







Springbank Ladies Time Out – 2018 Fall Season

<p>September</p>	<p>03</p>  <p>Canned Food Drive Every Monday Serving Community Food Bank</p>	<p>10</p> <p>Registration Day</p> <p>Instructors Present Classes</p> <p>All welcome</p>	<p>17 Free Seminar</p> <p>Luka Symons</p> <p><i>Reclaim Your Food and Body Groove</i></p> <p>Non-members welcome</p>	<p>24 PD Day RVS</p> <p>Paint Your Pet \$45 Shea Fresh Pastas \$40 Claudio Body Core \$18* Maree Threading \$25-\$35 Mannie 1/6* Coffee & Friends (free)</p>	
<p>October</p>	<p>01</p> <p>Needle Felting \$45 Juanita Thai Curries \$50 Ching Body Core \$18* Maree Massage \$70/hr Teresa 1/2* Coffee & Friends (free)</p>	<p>8</p> <p>Thanksgiving Day</p>  <p>No classes</p>	<p>15</p> <p>Art* 1/5 \$150 Patricia Taste of India \$tba Smita Body Core \$18* Maree Pedicure \$55-\$60 Helen 1/2* Coffee & Friends (free)</p>	<p>22</p> <p>Art* 2/5 \$150 Patricia Soup Techniques \$40 Claudio Body Core \$18* Maree Reflexology \$50 Vicky 1* Coffee & Friends (free)</p>	<p>29</p> <p>Art* 3/5 \$150 Patricia Mediterranean \$30 Claudine Townhall Insider (free) Kevin Hanson Pedicure \$55-\$60 Helen 1/2* Reflexology \$50 Vicky 1* Coffee & Friends (free)</p>
<p>November</p>	<p>05</p> <p>Art* 4/5 \$150 Patricia Instant Pot \$30 Lori Inflammation \$40 Luka Reflexology \$50 Vicky 1* Massage \$70/hr Teresa 1/2* Coffee & Friends (free)</p>	<p>12 PD Day RVS, CCSD</p> <p>Art* 5/5 \$150 Patricia Charcuterie & Cheese (pending) Self Facelift Massage \$59 Lee-ann Pedicure \$55-\$60 Helen 1/2* Coffee & Friends (free)</p>	<p>19</p> <p>Stoneware Glazing \$39-\$46 Pat Roll With It \$35 Ching Book Club (free) Lisa Reflexology \$50 Vicky 1* Coffee & Friends (free)</p>	<p>26</p> <p>Xmas Wreath (pending) Xmas Cookies \$30 Lori Threading \$25-\$35 Mannie 1/6* Pedicures \$55-\$60 Helen 1/2 Coffee & Friends (free)</p>	
<p>December</p>	<p>03</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) ▪ Threading has six 20 minute spots: 9:00, 9:20, 9:40, 10:00, 10:20, 10:40am ▪ Pedicure/Massage run: 9-10am (spot 1) or 10-11am (spot 2) ▪ Reflexology is one spot per session from 9:30-10:45am ▪ Body Core \$18 per class or \$60 for all 4 classes (9am-10am) <p>You're welcome to come for chitchat, coffee/tea & work on your own projects</p>		