

			September 14 Registration Day & Presentations from Instructors 9:00 am Presentations 10:00 am Registration Eden Brook Reception Centre located on Lower Springbank Road near the end of 17th Ave SW	November 30 CHRISTMAS MARKET! 9:00am - 12:00pm All are welcome to our Christmas Market!	 @SpringbankLadiesTimeOut  @SpringbankLadiesTimeOut  springbanklto@gmail.com  springbanklto.ca
September		14 Registration Day 9:00 am Presentations 10:00 am Registration	21 Sourdough (Kerrie-Ann) \$60 Downsizing Presentation (Lynn) \$0 Reflexology Talk (Vicky) \$25 Yoga (Jessica) \$20	28 Moroccan Tagine (Ching) \$50 Memory Wire Bracelet Trio (Angie & Pat) \$25 Reflexology (Vicky) \$60 Yoga (Jessica) \$20	#1 Snack Day/Set Up/Clean Up:
October	5 Exploring Rice (Ching) \$35 Thanksgiving Table Floral Arrangement (Risa) \$45 Reflexology (Vicky) \$60 Yoga (Jessica) \$20	12 Thanksgiving NO CLASSES	19 A Taste of Peru (Ame) \$45 Butter Tasting (Lori) \$25 Massage (Teresa) \$90 Yoga Nidra (Janice) \$20	26 Icebox Cookies (Angela) \$55 Watercolour Painting (Ame) \$35 includes 2 classes (+Nov 9) Jingle Angel Trio (Angie/Pat) \$25 Massage (Teresa) \$90 Yoga Nidra (Janice) \$20	#2 Snack Day/Set Up/Clean Up:
November	2 Focaccia & Butters (Angela) \$45 Macrame Plant Hanger (Ame) \$30 Scandi Stars (Jan) \$20 Massage (Teresa) \$90 Yoga (Jessica) \$20	9 Exploring Rice (Ching) repeat of Oct 5 class \$35 Watercolour Painting (Ame) \$35 incl. both classes (+Oct 26) Fringed Xmas Tree (Jan) \$15 Massage (Teresa) \$90 Yoga (Jessica) \$20	16 Peruvian Dessert (Ame) \$20 Games Day - Bunco (Lori) \$5 Massage (Teresa) \$90 Yoga (Jessica) \$20	Festive Appies (Lori) \$25 Winter Porch Pot (Risa) \$75 Massage (Teresa) \$90 Yoga Nidra (Janice) \$20	30 November 30 CHRISTMAS MARKET! 9:00am - 12:00pm All are welcome to our Christmas Market!
November 30 CHRISTMAS MARKET Everyone Welcome! Bring a friend or neighbour to shop and enjoy the vendors at the Christmas Market!					
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, reiki and reflexology)					
If you can't attend your class, send a friend in your place and they DO NOT have to be an LTO member!					