

Springbank Ladies Time Out 2017 Fall Calendar – Class Descriptions

Class Name and Date	Description	Price	Min/Max numbers	Instructor/ Location
Dr. Phil Blustein Wellness Through Mindfulness Sept 25	Dr. Phil Blustein has been a Calgary gastroenterologist for 35 years, specializing in diseases of the digestive system (ie. stomach, liver, pancreas and bowel). He has seen first-hand the effects of stress on his patients, one of the biggest factors in both causing and aggravating illnesses. Come for this informative seminar to learn about: <ul style="list-style-type: none"> - the negative health effects of stress - what is mindfulness and how it can play a positive role in our daily life - other stress-reduction tools such as meditation, body scanning and breath-control - The Breath Project, a teaching website created by Dr. Blustein that offers multiple resources to help with stress management. “With mindfulness you don’t silence the mind or change anything. The goal is not to be <i>free</i> of pain, anger, sadness or other stressful thoughts, but rather to be <i>free to be with</i> whatever mental or emotional state is present. As such, you are not fighting with your experience and this reduces the stress response. Another outcome of mindfulness is that your actions tend to become wiser and more compassionate and this also helps life to feel a little less stressful”.	FREE and a chance to win great door prizes!	All Welcome, Including non-members	Dr. Blustein <i>Elbow Valley Recp. Room</i>
Art Classes Oct 2, 16, 23, 30 Nov 6	Patricia will help move your painting skills along in either acrylic or oil, from beginner to advanced, in a constructive and supportive manner. Participants must sign up for all 5 art classes. A supply list will be provided following registration day.	\$150 for all 5 classes	Min 6 Max 12	Patricia <i>EV Recp. Room, right</i> <i>n</i>
T&T offsite Oct 2	We will be touring the T&T Supermarket, the largest Asian supermarket in Canada. We will explore the produce department and the aisles filled with condiments and dried goods. Ever wonder what those strange leafy greens are and how to use them? All your questions will be answered and I will share my favourite brands that I like to purchase. If there is a recipe that you need help with finding the ingredients, bring it along! If you are interested in going for dim sum at Forbidden City Restaurant after the tour, please RSVP. Price: \$25 for tour, \$15 for dim sum (optional)	Tour \$25 Dim Sum \$15 (optional)	Max 10	Ching <i>999 -36th Street, NE, Pacific Place Mall</i> <i>Dim Sum: Forbidden City Restaurant</i> <i>y</i>
Salsas Oct 2	Tired of the bland and boring salsa you get at the store? Come learn how simple it s to make your own that will make you wonder why they even sell that stuff. Tomato salsa is not the only thing, we will also work on a couple of different salsa's that will bring your average dinner to the level of some of the best restaurants out there.	\$40	Max 10	Claudio <i>Kitchen</i> <i>y</i>
Reiki Oct 2 Nov 6	Reiki is a form of energy healing with origins in Japan. The word reiki translates to “life force energy”, which travels through your body in channels called meridians. If one of these meridians is blocked, you become ill, either physically or emotionally. The practice of reiki unblocks these meridians, allowing your energy to flow freely, restoring the body and mind	\$45 per hour	2 sessions each date 1) 9-10am 2) 10-11am	Deanne <i>Spa Room</i>

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	<p>to a state of balance and health.</p> <p>The Reiki practitioner uses their palm chakras to channel strong and high vibrational energy, to manipulate the energy within the body and relieve blockages, similar to acupuncture. People who receive Reiki often feel more peaceful, pains are lessened or healed and there is a shift in their mind and body's energy.</p> <p>The client lays down on a table fully clothed, and the Reiki practitioner will place their hands on or above the chakra centers. Some people say they feel sensations ranging from intense warmth to soothing coolness emanating from the hands of the healer. Other folks fall into a meditative state, and some just fall asleep. It is different for everyone.</p>			y
Buddha Bowl Oct 16	Buddha bowls are the current healthy rave. They are great for packing in optimum nutrition for your entire day. My class will teach 3 bowls, one for each meal of the day. I'll talk about how to switch them up, use dressings and other toppings, and give a formula to make assembly easier. I'll touch on meal planning too. (Please bring a cutting board, knife and 3 containers with lids)	\$30	Max 10	Nichole <i>Kitchen</i> y
Body Core Oct 16, 30 Nov 13	Want to firm up, shape up plus improve your posture, co-ordination, balance and flexibility safely and efficiently? Want to learn how to sculpt those problem areas- bums, tums and upper arms? I can offer you an effective combination of movements that will leave you feeling stronger, more balanced and more limber in just one hour a week:)) Please bring a mat or towel for floor work. Not essential, but to increase your comfort and session effectiveness, please bring supportive footwear, 2 light weights and water. See you there:)) Maree Leighton, is a certified fitness and strength trainer specializing in core control, functional movement, weight management and nutritional counseling. For more information go to www.bodycorefitness.net or visit www.facebook.com/BODYCOREMareeLeighton	\$15 9:00-10:00am	Min 4	Maree <i>Aspen Suite</i> y
Pedicures and Reflexology Oct 16, 23 Nov 13, 20	<ul style="list-style-type: none"> • Pampered Spa Pedicure - approximately 60 minutes, \$55 Your treatment starts with a refreshing, warm foot soak, invigorating lower leg and foot exfoliation, cuticle conditioning, trimming and nail shaping, foot filing and buffing; and ends with a luxurious, hydrating foot massage to relax and relieve dry, cracked skin. Polish application of your choice completes this pampered treatment. <ul style="list-style-type: none"> • Paraffin wax treatment (With pedicure- add \$10) A deep and intensive skin moisturizer, it plumps up dehydrated skin cells, stimulates blood flow and increases circulation, stimulates lymphatic drainage and detoxifies, relieves arthritis and joint pain and above all is incredibly relaxing.	Various prices, see descriptions	2 sessions each date 1) 9-10am 2) 10-11am	Helen <i>Spa Room</i>

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	<p>• Reflexology - approximately 60 minutes, \$55 Reflexology is a focused pressure technique on the feet. It is based on ancient Chinese medicine that believes there are zones and reflexes on different parts of the feet which correspond to all parts, glands and organs of the entire body. When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones. Your reflexology treatment includes manipulation of specific reflexes on your feet, to encourage relaxation with the removal of stress and energy blockages, enhanced circulation, and restored balance and healing to your body and mind.</p> <p>• Pedicure and reflexology combo – approximately 60 minutes, \$60 A refreshing, warm foot soak, invigorating lower leg and foot exfoliation, cuticle conditioning, trimming and nail shaping, foot filing and buffing; ending with a reflexology treatment which includes manipulation of specific reflexes on your feet to encourage relaxation with the removal of stress and energy blockages, enhanced circulation and restored balance and healing to your body and mind. Polish application of your choice completes this healing and relaxing treatment.</p>			n
<p>Raspberry Jam Oct 23</p>	<p>With just 3 ingredients, fresh raspberry jam is wonderful to spread on your toast or scones on those cold winter mornings. Come and learn how to make delicious homemade jams and jellies that will thrill your family and keep them coming back for more. This simple and easy recipe will stock your pantry with wonderful jars full of sunshine. Looking for great hostess gifts? Look no further than this fresh, sweet, homemade treat.</p> <p>Jars will be provided, proper canning techniques will be demonstrated and a booklet of simple, easy recipes will be included.</p>	\$30	Min 5 Max 10	Lori R <i>Kitchen</i> y
<p>Crochet Wine Sax Holiday Spirit Bottle Oct 23</p>	<p>Learn how to crochet a festive bag for the bottle of cheer you bring for a hostess or friend. For other seasons of the year, simply change the colours for a year-round gift-giving idea. Makes a great bridal shower, anniversary, birthday, Easter, New Year's or Valentine's Day gift. Yarn will be provided but please bring your own 4.0mm crochet hook.</p> <p>Only a basic knowledge of crocheting is required, especially the slip stitch, double crochet and how to chain and crochet in a circular pattern.</p>	\$15	Max 15	Daphne <i>EV Recp. Room, left</i> y
<p>Cast Iron cooking Oct 30</p>	<p>Sizzle & Savour - Using Cast Iron in Your Kitchen In this class we will use the 'workhorse' of the kitchen to fry, bake, sear and savour some delicious food. Steak, cake, eggs, seafood, the possibilities are endless. Learn about cast iron and how these pans can be the best in your kitchen!</p>	\$40	Min 6 Max 10	Carmen <i>Kitchen</i> y

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Therapeutic Massage Oct 30 Nov 27	Enjoy a relaxing one hour massage from our qualified massage therapist. Receipt provided for claiming with your health provider.	\$70 per hour	2 sessions each date 1) 9-10am 2) 10-11am	Theresa <i>Spa room</i> y
Sweet & Sour Nov 6	Join me in the kitchen with 3 recipes that will invigorate your tastebuds. We will make my version of the classic Hot and Sour Soup . The Beijing style Sweet and Sour Spareribs will have you craving for more of the sweet, tangy sauce. We will end with dessert, Thai Fried Pineapple with Coconut Whipped Cream . All recipes are gluten free. Aprons will be provided	\$40	Min 6 Max 12	Ching <i>Kitchen</i> y
Reindeer Craft Nov 6	Get into the Christmas spirit with us! Hand paint and decorate a wooden reindeer. These special little reindeers are lovingly made in the woodshop at the Kerby Center for us. Put him under the tree for someone special from secret Santa or give yourself a present if you have been really good! No experience necessary.... easy step-by-step instructions! Led by the girls at hypercreativeART. Reindeer and all supplies included.	\$35		Janice & Carol y
Christmas Craft Nov 13	Christmas themed Mason jar craft - all supplies provided.	\$20	Min 2 Max 8	Lori C <i>Elbow Valley Recp. Rm</i> y
Fresh Pastas Nov 13	Come learn how to make 3 different types of fresh pasta. You will never be pushing your stand mixer and attachments to the back of the cupboard, once you see how easy it is to use. All material and equipment are supplied. However, if you have a stand mixer with a pasta attachment you'd like to use, please bring to class.)	\$ 40	Max 10	Claudio <i>Kitchen</i> y
Homemade Holiday Gifts Nov 20	Create your own homemade gifts for family, friends and teachers! Join us as we make tasty treats from the kitchen that you can enjoy or share. We will make Toffee Taffy, Dipped Marshmallow treats and Healthy Granola to name a few! You will have a chance to sample all our treats and then leave with a recipe/ideas booklet and beautifully packaged gifts of all the creations. (All ingredients and pretty packaging included, just bring your apron and a pair of scissors!)	\$35	Min 6 Max 12	Carmen <i>EV Recp. Room, right</i> y
Heart and Stroke Foundation CPR and AED training Nov 20 - Part I Nov 27 – Part II	The Heartsaver® CPR AED course is geared for everyday Canadians. This video-based, instructor-led course teaches how to recognize cardiac arrest, get emergency care on its way quickly and provide help until someone with more advanced training arrives to take over. You'll get hands-on practice in performing high-quality CPR, using an AED, relieving choking and giving mouth-to-mouth breaths or breaths with a mask.	\$40	Min 3 Max 6	Ginny <i>Springbank Suite</i>

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	<p>Part I - covers adult CPR and AED usage. You must complete part 1 to attend part 2.</p> <p>Part II - covers child and infant CPR, and upon completion of both course sections you will earn your CPR(C) certification.</p> <p>This is a Heart and Stroke Foundation certified course led by a certified instructor, and upon completion you will receive a card that certifies you for one year.</p>			y
<p>Book Club Nov 20</p>	<p>Lisa’s pick is Beartown, by Fredrik Backman. Please source your own book. Available on-line at Amazon and Indigo for \$20.</p> <p>“Beartown, by the author of A Man Called Ove, is a fantastic story. It’s set in a small fictional town with not much going for it, and a future that hinges on the success of the Junior Hockey team. The story includes with a perfect cast of characters, including the team’s aging senior coach, an intensely competitive junior coach, a GM who was born in the town, made it to the NHL, and returned home to rebuild the team, the town businessmen who fund the club, and of course the boys on the team. What unfolds is a gripping story where the star player on the team is accused of rape. This book got me right from the first paragraph. The writing is incredibly fluid and evocative. A truly great read.” – Heather’s review</p>	Free	None	<p>Lisa Surman <i>Aspen Suite</i></p> <p style="text-align: right;">y</p>
<p>Christmas Wreath Nov 27</p>	<p>Join us as we create beautiful natural cedar Christmas wreaths. Hang them up at home or give them as gifts! Each person will receive a live wreath (approx 22") and then can choose from a selection of ribbons and decorations to personalize your wreath while we enjoy some Christmas music and kick off the holiday season! Feel free to bring any special ornaments or picks from home for extra embellishment. You will leave with a custom wreath, ready to hang on your front door!</p>	\$38	<p>Min 6 Max 15</p>	<p>Carmen <i>EV Recp. Room, right</i></p> <p style="text-align: right;">y</p>
<p>Christmas Cookies Nov 27</p>	<p>Prepare and take home 4 different batches of make ahead cookies for Christmas entertaining. Nuts will be used in this class.</p>	\$20	<p>Min 2 Max 8</p>	<p>Lori <i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Christmas Market & Celebration Dec 4</p>	<p>Come celebrate the season with morning coffee/tea and holiday treats, visit with friends and shop for unique items featuring local artisans. Don’t miss out on the fun and not to mention the great door prizes!</p>	Free		<p><i>EV Recp. Room</i></p>