

2018 Fall LTO Calendar – Class Descriptions

Class Name and Date	Description	Price	Min/Max numbers	Instructor/ Location
<p>Guest Speaker</p> <p>Luka Symons</p> <p><i>“Reclaim Your Food and Body Groove”</i></p> <p>Sept 17</p>	<p>Have chronic pain, but can’t figure out how to bring down the ouch factor? Have bad acne, or chronic constipation, or super stinky B.O. and can’t figure out what’s happening? Digestive upsets on a regular basis? Persistent infections you just can’t shake? The list of foods that your body rejects keeps getting longer? Migraines stop you in your tracks? Low moods or nervous tendencies? Recently received a diagnosis of severe illness and not sure how to navigate these new waters? Holistic Nutrition can help in all of these cases, and certainly more.</p> <p>Join us for this informative seminar to understand the importance of taking charge of your health through nutrition. Learn about the concept of reducing inflammation to support optimal health, the cause at the core of many chronic diseases. Also, come hear about the classes Luka has developed and you have first hand opportunity to suggest the classes you would like Luka to teach at LTO.</p> <p>Luka Symons has a degree from the Canadian School of Natural Nutrition and is a Certified Holistic Nutritional Consultant (C.H.N.C.). She is a resident C.H.N.C at Renewal Homeopathy & Wellness, an instructor at The Light Cellar, and as well a private consultant.</p> <p>To start, Luka will be teaching the first of her Vitality Session on Inflammation on November 5th.</p>	FREE	All Welcome, Including non-members	Luka Symons (Elbow Valley Recp. Room)
<p>Paint Your Pet</p> <p>Sept 24</p>	<p>Join Shea from Vin Gogh Studio to capture your furry friend on canvas! You will love this session! Simply email her (shea@vingogh.ca) one week in advance a photo of your pet, she will trace it onto a blank canvas for you. She will walk you through the painting process step by step: how to paint the eyes, nose and fur. You choose your own background colour. After only 2 hours, you will have a customized portrait of your furry family member, ready to hang! All supplies are provided.</p>	\$45	Min 10	Shea <i>EV Recp. Room, right</i> y
<p>Fresh Pastas</p> <p>Sept 24</p>	<p>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.)</p>	\$ 40	Max 10	Claudio <i>Kitchen</i> y

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Art Classes Oct 15, 22, 29 Nov 5, 12	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 10	Patricia <i>EV Recp. Room, right</i> ?
Taste of India Oct 15	Come learn Smita’s butter chicken recipe, famous amongst the Springbank community. She will also teach two traditional vegetable dishes as accompaniments (Spinach Saag Paneer and Cauliflower & Peas) served with naan and basmati rice. Plus everyone will receive a bag of custom spices so that everything you need to make her recipes at home will be at your fingertips. These are not your ordinary quality store bought Indian spices! Please bring your own apron.	\$50	Max 10	Smita <i>Kitchen</i> y
Pedicures and Reflexology Oct 15, 29 Nov 12, 26	<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 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. • 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. • 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. 	Various prices, see descriptions	2 sessions each date 1) 9-10am 2) 10-11am	Helen <i>Spa room</i> Y
Soup Techniques Oct 22	Few dishes give more all-round pleasure than a good homemade soup. Come and learn the techniques to making a hearty minestrone, a smooth and creamy mushroom soup, and a soul soothing French onion soup that will have you looking forward to all those cold and dreary days of winter ahead of us. Containers to take the soups home will be provided.	\$40	Max 10	Claudio <i>Kitchen</i> y

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<p>Reflexology Oct 22, 29 Nov 5, 19</p>	<p>Reflexology is a therapeutic method, originally practiced by the Chinese and Indians over 3000 years ago, that uses pressure to activate the natural energy and healing powers of the body by working on the feet. It is based on the principle that there are reflexes/zones in the feet that correspond to all the organs, glands, functions and parts of the body. It is a simple non-invasive treatment which helps the body to maintain the delicate balance between all the bodily systems and to stimulate the body to create homeostasis.</p> <p>Benefits with reflexology are:</p> <ul style="list-style-type: none"> -Reduces stress and induces deep relaxation - Improves circulation - Stimulates body to cleanse itself of toxins and impurities - Balances bodies' systems - Revitalizes energy - Restores creativity and productivity by giving more mental alertness and therefore improves attention span <p>It is a form of preventative health care that calms and relaxes, giving the body space for nurturing and healing.</p>	<p>\$50</p> <p>9:30 – 10:45am</p>	<p>One client per session</p>	<p>Vicky</p> <p>Oct 22 , Nov 19 – <i>Spa Room</i></p> <p>Oct 29, Nov 5 – <i>Aspen Suite</i></p> <p style="text-align: right;">y</p>
<p>Mediterranean Cooking Oct 29</p>	<p>Mediterranean cooking is packed full of flavour and great for family meals. Come learn how to make Arabic meat pies and Fatoush salad that is sure to please. You will sample the dishes and take some home. Please join me for this fun and informative class on Mediterranean cuisine. *Please bring some small containers for samples</p>	<p>\$30</p>	<p>Max 10</p>	<p>Claudine <i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Townhall Insider Oct 29</p>	<p>Kevin Hanson is the Div 3 Councillor representing the district of Elbow Valley for Rocky View County. This is an opportunity for you to personally meet Kevin, get updates on developments in your neighbourhood and learn about future plans.</p>	<p>Free</p>	<p>None</p>	<p>Kevin Hanson <i>EV Recp Room, left</i></p> <p style="text-align: right;">n</p>
<p>Instant Pot Nov 5</p>	<p>Learn about the capabilities of your new favourite kitchen appliance! Demonstration class with all new recipes including Cajun gumbo with Spolumbo's Andouille sausage, Tex Mex corn and chicken chowder, magic mashed potatoes and more.</p>	<p>\$30</p>	<p>Min 4 Max 12</p>	<p>Lori <i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Vitality Session: Inflammation Nov 5</p>	<p>Have you or someone you love been recently diagnosed with a chronic health condition, or working through a cancer diagnosis? Do you feel your immune system isn't working to full capacity, and that you always get sick, or take a long time to recover? Have you ever been diagnosed with something that ends in -itis? Then this class is for you.</p> <p>In this session, you will be given the knowledge and tools to help reduce chronic inflammation. Inflammation is a major contributor to most chronic diseases and even if there has not yet been a diagnosis, many people's lives are reduced in quality and duration because of it. Imagine eating to nourish your cells and reducing inflammation with every meal instead of contributing to it... With simple shifts, you will learn to support your body</p>	<p>\$40</p>	<p>Min 10</p>	<p>Luka <i>EV Recp Room, left</i></p>

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	<p>and immune system, keeping chronic diseases at bay and supporting optimal health. When you reduce inflammation, you are building vibrancy and moving towards longevity.</p> <p>Join Luka Symons, local Holistic Nutrition Practitioner for a discussion on ways to up the nutritional ante in order to help your body reduce overall inflammation, be it acute or chronic in nature. You will leave this class armed with a list of the important foods, spices, teas and elixirs that will best target a reduction in inflammation. Together we will cover what may be contributing to the picture, what organs and systems are feeling this inflammation keenly, and what kinds of things you can do to support and nourish your entire body. Luka will demo a few recipes you can easily recreate in your own kitchen, with a few more to take home in order to entice you to play with your food. Reducing inflammation has never been so delicious!</p>			n								
<p>Sweet Chili Sauce Nov 12</p>	<p>Ever have those sauces in the fridge that you use for one recipe then don't know what else to do with it? Is sweet chilli sauce just good for dipping? Absolutely not. We will use it to make a crispy sweet chilli chicken, sweet chilli garlic prawns, sweet chilli roasted cauliflower and sweet chilli chicken rice casserole. How's that for versatility!</p>	\$25	Min 4 Max 10	<p>Linda <i>Kitchen</i></p> <p style="text-align: right;">n</p>								
<p>Self Facelift Massage Nov 12</p>	<p>We often do body exercises and have certain expectations from these exercises but did you know that our facial muscles can be toned and lifted in the same way our body muscles can be?</p> <p>Lee-ann Harder has been teaching Natural Face Lift Massage for 10 years in the Calgary area and invites you to come and learn how to do a Self Massage of the Face. In addition to learning some basic anatomy and physiology of the face, Lee-ann will teach 6 key facial exercises. These simple exercises can be self administered and help to ease facial constrictions, improve muscle tone in the, increase the flow of blood and improve lymphatic drainage. You will also learn in brief the benefits of receiving a Natural Face Lift Massage and the differences between massage of the face and facials.</p>	\$59	Min 6	<p>Lee-ann <i>Aspen Suite</i></p> <p style="text-align: right;">Y (Helen)</p>								
<p>Stoneware Glazing Nov 19</p>	<p>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.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">SM Oval Platter: \$39</td> <td style="width: 50%;">T-Pot: \$45</td> </tr> <tr> <td>LG Oval Platter: \$46</td> <td>Contemporary Mugs: 2 for \$39</td> </tr> <tr> <td>Deep Pie Plate: \$43</td> <td>Tall Latte Mugs: 2 for \$43</td> </tr> <tr> <td>Deep Lasagna Dish: \$44</td> <td></td> </tr> </table> <p>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.</p>	SM Oval Platter: \$39	T-Pot: \$45	LG Oval Platter: \$46	Contemporary Mugs: 2 for \$39	Deep Pie Plate: \$43	Tall Latte Mugs: 2 for \$43	Deep Lasagna Dish: \$44		\$39 - \$46 depending on item chosen	Min 4 Max 10	<p>Pat <i>EV Recp. Room, right</i></p> <p style="text-align: right;">y</p>
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Roll With It! Nov 19	Everybody loves to roll. In this class, we will be practicing and perfecting our rolling skills with 3 types of wrappers and fillings: Thai Spring Rolls Bean Curd Rolls (gluten free) Lemongrass Chicken Salad Rolls (gluten free)	\$35	Max 10	Ching <i>Kitchen</i> y
Book Club Nov 19	“The Great Alone” by Kristin Hannah. A Vietnam War vet with PTSD moves his family to Alaska, and then the real challenges begin. For a family in crisis, the ultimate test of survival.	Free Please purchase your own book	None	Lisa Surmon <i>Aspen Suite</i> y
Christmas Grinch Tree Nov 26	Celebrate the season with a Christmas Grinch Tree. Whimsical and fun, it is the perfect addition to your holiday décor. Set it on a coffee table or counter top, or give away as a gift! Each person will create their own original natural cedar Grinch Tree (approximate 30” in height) choosing from a selection of decorations and ribbons. Feel free to bring any special ornaments or picks from home for extra embellishment. You will leave with a custom Grinch Tree that will sure to bring smiles!	\$40	Min 6 Max 15	Carmen <i>EV Recp. Room, right</i> y
Christmas Cookies Nov 26	Prepare and take home 4 different batches of make-ahead cookies for Christmas entertaining. Nuts will be used in this class.	\$30	Min 2 Max 8	Lori <i>Kitchen</i> y
Christmas Market & Celebration Dec 3	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!	Free	All Welcome & Tell Your Friends	<i>EV Recp. Room</i>