

2019 Spring LTO Calendar – Class Descriptions

Class Name and Date	Description	Price	Min/Max numbers	Instructor/ Location
Guest Speaker January 21 Nick Moore <i>Cannabis Education Program</i>	The legalization of marijuana is just around the corner. As adults, we play an important role in supporting our City's youth in making smart decisions surrounding its use. The help you play this role successfully, we're inviting parents and mentors to learn more about its use, the effects on the young brain and changes in Federal and Provincial laws. This informative and engaging presentation focuses on facts and helpful strategies to help you start supportive conversations surrounding cannabis and its uses with the young people in your life. Supported by Calgary Police Foundation	FREE	All Welcome, Including non-members Max 60	Nick Moore (Elbow Valley Recp. Room)
Art 101 Jan 28 Feb 4, 11	Painting for beginners, are you new at painting or have not done it in so long that you are feeling lost. Patricia Lortie will help you get started and gain some confidence. With her supportive and knowledgeable guidance, Patricia will help you get going with painting. She knows what challenges you will face and can help you manoeuvre through them successfully.	\$90 For all 3 classes	Min 6 Max 10	Patricia EV Recp. Room, right y
Sassy Signs Feb 4	Join Terrina from Sawdust'n'sass for a class of mastering vinyl weeding and application. In this two hour class you will take home a finished project of a custom 7x9 Rustic Farmhouse Style sign (choice of 4 predetermined designs) AND a custom wine glass (choice of 4 predetermined designs)	\$ 50	Min 6 Max 12	Terrina EV Recp. Left y
C&C Mugs Feb 11 CHEAP'N'CHEERFUL	A fun and easy craft that has maximum WOW factor with an easy to do application. Makes a fun little gift or take what you learn home and craft with kids to make personalized All materials provided	\$10	None	Heidi EV recp left
Cheesy Pasta Jan 28	Cheesy pulls and saucy pasta is exactly what you need to get through those cold winter nights. We will make a classic macaroni & cheese, baked pasta with spicy chorizo and a one-pan pizza pasta.	\$25	Min 4 Max 10	Linda Kitchen

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<p>Body Core February 4 March 18 April 1 & 8</p>	<p>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 ***Sign up for all 4 sessions and you will receive a complimentary workout session at my home studio.</p>	<p>\$18 per class 9:00-10:00am</p>	<p>Min 6</p>	<p>Maree <i>Aspen Suite</i></p> <p style="text-align: right;">n</p>
<p>Back Care Workshop Feb 25</p>	<p>Have you ever experienced neck or back (spinal) discomfort or chronic pain to the point where it interferes with your daily life or even incapacitates you for days on end? Chances are you have - and perhaps repeatedly so. And if not (yet), you no doubt want to keep it that way! Come join us for this crucial presentation where you will gain a better understanding of the most common triggers of spinal pain and disfunction, ways to prevent it occurring or re-occurring by understanding the exacerbating postures, motions and loads that lead to back pain in the first place, and how to relieve pain through simple, carefully structured postural improvements, positions and movement patterns should you have a back "episode", to enable you to get back into the swing of life faster.</p> <p>Your presenter, BODY CORE Strength and Conditioning coach Maree Leighton, has a personal interest in spinal conditioning, with over 15 years experience working with clients who want to learn how to unlock pain-free movement across their various joints. She recently had the privilege of attending a 4 day workshop led by Canadian "Back Doctor" extraordinaire , Waterloo University Professor Emeritus Dr Stuart McGill, and is keen to pass on some of this information as well as referencing the work of both the internationally renowned New Zealand father of spinal physiotherapy, Dr Robin McKenzie and University of Toronto orthopaedic back surgeon Dr Hamilton Hall.</p> <p>Comfortable clothing is recommended as there will be demonstrations of helpful postures and movement patterns, with an opportunity for your participation over the course of the presentation.</p> <p>To learn more about Maree, please go to www.bodycorefitness.net</p>	<p>\$40</p>	<p>Min 10</p>	<p>Maree <i>EV recp left</i></p>
<p>T-shirt Bags Feb 25 CHEAP'N'CHEERFUL</p>	<p>It seems most stores now use reusable bags, why not be original and fun with yours and make a t-shirt bag. These are easy, fun and sturdy bags that require NO SEWING and NO crafty skills required to make. Bring your own shirt (women's XL or men's M or L work best). All other materials provided</p>	<p>\$10</p>	<p>None</p>	<p>Heidi <i>EV recp right</i></p>

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<p>Threading Jan 28 March 25</p>	<p>Threading is a popular alternative to waxing that is fast, more gentle and provides greater precision in hair removal. The hair is removed at the follicle level to ensure longer lasting results. Mannie is an aesthetician with 10 years of experience.</p> <p>Treatments available (booked in 20 minute time slots): Treatment #1 – Brow, lip and chin \$25 , with tinting (add \$10) Treatment #2 – Full face \$35</p> <p>Please book two time slots if you would like to receive both treatments.</p>	<p>\$25-\$35</p> <p>Time Slots: 1) 9am 2) 9:20am 3) 9:40am 4) 10am 5) 10:20am 6) 10:40am</p>		<p>Mannie <i>Jan 28 – Aspen Suite</i> <i>Mach 25 – Aspen Suite</i></p>
<p>Microderm facial April 29</p>		<p>\$100</p> <p>Time Slots : 9am 10am</p>		<p>Mannie <i>Spa Room</i></p>
<p>Thai Curries (part 2) Feb 4</p>	<p>Thai curries win over any crowd. Learn how to make curry paste from scratch and how to use them. We will be making: Red Curry with Chicken, Massamam Curry with Chicken and Prawn, Squash and Pineapple Curry</p>	<p>\$50</p>	<p>Max 10</p>	<p>Ching <i>Kitchen</i></p>
<p>Therapeutic Massage Jan, 28 Feb 25 Mar 25 and April 29</p>	<p>Enjoy a relaxing one hour massage from our qualified massage therapist.</p> <p>Receipt provided for claiming with your health provider.</p>	<p>\$70 per hour</p>	<p>2 sessions each date 1) 9-10am 2) 10-11am</p>	<p>Theresa <i>Spa room</i></p> <p style="text-align: right;">n</p>
<p>Art Classes March 4, 11, 18, 25 April 1</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>	<p>\$150 for all 5 classes</p>	<p>Min 6 Max 10</p>	<p>Patricia <i>EV Recp. Room, right</i></p>
<p>Indian Curries April 29</p>	<p>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.</p>	<p>\$50</p>	<p>Max 10</p>	<p>Smita <i>Kitchen</i></p>
<p>Pedicures and</p>	<p>• Pampered Spa Pedicure - approximately 60 minutes, \$55</p>	<p>Various</p>	<p>2 sessions</p>	<p>Helen</p>

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<p>Reflexology Oct 15, 29 Nov 12, 26</p>	<p>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> <ul style="list-style-type: none"> • 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. 	<p>prices, see descriptions</p>	<p>each date 1) 9-10am 2) 10-11am</p>	<p><i>Spa room</i></p>
<p>Terrarium March 18</p>		<p>\$</p>	<p>Min Max</p>	<p>Breanna <i>EV Recp left</i></p>
<p>Easter Wreath April 1 CHEAP'N'CHEERFUL</p>	<p>Spruce up your front door and join us in making a playful Easter wreath. This project is simple, fun and no crafting experience needed. Makes a great hostess gift or something for yourself. All materials provided</p>	<p>\$20</p>	<p>None</p>	<p>Heidi <i>EV Recp left</i></p>
<p>Fused Glass April 8</p>	<p>Wow your friends and guests with your beautiful creation. Join Jeweliyana and create a gorgeous Appetizer Plate using the art of fused glass. These plates are stunning and a sample will be available to see on registration day.</p>	<p>\$58</p>	<p>Min 6 Max 12</p>	<p>Jeweliyana <i>EV Recp</i></p>
<p>Yoga Jan 28 Feb 11 March 11</p>	<p>YOGA is Stretching and Breathing. It can be much much more, and the road to yoga learning never ends. But it can also be as simple as just breathing mindfully while reaching your arms up. My classes will be Hatha style yoga, focused on beginners, but if you have previous experiences with yoga, you can attend too. This is the beauty of yoga asanas (postures); there are gentle, intermediate to extremely strenuous postures, and they can all be practised in the same class. Yoga is a very individual practice in a group setting. Please bring a yoga mat or a large towel (a couple of mats for loan are available). Wear comfortable stretchy clothes.</p>	<p>\$20/class</p>	<p>Min 4</p>	<p>Rebecca <i>Jan 28 Springbank Suite</i> <i>Feb 11, March 11 Aspen Suite</i></p>
<p>Sweet Chilli Sauce</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</p>	<p>\$25</p>	<p>Min 4</p>	<p>Linda</p>

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March 18	crispy sweet chilli chicken, green beans and pork stir fry, ribs, garlic prawns and roasted brussels sprouts. How's that for versatility		Max 10	<i>Kitchen</i>
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Mediterranean Cooking Feb 11	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	\$30	Max 10	Claudine <i>Kitchen</i>
Tandoori with Smita March 25	Come learn Smita's Tandoori Style of Cooking. She will teach how to make tandoori style chicken, shrimps, vegetables and Paneer (an Indian type of cheese.) She will teach how to make the marinade and to cook the dishes in the oven, served with naan and basmati rice. She will also teach two condiments to go with the tandoori dishes, a Mint Chutney and Raita (a yogurt and cucumber sauce.). 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. Please bring your own apron.	\$40	Max 10	Smita <i>kitchen</i>
Italian Instant Pot March 4	Learn Instant Pot techniques while making Porchetta roast, Chicken Saltimbocca, cannellini bean salad and Amaretti Cherry Cheesecake.	\$30	Min 4 Max 12	Lori <i>Kitchen</i>
Science of Taste April 15 CHEAP'N'CHEERFUL	Science of Taste: learn about the science of taste with some fun comparisons of tea, coffee and chocolate.	\$10	Min 4 Max 12	Lori <i>EV Recp Room, left</i>
Cabbage Rolls April 15	Join Sonia and Jackie in what is now a LTO tradition and learn how to make authentic cabbage rolls. Always a favorite and in time for Easter.	\$35	Min Max	Jackie & Sonia <i>Kitchen & EV Recp Right</i>
Self Facelift Massage March 4	<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	Lee-ann <i>Aspen Suite</i>
Lentils & more March 11	Join Claudine in another Mediterranean theme cooking class. You will learn to make a dish called Majadera. It's a delicious middle eastern dish that uses ingredients from your pantry. It's a lentil and rice dish topped with fried onions and is traditionally eaten with a chop salad. We will possibly do a second lentil dish as well that is a soup.	\$30	Max 10	Claudine <i>Kitchen</i>
Roll With It Feb 25	Everybody loves to roll. In this class, we will be practicing and perfecting our rolling skills with 3 types of wrappers and fillings:	\$35	Max 10	Ching <i>Kitchen</i>

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	<p>Thai Spring Rolls Bean Curd Rolls (gluten free) Lemongrass Chicken Salad Rolls (gluten free)</p>			
<p>Book Club March 25</p>	<p>Americanah by Chimamanda Ngozi Adichie. Available in paperback or Kindle from Amazon or also likely not too hard to get from the Library. Story is of a Nigerian immigrant to the US, her experience of being an African immigrant to the US (and experiencing racism for the first time) and also a love story between her and the young man she left behind in Nigeria (and eventually returns to).</p>	<p>Free Please purchase your own book</p>	<p>None</p>	<p>Lisa Surmon <i>EV Recp, Left</i></p>
<p>Reflexology Feb 11, 25 March 11 April 8</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: -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> <p>It is a form of preventative health care that calms and relaxes, giving the body space for nurturing and healing.</p>	<p>\$50 9:30-10:45</p>	<p>One client per session</p>	<p>Vicky <i>Feb 11 Spa Feb 25 Aspen March 11 Spa April 8 Spa</i></p>
<p>Essential Oils Talk April 15 9:30 start time</p>	<p>The aromatherapy and essential oils class will give you an opportunity to learn the background of aromatherapy and the uses, application, health benefits and contra-indications of the oils. You will get to smell many of the oils, take home recipes for common ailments and make a massage oil blend of your choice. Certainly a class for those who want to try a more natural alternative way towards good health.</p>	<p>\$20</p>	<p>Min 10</p>	<p>Vicky <i>Aspen Suite</i></p>
<p>Community Kitchen 1 April 1</p>	<p>Come together to make Monday Night Dinner. Nothing is better than cooking with friends, especially when you take home that nights dinner!! Join us in making Top Crust Chicken Pot Pie and Kale Salad, all ingredients and dishes provided, just bring your own apron.</p>	<p>\$20</p>	<p>Min 4 Max 10</p>	<p><i>Kitchen</i></p>
<p>Community Kitchen 2 April 8</p>	<p>Come together to make Monday Night Dinner. Nothing is better than cooking with friends, especially when you take home that nights dinner!! Join Jacqueline and Pummy in making</p>	<p>\$20</p>	<p>Min 4 Max 10</p>	<p><i>Pummy & Jacqueline</i></p>

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	dumplings with two types of filling (not Gluten Free), all ingredients and dishes provided, just bring your own apron.			<i>Kitchen</i>
Spring Tea Wind Up and Book Exchange May 6	Come celebrate another successful session of Springbank Ladies Timeout with morning coffee/tea and tasty treats. Visit with friends and enjoy a fun book swap with your fellow LTO'ers. Don't miss out on the fun!	Free	All Welcome & Tell Your Friends	<i>EV Recp. Room</i>

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