



		<p>September 15 Registration Day & Presentations from Instructors 9:00 am Presentations 10:00 am Registration</p> <p>Eden Brook Reception Centre located on Lower Springbank Road near the end of 17th Ave SW</p>		<p>December 1 CHRISTMAS MARKET! 9:00am - 12:00pm</p> <p>All are welcome to our Christmas Market!</p>		<p> @SpringbankLadiesTimeOut</p> <p> @SpringbankLadiesTimeOut</p> <p> springbanklto@gmail.com</p> <p> springbanklto.ca</p>
September		<p>15</p> <p>Registration Day 9:00 am Presentations 10:00 am Registration</p>	<p>22</p> <p>Macrame Garland \$60 - Main</p> <p>Homemade Chicken Soup - \$55 - Kitchen</p> <p>Healing Touch \$50 - Spa Room (9-10am or 10-11am)</p>	<p>29</p> <p>NO CLASSES TODAY</p>	<p>#1 Snack Day/Set Up/Clean Up:</p> <p>_____</p>	
October	<p>6</p> <p>Herbal Bath Salts \$30 - Main</p> <p>Flourless Flavour Fest \$50 - Kitchen</p> <p>Healing Touch \$50 - Spa Room (9-10am or 10-11am)</p>	<p>13</p> <p>Thanksgiving NO CLASSES</p>	<p>20</p> <p>Mixed Media Collage \$45 - Main</p> <p>Korean Cooking \$45 - Kitchen</p> <p>Massage \$80 - Spa Room (9-10am or 10-11am)</p>	<p>27</p> <p>Easy Earrings Workshop \$20 - Main</p> <p>Homemade Bagels \$55 - Kitchen</p> <p>Massage \$80 - Spa Room (9-10am or 10-11am)</p> <p>Yoga \$20 - Aspen Suite</p>	<p>#2 Snack Day/Set Up/Clean Up:</p> <p>_____</p>	
November	<p>3</p> <p>Pioneer Snowman Ornament \$15 - Main</p> <p>Thai Cooking \$45 - Kitchen</p> <p>Massage \$80 - Spa Room (9-10am or 10-11am)</p> <p>Yoga \$20 - Aspen Suite</p>	<p>10</p> <p>Rejuvenating Your Hair \$40 - Main</p> <p>Sourdough \$60 - Kitchen</p> <p>Massage \$80 - Spa Room (9-10am or 10-11am)</p> <p>Yoga \$20 - Aspen Suite</p> <p>OFFSITE CLASS - T&T Tour/Lunch with Ching \$15</p>	<p>17</p> <p>Scrunched Christmas Tree Craft \$22 - Main</p> <p>Korean Cooking \$45 - Kitchen (repeat of Oct 20 class)</p> <p>Massage \$80 - Spa Room (9-10am or 10-11am)</p> <p>Yoga \$20 - Aspen Suite</p>	<p>24</p> <p>Sparkle Snowflakes \$20 - Main</p> <p>Fermenting How-to Workshop \$30 - Kitchen</p> <p>Reflexology \$60 - Spa Room starts 9am</p> <p>Yoga \$20 - Aspen Suite</p>	<p>December 1 CHRISTMAS MARKET! 9:00am - 12:00pm</p> <p>All are welcome to our Christmas Market!</p>	
<p>December 1 CHRISTMAS MARKET Everyone Welcome! Bring a friend or neighbour to shop and enjoy the vendors at the Christmas Market!</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, etc.</p>						
<p>Regular Classes 9-11 am including: cooking, crafts, arts, & wellness (except massage, reiki and reflexology)</p>						
<p>If you can't attend your class, send a friend in your place!</p>						