

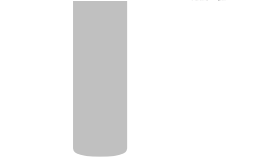



## Springbank Ladies Time Out – Spring 2019

Jan	<b>07</b>  Winter Break	<b>14</b>  Registration Day  Instructors Present Classes  All welcome	<b>21</b>  FREE Guest Speaker Nick Moore  Non-members welcome  Facial \$85 Helen ½*	<b>28</b>  Art 101*1/3 \$90 Patricia Massage \$70/hr Teresa 1/2*  Yoga \$TBA Rebecca Cheesy Pasta \$25 Linda Threading \$25-35 Mannie	 <b>Canned Food Drive Every Monday Serving Community Food Banks</b>	
Feb	<b>04</b>  Art 101*2/3 \$90 Patricia Thai Curries \$50 Ching Sassy signs \$50 Terrina Pedicure \$55-65 Helen 1/2* Body Core \$18 Maree	<b>11</b>  Art 101*3/3 \$90 Patricia Mediterranean Cooking \$30 Claudine Reflexology \$50 Vicky Yoga \$TBA Rebecca C&C Mugs \$10 Heidi	<b>18</b>  Family Day  No classes	<b>25</b>  Roll with It \$35 Ching Reflexology \$50 Vicky C&C T-shirt Bags \$10 Heidi Massage \$70/hr Teresa 1/2* Core Back Workshop \$40 Maree		
Mar	<b>04</b>  Art* 1/5 \$150 Patricia Instant Pot Italian \$30 Lori Facelift Massage \$59 LeeAnn Facial \$85 Helen 1/2*	<b>11</b>  Art* 2/5 \$150 Patricia Reflexology \$50 Vicky Yoga \$TBA Rebecca Lentils and more \$30 Claudine	<b>18 PD Day RVS</b>  Art* 3/5 \$150 Patricia Sweet Chilli Sauce \$25 Linda  Build a Terrarium \$TBA Breanna Pedi \$55-\$65 Helen 1/2* Body Core \$18 Maree	<b>25 Spring break CBE, CCSD</b>  Art* 4/5 \$150 Patricia Massage \$70/hr Teresa 1/2*  Book Club (free) Lisa Tandoori Cooking \$40 Smita Threading \$25-35 Mannie		
Apr	<b>01</b>  Art* 5/5 \$150 Patricia Facial \$85 Helen *1/2 Body Core \$18 Maree Community Kitchen 1 \$20 C&C Easter Wreath \$20 Heidi	<b>08</b>  Fused Glass \$58 Jeweliyana Reflexology \$50 Vicky Body Core \$18* Maree Community Kitchen 2 \$20 Pummy & Jacqueline	<b>15</b>  C&C Science of Taste \$10 Lori Cabbage Rolls \$35 Jackie/Sonia Aroma Therapy & Oils \$20 Vicky Pedi \$55-\$65 Helen 1/2*	<b>22</b>  Easter Monday    No classes Spring break RVSD	<b>29</b>  Microderm Facial \$100 Mannie  Indian Curries \$50 Smita  Massage \$70/hr Teresa 1/2*	
May	<b>06</b>  Morning Tea  All welcome  SUMMER BOOK EXCHANGE	<b>Please Note:</b> <ul style="list-style-type: none"> <li>▪ There is a flat registration fee of \$25 for the January to May session</li> <li>▪ <b>No refund, please find a friend to substitute</b></li> <li>▪ Regular classes run from 9am-11am</li> <li>▪ You must register for all 5 art classes (\$150 For all 5 classes) (\$90 for 3 Art 101)</li> <li>▪ Pedicures/Facials/Massage run: 9-10am (spot 1) or 10-11am (spot 2)</li> <li>▪ Body Core (9am-10am)</li> </ul>			Snack dates: 1. _____ 2. _____	
<i>You're welcome to come for chitchat, coffee/tea &amp; work on your projects</i>						