5	SPRING TEA	SPRING TEA 9:00 am - 12 noon All are welcome to attend!	FREE!	Main Room		