

2018 Spring LTO Calendar – Class Descriptions

Class Name and Date	Description	Price	Min/Max numbers	Instructor/ Location
<p>Lisa Bowes</p> <p>Guest Speaker</p> <p>Jan 22</p>	<p>"Lucy Tries Sports- Using Literacy as a Tool to Inspire Children to be Active"</p> <p>Lisa is the author/creator of the Lucy Tries Sports children's book series. A Physical Education graduate, she is passionate about making a difference in declining physical activity AND literacy rates.</p> <p>Most notably, Lisa has been recognized across Canada for work as a sports reporter, live host, anchor, play-by-play announcer and producer. While working for CBC, she was nominated for a Gemini Award for best writing in an information program or series.</p>	FREE	All Welcome, Including non-members	<p>Lisa Bowes</p> <p>(Elbow Valley Recp. Room)</p>
<p>Art Classes</p> <p>Jan 29</p> <p>Feb 5, 12, 26</p> <p>Mar 5</p>	<p>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.</p>	\$150 for all 5 classes	Min 6 Max 10	<p>Patricia</p> <p><i>EV Recp. Room, right</i></p> <p style="text-align: right;">n</p>
<p>Mediterranean Cooking</p> <p>Jan 29</p>	<p>My name is Claudine Cousineau and I will be teaching the Mediterranean cooking class this month with my mom's assistance of course. We will be making three dishes during the class. We start with some creamy hummus (chickpea dip) and pita bread which is great as a healthy snack or as an appetizer. Then we will make a Tabbouleh (parsley Salad) and we will finish off with delicious and flaky Spanakopita (Greek Spinach Pie). You will get to try all three dishes and take some samples home. I hope you will join me for this fun and informative class on Mediterranean cuisine.</p> <p>*Please bring some small containers for samples</p>	\$30	Max 10	<p>Claudine</p> <p><i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Self Defence</p> <p>Jan 29</p> <p>Feb 26</p>	<p>Lauren Whitney has a 2nd degree black belt in Shotokan Karate. Learn the basics of handling potentially confrontational situations and learn approaches to basic self defense for aggressive acts such as wrist pulls, chokes and pushing. During this course you will learn to use your body as well as your voice to avoid situations of conflict. Lauren's goal is to help foster the confidence women need to feel safe.</p>	\$15	Max 8	<p>Lauren</p> <p><i>Aspen Suite</i></p> <p style="text-align: right;">y</p>

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<p>Facelift Massage Jan 29 Mar 5 Apr 16</p>	<p>• Facelift Massage – 60 minutes, \$60 The natural facelift massage is a safe, effective, deeply relaxing, hands on treatment requiring no creams or products. It improves blood circulation, increases oxygen supply to the areas massaged, enhances nutrient supply to skin cells and drains away accumulated toxins. When done regularly, it reduces appearance of wrinkles and expression lines (i.e. crows feet), tightens facial contours, increases the skins elasticity, improves skin tone and reduces puffiness and under-eye discolouration.</p>	<p>Various prices, see descriptions</p>	<p>2 sessions each date 1) 9-10am 2) 10-11am</p>	<p>Helen <i>Spa room</i></p>
<p>Pedicures and Reflexology Feb 12 Mar 19 Apr 30</p>	<p>• Pampered Spa Pedicure - approximately 60 minutes, \$55 Your treatment starts with a refreshing, warm foot soak, invigorating lower leg and foot seaweed 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.</p> <p>• 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.</p> <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 seaweed 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>			<p style="text-align: right;">Y</p>

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Art of Bento Feb 5	Bento is a meal in a box. This class is a great way to learn simple and flavourful recipes to help put together a healthy meal. Join me to learn the best ways to bring Asian flavours to your lunchbox and take a break from making sandwiches.	\$40	Min 4 Max 10	Ching <i>Kitchen</i> y
Personal Adventure Feb 5	Take some time to think more deeply about who you are and what it is you would like to experience in your life. We will be exploring your personality and core values to give you some insight into things you might like to add, remove or change to create more fulfillment and enjoyment in your life.	\$25	Min 5	Chantal <i>Aspen Suite</i> y
Reiki Feb 5 Mar 26 Apr 23	<p>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 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. The client lies down on a table fully clothed, and the 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. Others fall into a meditative state, and some just fall asleep. It is different for everyone.</p>	\$45 per hour	2 sessions each date 1) 9-10am 2) 10-11am	Deanne <i>Spa Room</i> ?
Healthy Snacks Feb 12	I will demonstrate healthy power balls, “goldfish” crackers, chia bars and “twizzlers”. As per usual, everyone gets a hand out with the above recipes plus a few extras. They all get to sample everything too.	\$30	Max 10	Nichole <i>Kitchen</i> n
Dream Building Feb 12	Take some time to really imagine and visualize what your life would be like if you could design it. We will play with some different tools to help you envision a life you would like to live and how to start building it.	\$25	Min 5	Chantal <i>Aspen Suite</i> y
Spiralizing Feb 26	A fun way to kick start your meals with a new outlook on Vegetables. Learn the ins and outs of spiralizing and where it belongs in the kitchen. Get your hands dirty in this fun hands on class! We will be making a dip, a raw dish and two warm dishes. Stephanie Lindal is a cooking instructor at The Cookbook Co. Cooks.	\$35	Min 6 Max 10	Stephanie <i>Kitchen</i> n

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Therapeutic Massage Feb 26 Mar 12 Apr 9	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> n
Thai Curries Mar 5	Thai curries win over any crowd. Learn how to make red, green and yellow curries to add to your repertoire. We will be making: Beef Panang, Green Curry with Fish and Yellow Curry with Chicken and Potato.	\$50	Max 9	Ching <i>Kitchen</i> y
Card Making Mar 5	Make 4-6 handmade cards suitable for birthdays, thank you's and anniversaries.	\$15	Min 3	Lori <i>EV Recp Room, left</i> y
Heart and Stroke Foundation CPR and AED training Mar 12	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. 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.	\$40	Min 3 Max 6	Ginny <i>Springbank Suite</i> y
Fresh Pastas Mar 12	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
De-cluttering Mar 12	Do you need help with organization and de-cluttering? But to begin, we need to address the emotions behind what we do, otherwise, no amount of organizing will stick. In the class, I will address the myriad emotions that are behind clutter and disorganization and the different remedies. Some of the topics I will address include: <ul style="list-style-type: none"> • Feelings of Scarcity • Attachment to the Past • The Myth of Materialism • Self Love and Respect • Orderly without Rigidity • Art of Restyling and Reusing • Where to Donate or Consign Jeannine is the proprietor of Black Lily Image Consulting Company.	\$20	Min Max	Jeannine <i>Aspen Suite</i> y

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Stoneware Glazing Mar 19	Lead by Long Grass Studio owner, Pat, learn to mix and match different glazes to create a piece that is uniquely yours. Stoneware is brought in 'pre-shaped' and you apply the specialty glazes, selecting from 25+ colours. Stoneware is very durable, holds heat well and is freezer to oven to dishwasher safe. Pricing will depend on the item chosen. T-Pot: \$45 Contemporary Mugs: 2 for \$39 Tall Latte Mugs: 2 for \$43 SM Oval Platter: \$39 LG Oval Platter: \$46 Deep Pie Plate: \$43 Deep Lasagna Dish: \$44 As some glazes stain, wear painting clothes. Pieces will be fired in a Kiln, complete in 6 days and brought to next LTO class for pickup.	\$39 - \$46 depending on item chosen	Min 4 Max 10	Pat <i>EV Recp. Room, right</i> y
Tandoori Mar 19	There is more to Tandoori than just chicken! Come learn different styles/types of tandoori including tandoori vegetables, paneer, shrimp, but of course we will still make the classic tandoori chicken. Tandooris are easy, deliciously flavourful and can be made ahead for main courses, appetizers and fantastic in a lunch wrap. Everyone will receive bottles of the spices to take home and please bring your own apron.	\$30	Max 10	Smita <i>Kitchen</i> y
Book Club Mar 19	"A Gentleman in Moscow" by Amor Towles. In the year 1922, Count Alexander Ilyich Rostov has been sentenced to House arrest at the famed Moscow Hotel Metropol. Once of the landed elite of Nizhy Novgorod, the Count must live out the rest of his days in one small hotel room. Using this premise, Amor Towles has woven prose to create an enchanting story that makes up the Count's changed course of existence.	Free Please purchase your own book	None	Lisa Surmon <i>Aspen Suite</i> y
Cabbage Rolls Mar 26	It has become quite the pre-Easter tradition for Sonia & Jackie to lead a class on authentic sour cabbage rolls at LTO. You will be taught how to make the filling and roll cabbage rolls to take home for the family to enjoy. If you have already taken the class before, then just come to make cabbage rolls. ***Please bring your own ceramic dish.	\$35	No Max	Sonia & Jackie <i>Kitchen & 4 tables from EV Recp. Room right ?</i>
Floral Mar 26	I will show everyone how to do an Easter centrepiece. I'll demonstrate a couple of different ways to put them together. I hope we will have tulips for the class! *** Please bring your own vase. The vase opening should be around 5-6 inches. Height does not matter.	\$35		Nichole <i>EV Recp. Room left</i> n

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Healing Stone Jewellery Apr 9	Sienna, owner of Beadles Beads, Gemstones and Jewelry, will be here to teach us the art of creating your own unique piece of healing stone jewelry. Healing stone bracelet w/ metal & charms \$45 Necklace w/ woods, stones & metal \$50 Necklace w/ all healing stone rounds \$75 Necklace eclectic style \$100 w/ various shaped healing stones, woods, metals (possible stone wrap)	\$45 - \$100 depending on chosen piece	Min 6 Max 10	Sienna <i>EV Recp. Room left</i> n
Pasta Sauces Apr 9	Come learn to make a bolognese (meat sauce), a white sauce, and a pesto sauce to compliment pastas. Containers will be provided to bring your delicious creations home! Dinner is ready!	\$40	Max 10	Claudio <i>Kitchen</i> y
Body Core Apr 9, 16, 23, 30	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	\$18 per class or \$60 for all 4 classes 9:00-10:00am	Min 4	Maree <i>Aspen Suite</i> y
“Boyfriend” Apron Apr 16	Have an old men's dress shirt lying around? Want to turn it into a unique and chic apron for you? Join us for the creative 'boyfriend' apron class. No previous sewing skills required! If you have your own men's shirt you would like to use, bring it along, otherwise all notions provided. Should be a stitch!	\$40	Max 8	Heidi <i>EV Recp. Room left</i> y
Cast Iron Cooking April 16	Sizzle & Savour - Using Cast Iron in Your Kitchen. Working with <i>all new recipes</i> , 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!	\$40	Min 6 Max 10	Carmen <i>Kitchen</i> y

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Needle Felting Apr 23	Needle felting is sculpting with wool. You will be amazed at how much fun (and addicting) this art form can be! During this introductory class you will learn about the different kinds of wool, how to start your 'shape' and how to bring features and character to your own creation. Class includes felting needles, starter kit with 5 colors of wool, felting pad, instruction and expert guidance by a very talented fiber artist! You will have time to get a great start on your project – and will be able to take your whole kit home to complete your project at your leisure.	\$45	Min 4 Max 10	Juanita <i>EV Recp. Room, left</i> y
Spanish Fiesta Apr 23	Immerse yourself in the flavours of Spain! Prepare a traditional Spanish meal that includes Paella, Ensalada Verde, Aioli, Tapas and Sangria! Once the cooking is done, we will sample the full menu and you'll be able to host your own fiesta! The menu includes several varieties of <i>shellfish</i> . Come hungry!	\$40	Min 6 Max 10	Carmen <i>Kitchen</i> y
Potted Herbs Apr 30	Enjoy fresh herbs all summer long by planting your own pot filled with a selection of tasty herbs (basil, rosemary, sage, mint, thyme and more). It will be pretty on the patio too! Herbs and organic potting soil will be provided. Please bring your own pot, trowel and garden gloves.	\$30	Min 4 Max 10	Linda <i>EV Recp. Room, right</i> y
Instant Pot Apr 30	Learn about the capabilities of your new favourite appliance! We will make beans, potato salad, breakfast and supper dishes.	\$20	Min 4 Max 12	Lori <i>Kitchen</i> y
Morning Tea May 7	Come celebrate the end of season with a morning tea hosted by the LTO executives. Arts & crafts created by our very own LTO members will be on display! Also, clear your bookshelf by bringing them in for the summer book exchange!	Free		<i>EV Recp. Room</i>