

Springbank Ladies Time Out – Spring 2018

Jan	01 Winter Break	08  Canned Food Drive Every Monday Serving Community Food Banks	15 Registration Day Instructors Present Classes All welcome	22 FREE Guest Speaker Lisa Bowes Non-members welcome	29 Art* 1/6 \$180 Patricia Mediterranean \$30 Claudine Self Defence \$15 Lauren Facial \$60 Helen 1/2* Coffee & Friends (free)
Feb	05 Art* 2/6 \$180 Patricia Art of Bento \$tba Ching Personal adventure \$25 Chantal Reiki \$45 Deanne 1/2* Coffee & Friends (free)	12 Art* 3/6 \$180 Patricia Healthy Snacks \$tba Nichole Dream building \$25 Chantal Pedi \$55-\$65 Helen 1/2* Coffee & Friends (free)	19 Family Day No classes	26 PD Day RVS Art* 4/6 \$180 Patricia Spiralizing \$35 Stephanie Self Defence \$15 Lauren Massage \$70/hr Teresa 1/2* Coffee & Friends (free)	
Mar	05 Art* 5/6 \$180 Patricia Thai curries \$tba Ching Card making \$15 Lori Facial \$60 Helen 1/2* Coffee & Friends (free)	12 PD Day RVS Art* 6/6 \$180 Patricia Fresh pastas \$40 Claudio Decluttering \$tba Jeannine Massage \$70/hr Teresa 1/2* Coffee & Friends (free)	19 Pottery painting \$35-\$48 Pat Tandoori \$tba Smita Pedi \$55-\$65 Helen 1/2* Book Club (free) Lisa	26 Springbreak CBE, Private Easter floral \$tba Nichole Cabbage rolls \$35 Jackie/Sonia Reiki \$45 Deanne 1/2*	
Apr	02 Easter Monday  No classes	09 PD Day RVS Beaded Jewellery \$45 Sienna Pasta sauces \$40 Claudio Body Core \$18* Maree Massage \$70/hr Teresa 1/2* Coffee & Friends (free)	16 Creative aprons \$tba Heidi Cast Iron Cooking \$40 Carmen Body Core \$18* Maree Facial \$60 Helen 1/2* Coffee & Friends (free)	23 PD Day CCSD Pottery painting \$35-\$48 Pat Afternoon Tea \$40 Carmen Body Core \$18* Maree Reiki \$45 Deanne 1/2* Coffee & Friends (free)	30 Potted herbs \$30 Linda Instant Pot \$20 Lori Body Core \$18* Maree Pedi \$55-\$65 Helen 1/2* Coffee & Friends (free)
May	07 Morning Tea All welcome LTO-MADE ART/CRAFT EXHIBIT		Snack dates: 1. _____ 2. _____ Please Note: <ul style="list-style-type: none"> ▪ There is a flat registration fee of \$25 for the January to May session ▪ No refund, please find a friend to substitute ▪ Regular classes run from 9am-11am ▪ You must register for all 6 art classes (\$180 For all 6 classes) ▪ Pedicures/Reiki/Massage run: 9-10am (spot 1) or 10-11am (spot 2) ▪ Body Core \$18 per class or \$60 for all 4 classes in April (9am-10am) You're welcome to come for chitchat, coffee/tea & work on your projects		