


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. Included with your membership fee!	Free	Main room		<a href="#">@SpringbankLadiesTimeOut</a> <a href="#">@SpringbankLadiesTimeOut</a> <a href="mailto:springbankto@gmail.com">springbankto@gmail.com</a> <a href="http://springbankto.ca">springbankto.ca</a>
Sept 22	Macrame Garland	In this class we will work with the basic macrame square knot to make a beautiful chimney garland. We will also take time to decorate it for the season you'd like. All supplies included!	\$60	Main room	Min 4 / Max 6	Ame Kafor
Sept 22	Homemade Chicken Soup (Noodle and Hot & Sour)	No experience required. Let's make a nutritious bone broth & then turn it into two delicious soups: 1) hot & sour soup, and 2) chicken noodle soup – yes, we will make the noodles from scratch in the class too! We will discuss how to modify the soup recipe to use up your Thanksgiving turkey leftovers. This class is dairy free & may be modified to be gluten-free. Please note that the noodle recipe has not been tested with gf flour. May contain trace gluten in soy sauce. This is a standing class; so, please wear comfortable shoes. <b>Bring an apron &amp; pen(cil). All recipes, tips &amp; tricks, &amp; ingredients provided. Please bring three separate lidded containers.</b>	\$55	Kitchen	Min 6 / Max 10	Angela Friesen
Sept 22	Healing Touch	Healing Touch uses gentle or near body touch to clear, energize, balance and support the human energy system. A pendulum and hand scan is utilized to assess the chakras (body's energy centres) and energy field pre and post treatment. The goal of HT is to facilitate a relaxed state in which self healing occurs. A treatment session takes place fully clothed, lying on a massage table for approximately 30 - 45 minutes. HT has proven to be beneficial for stress relief, anxiety reduction, trauma release, pain reduction, reduction in chemotherapy and radiation side effects, and overall creating a sense of balance and wellbeing.	\$50	Spa Room 9am-10am 10am-11am	Max 2	Gail MacDonald
Sept 29	NO CLASSES TODAY					
Oct 6	Herbal Bath Salts Workshop	Make your own detoxifying and beauty enhancing Herbal Bath Salts. In this workshop we will use skin loving herbs and gorgeous essential oils to create beautiful skin revitalizing bath salts that you can use a few times a week for healthy vibrant skin. You will learn the huge benefits of using salt as a beauty practice and internally for health. Take home your own precious bag of Bath Salts.	\$30	Main Room	Min 4 / Max 15	Leah Sigurdson
Oct 6	Flourless Flavour Fest: A Gluten-free Culinary Adventure	Discover just how delicious and satisfying gluten-free eating can be! In this hands-on class, we'll enjoy a full day's worth of flavor. Starting with cozy muffins for breakfast, exploring pasta-free lunch and dinner ideas, and ending on a sweet note with a delicious almond flour cookie no one will believe is gluten-free. Along the way, you'll learn practical tips for ingredient swaps, how to adapt your favorite recipes, and simple tricks to make gluten-free cooking both nourishing and exciting. Whether you're gluten-free by choice or necessity, you'll leave inspired, and ready to bring these dishes into your everyday life. <b>** This class can include dairy-free and vegan adaptations. Please let me know in advance.</b>	\$50	Kitchen	Min 6 / Max 12	Karen Knutson
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October 13 - Thanksgiving - NO CLASSES						

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Oct 20	Mixed Media Collage	In this class we will use a base of mixed fabric and paper of different kinds to develop the ground to portray what you bring to class. Maybe it's a photograph or something your soul wants to express through a drawing, in this class technique is the base and freedom is key. All supplies included except for the personal focal point that you bring.	\$45	Main Room	Min 5 / Max 10	Ame Kafor
	Korean Cooking with Ching	Explore Korean cuisine with: Gochujang Chicken Skewers (Gluten Free), Chilli Vinegar Noodles with Sesame Tofu (Can be Gluten Free), Tteokbokki (Spicy Rice Cakes (Gluten Free)) All recipes are dairy free.	\$45	Kitchen	Max 10	Ching Li
	Massage with Teresa	Registered Massage Therapist with 20+ years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80	Spa Room 9am-10am 10am-11am	Max 2	Teresa Wallace
Oct 27	Easy Earrings Workshop	Create a trio of different styled earrings. Start with a classic dangly angel earring set. Then, create an everyday earring set featuring a porcelain bead and a chain dangle. Finish off with a rhinestone chain dangle earring set for a fancy evening out (or a fancy everyday!). All earring hooks are nickel free and other options can be arranged. Please talk to us about additional costs for earring alternatives. Includes supplies for three pairs!	\$20	Main Room		Pat Page
Oct 27	Homemade Bagels	No experience required. Learn how to make homemade bagels in a variety of flavours (sweet & savoury) & with multiple toppings. Take home the recipe, learn tips & tricks, and leave with 6-8 freshly baked bagels. The recipe is dairy free, but will contain gluten for a traditional flavour & texture. Some varieties will contain sesame. This is a standing class; please wear comfortable shoes. Bring an apron & pen(cil). All recipes, tips & tricks, packaging & ingredients provided.	\$45	Kitchen	Min 4 / Max 9	Angela Friesen
Oct 27	Massage with Teresa	Registered Massage Therapist with 20+ years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80	Spa Room 9am-10am 10am-11am	Max 2	Teresa Wallace
Oct 27	Yoga with Jess	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 per class	Aspen Suite	Max 8	Jessica Kwong
Nov 3	Pioneer / Primitive Snowman Ornament	This hand sewn snowman is done in the pioneer method of using scraps, leftover buttons and bits of quilt material. He is perfect for a tree ornament, a gift tag or to hang on a bottle of wine. All materials will be provided for one snowman to be made in class and you will get a copy of the pattern and directions if you want to make more.	\$15	Main Room	Min 3 / No Max	Jan Wittstrom
Nov 3	Thai Cooking with Ching	Explore Thai Cuisine with: Larb Moo (Minced Pork Salad), Thai Glass Noodle Salad with Prawns, Green Curry Fried Rice. All recipes are gluten and dairy free	\$45	Kitchen	Max 10	Ching Li
Nov 3	Massage with Teresa	Registered Massage Therapist with 20+ years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80	Spa Room 9am-10am 10am-11am	Max 2	Teresa Wallace

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Nov 10	Make your own Detoxifying & Demineralizing Hair Oil Workshop	Is your hair feeling lifeless and in need of rejuvenation? Make your own Rejuvenating Herbal Hair Oil using botanicals that will help stimulate your hair follicles and add life to your hair. Also, learn about mineralizing your body with herbs, minerals and nutrients. You will be provided the hair oil recipe and also a hand-out on ways to help revitalize your skin, hair and nails. You will take 30ml of beautiful healing oils and botanicals home.	\$30	Main Room	Min 5 / Max 15	Leah Sigurdson
Nov 10	Love Your Guts Simple Sourdough	Join me as we embark on a journey where simplicity meets nourishment, and tradition meets innovation. Leave your worries at the door! This workshop is designed to be stress-free and enjoyable, allowing you to immerse yourself fully in the experience. I'll guide you through a straightforward sourdough process, ensuring that each step is clear and manageable—no fancy gadgets or tools required. We'll keep things uncomplicated, accessible, and fun for everyone. Sourdough isn't just about delicious bread; it's also a powerful way to support your health from the inside out. Through its natural fermentation process, sourdough can improve digestion, boost nutrient absorption, and contribute to a balanced, happy gut. During our time together, we'll explore just how important gut health is for your overall well-being and learn many simple, everyday ways to keep your gut microbiome thriving. Say goodbye to store-bought loaves and hello to homemade goodness that's as wholesome as it is flavourful. Don't miss this opportunity to indulge your senses, connect with like-minded women, and gain a timeless skill that will nourish both your body and your life. Whether you're a novice or a seasoned baker, there's something for everyone at our sourdough workshop. <i>Dairy-free &amp; Nut-free</i>  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.  What you gain: your own sourdough starter, Sourdough jar, new knowledge around keeping a healthy, happy gut microbiome, an understanding of why gut health is vital for your overall wellness, a fun and memorable experience, the ability to make your own bread for the rest of your life <b>What to bring: Large bowl, medium bowl, small spatula, measuring cups, tea towel</b>	\$60	Kitchen	Min 5 / Max 10	Kerrie-Ann LeBlanc
Nov 10	Massage with Teresa	Registered Massage Therapist with 20 years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80	Spa Room 9am-10am 10am-11am	Max 2	Teresa Wallace
Nov 10	Tour of T&T - OFFSITE	This is your chance to be guided through T&T Supermarket and learn about Asian produce, products and the brands my family uses. Bring a recipe that you have had your eye on and would like help finding the ingredients for. After the tour, you will have time to purchase groceries. We will head over to the restaurant nearby for Dim Sum (meal at your cost). Please RSVP for Dim Sum reservation.	\$15 (Dim Sum not included)	meet at T&T 25 Heritage Meadows Way SE	Max 15	Ching Li

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Nov 17	Scrunched Christmas Tree Table Ornament	Using a candle holder, a piece of fabric and decorative push pins and beads this little tree will bring a sparkle to a corner. You will be making a 9 inch tree in class (all materials provided) and you will receive the pattern for 3 trees of varying heights (6, 9 and 12 inch trees).	\$22	Main Room	Min 3 / Max 10	Jan Wittstrom
Nov 17	Korean Cooking with Ching (repeat of Oct 20 class)	Explore Korean cuisine with: Gochujang Chicken Skewers (Gluten Free), Chilli Vinegar Noodles with Sesame Tofu (Can be Gluten Free), Tteokbokki (Spicy Rice Cakes (Gluten Free) All recipes are dairy free. This is a repeat of October 20th's class due to its popularity.	\$45	Kitchen	Max 10	Ching Li
Nov 17	Massage with Teresa	Registered Massage Therapist with 20+ years experience: relaxation, therapeutic and cupping massage available. Receipts provided.	\$80	Spa Room 9am-10am 10am-11am	Max 2	Teresa Wallace
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Nov 24	Sparkle Snowflakes	These are sure to dazzle on your Christmas tree or hanging in your windows. Use crystal and pearl beads to create <i>three</i> snowflakes. Includes all supplies.	\$20	Main Room		Angie Page
Nov 24	Fermenting How-to Workshop	This class will be hands on. You will be making and going home with two ferments. A demo will be done of 1-2 other ferments. We will talk about facts and myths of fermenting, what to do and not to do. The class is gluten free and dairy free, but we will discuss dairy ferments. The ferments we will cover/make will be carrots, cauliflower, sauerkraut, kimchi and condiments (ketchup, relish, mustard). <b>Please bring a bowl, cutting board and knife.</b> All other supplies will be provided.	\$30	Kitchen	Min 4 / Max 12	Nicole Philipchuk
Nov 24	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. 9am start time	\$60	Spa Room 9am	Max 1	Vicky Duffner

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Dec 1	Christmas Market	CHRISTMAS MARKET 9:00 am - 12 pm All are welcome to attend!	FREE!	Main Room		