

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		@SpringbankLadiesTimeOut @SpringbankLadiesTimeOut springbankto@gmail.com springbankto.ca
Sept 21	Sourdough	Learn the simple, no-fuss art of sourdough while connecting with other women & discovering the gut-health benefits of natural fermentation. You'll have fun & leave with your own sourdough starter & jar, step by step instructions & video tutorial, private Facebook group for ongoing support & the confidence to make delicious homemade bread for years to come. Please bring large bowl, medium bowl, small spatula, measuring cups & tea towel. Dairy & nut free.	\$60	Kitchen	min 5 max 12	Kerrie-Ann
Sept 21	Senior Downsizing Soft Landings Relocation Services Presentation	Soft Landings offers downsizing and relocation services in Calgary area, with thoughtful, caring guidance. Lynn will take us through the steps involved and how to ensure a smooth transition. Their services include sorting, packing, moving, unpacking, appraisals, donations, home prep, estate clearing, and executor support.	Free	Main Room		Lynn
Sept 21	Reflexology - Informative talk to learn & demonstrations with volunteers.	Reflexology is an alternative healing therapy that works on the premise that our feet are a small anatomical map of your body. It is a method of acupressure which activates your body whilst working on specific points & zones of the foot that respond to different parts of your body. The benefits include dynamic healing relaxation, stress release, revitalizing energy cleaning congestion & cleansing the body of toxins & improving circulation. This class will teach you about Reflexology & do demonstrations on willing participants.	\$25	Main Room		Vicky
Sept 21	Yoga with Jess	"Yoga" denotes a state of union, which we can explore by joining or unifying breath with movements, our mind with our physical body, or even our intentions with any number of outcomes. The practice invites us to connect with ourselves, with those whose experiences can help us on our own journeys, & with the community in which we live or feel connected to. Join Jessica to reconnect on many levels; explore & improve awareness, day to day posture & mobility, strength, coordination & focus; & hopefully your sense of belonging - both in your own body & in the wider world. Early sessions will focus on discovering your current baseline, then affirming foundations, & negotiating transitions with ease & grace. This practise can be adapted for any injuries. All levels are welcome.	\$20	Aspen Suite		Jessica K
Sept 28	Moroccan Tagine	In this class, we will be making - Lamb Kefta Tagine, Harissa Olive Salad, Tomato & Walnut Salad & Buttered Couscous. Gluten free & dairy free substitutions are available. Please let the instructor know in advance.	\$50	Kitchen	max 10	Ching
Sept 28	Memory Bracelet Trio	Create 3 memory wire bracelets using semi-precious stones, metal & crystal beads in the center & coloured hollow tubing for the smooth remainder. You can stick with a theme & create a stackable bracelet series or create individualized masterpieces that can be worn alone. Memory wire comes in a variety of sizes to fit both large & small wrists.	\$25	Main Room		Angie & Pat
Sept 28	Reflexology	Reflexology is an alternative healing therapy that works on the premise that our feet are a small anatomical map of your body. It is a method of acupressure which activates your body whilst working on specific points & zones of the foot that respond to different parts of your body. The benefits include dynamic healing relaxation, stress release, revitalizing energy cleaning congestion & cleansing the body of toxins & improving circulation. 9:15 start time - 10:45	\$60	Spa Room - 9:15 - 10:45 am	max 1	Vicky
Sept 28	Yoga with Jess	see Sept 21 description	\$20	Aspen Suite		Jessica

Date	Class Name	Description	Fees	Location	Min/Max numbers	Instructor
Oct 5	Exploring Rice	Let's explore different ways of having rice: Curried Tteokbokki (rice cake) skewers, Crispy rice salad, Spiced flattened rice, Swamp soup. Menu is gluten & dairy free.	\$35	Kitchen	max 10	Ching
Oct 5	Thanksgiving Floral	Create a beautiful, low-profile Thanksgiving centerpiece using long lasting fresh florals in this hands on workshop. Perfect for your holiday table, you'll design a beautiful arrangement that brings warmth & seasonal charm to your celebration.	\$45	Main Room		Risa
Oct 5	Reflexology	See Sept 28 description	\$60	Spa Room	max 1	Vicky
Oct 5	Yoga with Jess	see Sept 21 description	\$20	Aspen Suite		Jessica
October 12 - Thanksgiving - NO CLASSES						
Oct 19	A Taste of Peru	Learn to prepare one of Peru's most beloved comfort foods: Aji de Gallina, a creamy, flavourful chicken dish made with Peruvian yellow chili, bread or quinoa, spices & a touch of tradition. This is a delicious introduction to the warmth & richness of Peruvian home cooking. Can be gluten or dairy free. You will take home a lunch container with a full plate of Aji de Gallina, the way it is served in Peru.	\$45	Kitchen	max 10	Ame
Oct 19	Butter Tasting	Have you ever wondered if there is a flavour difference between ordinary grocery store butter, organic, imported or artisan? Come try them in a taste-test setup. Class is not dairy free, but gluten free can be accommodated - please let instructor know.	\$25	Main Room		Lori
Oct 19	Massage	Registered Massage Therapist with 20+ years experience: relaxation, therapeutic & cupping massage available. Receipts provided.	\$90	Spa Room	max2 9&10am	Teresa
Oct 19	Yoga Nidra	Did you know that yoga can be practised without performing physical postures? Where you aware that meditation can be done lying down? Yoga Nidra is the way. It is a guided use of specialized relaxation exercises, breathing techniques & guided imagery. All that is required is a willingness to open your mind and let go. It is a powerful form of yoga that has been practised for thousands of years. It means "Yogic or conscious sleep", & allows your body & mind to go into a deep state of relaxation. This practise also offers numerous benefits, including stress reduction, improved sleep, & increased mindfulness. Come to the class wearing comfortable loose clothing, with a yoga mat, pillow and a blanket. Look forward to leaving with a sense of feeling grounded & relaxed. Session will be 45 min long.	\$20	Aspen Suite	min 2 max 7	Janice
Oct 26	Ice-Box Cookies	One base recipe & endless variations! Whether you choose to keep them simple or prefer dipped & decorated, this is a great make-ahead cookie with tons of flexibility. Each participant will take home a variety of cookie dough for future baking at home. We will also slice, bake and decorate some cookies in the class. This is a standing class, please wear comfortable shoes. Please bring a 12" ruler if you have one handy. An apron & pen(cil) is optional but recommended.	\$55	Kitchen	min 6 max 8	Angela
Oct 26	Watercolour painting	Explore the relaxing & expressive world of watercolour. Learn basic techniques, colour blending & brushwork while creating your own beautiful piece of art in a fun, beginner friendly setting. We will work on a 2 week intuitive project. I'll bring ideas for you to choose from. 2nd class is Nov 9th.	\$35 for 2 classes	Main Room	min 4 max 10	Ame
Oct 26	Jingle Cone Angel Trio	Add a few more angels to your Christmas tree with these Jingle Cone Angels. Decorate them with lace, pearls, & crystals to make your own special angels.	\$25	Main Room		Angie & Pat
Oct 26	Massage	See Oct 19 description.	\$90	Spa Room	max 2 9 &10am	Teresa
Oct 26	Yoga Nidra	See Oct 19 description.	\$20	Aspen Suite	min 2 max 7	Janice

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Nov 2	Focaccia & Butters	Impress yourself & your dinner guests with the easiest & most impressive focaccia & homemade butter ! As a participant, you'll prepare your own dough to bake at home anytime over the following 3 days & also take home some butter. We will brainstorm flavour variation because the only hard part is landing on flavours & deciding how artsy you want to be. This is a standing class so do wear comfortable shoes. Bring a mixing bowl, preferably glass or stainless, a clean kitchen towel & a small jar or container - 125 ml is perfect. An apron & pen(cil) are optional but recommended.	\$45	Kitchen	min 6 max 10	Angela
Nov 2	Macrame Plant Hanger	Learn the basics of macramé while creating your own beautiful plant hanger. You'll practice knots & techniques & leave with a handmade piece ready to bring a little greenery into your home. You may bring your pot, if you need a specific size. You'll have the option of doing it with outdoor materials as well.	\$30	Main Room	min 4 max 12	Ame
Nov 2	Scandi Stars	In this class, you will make a 6" tall 3D star ornament from fabric in Christmas colours. You can see samples on registration day. If you have scissors that can cut fabric, please bring them so you can do the prep without having to wait.	\$20	Main Room	min 4	Jan
Nov 2	Massage	see Oct 19 description	\$90	Spa Room	max 2 9 &10am	Teresa
Nov 2	Yoga with Jess	see Sept 21 description	\$20	Aspen Suite		Jessica
Nov 9	Exploring Rice	Let's explore different ways of having rice: Curried Tteokbokki (rice cake) skewers, Crispy rice salad, Spices flattened rice, Swamp soup. Menu is gluten & dairy free. Repeat of Oct 5 class	\$35	Kitchen	max 10	Ching
Nov 9	Watercolour Painting	2nd class following Oct 26.	\$35 for 2 classes	Main Room		Ame
Nov 9	Fringed Xmas Tree	You will make a cute 3D Christmas tree ornament in your choice of colours. The tree is about 5" tall. The project uses recycled flannel scraps, buttons & other items.	\$15	Main Room	min 4 max 10	Jan
Nov 9	Massage	see Oct 19 description	\$90	Spa Room	max 2 9 &10am	Teresa
Nov 9	Yoga with Jess	see Sept 21 description	\$20	Aspen Suite		Jessica
Nov 16	Peruvian Dessert	Suspiro à la Limeña (Sigh of a Lima Lady) Learn to prepare one of Peru's most iconic desserts - a silky, creamy dessert topped with delicate cinnamon-meringue & a touch of Port wine. A delicious taste of Peruvian cuisine & naturally gluten free. You'll take some of this home.	\$20	Kitchen	max 10	Ame
Nov 16	Games Day - Bunco	Come and learn Bunco! A fun dice-based game. Prizes!	\$5	Main Room		Lori
Nov 16	Massage	see Oct 19 description	\$90	Spa Room	max 2 9 &10am	Teresa
Nov 16	Yoga with Jess	see Sept 21 description	\$20	Aspen Suite		Jessica
Nov 23	Festive Appies	Just in time for the holiday season, learn to prepare devilled eggs, cheese balls, prosciutto artichoke rolls & more.	\$25	Kitchen	max 10	Lori

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Nov 23	Winter Porch Pot	Join us as we create beautiful outdoor winter arrangements in black pots - perfect for your porch or to tuck into a container you already have at home. Designed to last at least through the holiday season, each piece will feature a base of cedar, pine & fir, finished with branches, pinecones & natural accents.	\$75	Main Room		Risa
Nov 23	Massage	see Oct 19 description	\$90	Spa Room	max 2 9 & 10am	Teresa
Nov 23	Yoga Nidra	See Oct 19 description.	\$20	Aspen Suite	min 2 max 7	Janice
Nov 30	Christmas Market	CHRISTMAS MARKET 9:00 am - 12 pm All are welcome to attend!	FREE!	Main Room		