







Springbank Ladies Time Out – 2017 Fall Season

<p>September</p>	<p>04</p>  <p>Canned Food Drive Every Monday Serving Community Food Banks</p>	<p>11</p> <p>Registration Day</p> <p>Instructors Present Classes</p> <p>All welcome</p>	<p>18</p> <p>Eden Brook Not Available</p> <p>No Classes</p>	<p>25 Free Seminar</p> <p>Dr. Phil Blustein</p> <p><i>Wellness Through Mindfulness</i></p> <p>Non-members welcome</p>	
<p>October</p>	<p>02</p> <p>Art* 1/5 \$150 Patricia T&T Offsite \$25-\$40 Ching Salsas \$40 Claudio Reiki \$45 Deanne 1/2* Coffee & Friends (free)</p>	<p>9</p> <p>Thanksgiving Day</p>  <p>No classes</p>	<p>16 PD Day CBE</p> <p>Art* 2/5 \$150 Patricia Buddha Bowl \$30 Nichole Body Core \$15 Maree Pedicures \$55-\$60 Helen 1/2* Coffee & Friends (free)</p>	<p>23</p> <p>Art* 3/5 \$150 Patricia Raspberry Jam \$30 Lori R Crochet Wine Sax \$15 Daphne Pedicures \$55-\$60 Helen 1/2* Coffee & Friends (free)</p>	<p>30</p> <p>Art* 4/5 \$150 Patricia Cast Iron Cooking \$40 Carmen Body Core \$15 Maree Massage \$70/hr Teresa 1/2* Coffee & Friends (free)</p>
<p>November</p>	<p>06</p> <p>Art* 5/5 \$150 Patricia Sweet & Sour \$40 Ching Reindeer Craft \$35 Janice&Carol Reiki \$45 Deanne 1/2* Coffee & Friends (free)</p>	<p>13 PD Day RVS</p> <p>Xmas Craft \$20 Lori C Fresh Pasta \$40 Claudio Body Core \$15 Maree Pedicures \$55-\$60 Helen 1/2* Coffee & Friends (free)</p>	<p>20</p> <p>Homemade Holiday Gifts \$35 Carmen CPR AED I \$40 Ginny Pedicures \$55-\$60 Helen 1/2* Book Club (free) Lisa</p>	<p>27</p> <p>Xmas Wreath \$38 Carmen Xmas Cookies \$20 Lori CPR AED II \$40 Ginny Massage \$70/hr Teresa 1/2* Coffee & Friends (free)</p>	
<p>December</p>	<p>04</p> <p>CHRISTMAS MARKET & CELEBRATION</p>  <p>All Welcome</p>	<p>Winter Break</p> 	<p>Snack dates: 1. _____ 2. _____</p> <p>Please Note:</p> <ul style="list-style-type: none"> ▪ There is a flat registration fee of \$25 for the September to December session ▪ No refunds, please find a friend to substitute ▪ Regular classes run from 9am-11am ▪ You must register for all 5 art classes (\$150 for all 5 classes) ▪ Pedicures/Reiki/Massage run: 9-10am (spot 1) or 10-11am (spot 2) <p>You're welcome to come for chitchat, coffee/tea & work on your own projects</p>		