

2019 Spring LTO Calendar – Class Descriptions

Class Name and Date	Description	Price	Min/Max numbers	Instructor/ Location
Guest Speaker January 21 Nick Moore Cannabis Education Program	The legalization of marijuana is here. As adults, we play an important role in supporting our City's youth in making smart decisions surrounding its use. To 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 the Calgary Police Foundation)	FREE	All Welcome, Including non-members Max 60	Nick Moore (Elbow Valley Recp. Room)
Facials Jan 21 Mar 4 April 1	Repechage 5-Phase Firming Facial with Micropeel Natural marine & herbal ingredients invigorate, lift and firm mature skin, for advanced skin repair. This treatment provides an instant trigger to young looking skin. Long term benefits to preserve elasticity, improve oxygenation and help prompt cell renewal.	\$85	2 spots each date 1) 9-10am 2)10-11am	Helen <i>Spa Room</i> y
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 <i>EV Recp. Room, right</i> y
Therapeutic Massage Jan, 28 Feb 25 Mar 25 Apr 29	Enjoy a relaxing one hour massage from our qualified massage therapist. Receipt provided for claiming with your health provider.	\$70 per hour	2 spots each date 1) 9-10am 2)10-11am	Theresa <i>Spa room</i>
Yoga Jan 28 Feb 11 Mar 11	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.	\$20/class	Min 4	Rebecca <i>Jan 28 Springbank Suite</i> <i>Feb 11, Mar 11 Aspen Suite</i>
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 <i>Kitchen</i> y

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Threading Jan 28 Mar 25	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. Treatments available (booked in 20 minute time slots): Treatment #1 – Brow, lip and chin \$25 , with tinting (add \$10) Treatment #2 – Full face \$35 Please book two time slots if you would like to receive both treatments.	\$25-\$35	Time Slots: 1) 9am 2) 9:20am 3) 9:40am 4) 10am 5)10:20am 6)10:40am	Mannie <i>Jan 28 – Aspen Suite</i> <i>Mar 25 – Aspen Suite</i> y
Thai Curries (part 2) Feb 4	Thai curries win over any crowd. Furthering your knowledge in thai curries, 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. (No need to have taken part 1.)	\$50	Max 10	Ching <i>Kitchen</i> 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 <i>EV Recp. Left</i> Y
Pedicures and Reflexology Feb 4 Mar 18 Apr 15	<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 spots each date 1) 9-10am 2)10-11am	Helen <i>Spa room</i> y

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Body Core February 4 March 18 April 1 & 8	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.	\$18 per class 9:00-10:00am	Min 6 Max 10	Maree <i>Aspen Suite</i> n
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> y
Reflexology Feb 11, 25 Mar 11 April 8	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. 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 It is a form of preventative health care that calms and relaxes, giving the body space for nurturing and healing.	\$50	One client per day 9:30-10:45am	Vicky <i>Feb 11 Spa Rm</i> <i>Feb 25 Aspen Suite</i> <i>Mar 11 Spa Rm</i> <i>Apr 8 Spa Rm</i> 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 <i>EV recp left</i> n

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<p>Self Facelift Massage Mar 4</p>	<p>We often do body exercises and have certain expectations from 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 and invites you to learn how to do a Self Massage of the Face. 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 ease facial constrictions, improve muscle tone , 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>	<p>\$59</p>	<p>Min 6</p>	<p>Lee-ann <i>Aspen Suite</i></p> <p style="text-align: right;">n</p>
<p>Art Classes Mar 4, 11, 18, 25 Apr 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 style="text-align: right;">y</p>
<p>Lentils & more Mar 11</p>	<p>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.</p>	<p>\$30</p>	<p>Max 10</p>	<p>Claudine <i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Sweet Chilli Sauce Mar 18</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, green beans and pork stir fry, ribs, garlic prawns and roasted brussels sprouts. How's that for versatility.</p>	<p>\$25</p>	<p>Min 4 Max 10</p>	<p>Linda <i>Kitchen</i></p> <p style="text-align: right;">y</p>
<p>Build a Terrarium Mar 18</p>	<p>Join Breanna from The Plant Place and build your own terrarium. All materials provided, including glass vase, two plants, unlimited supplies, hands on demo and instruction, care instructions and eye dropper to water your plants. www.plantedrocksterrariums.com</p>	<p>\$50</p>	<p>Min 12</p>	<p>Breanna <i>EV Recp left</i></p> <p style="text-align: right;">n</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 <i>Please purchase your own book</i></p>	<p>None</p>	<p>Lisa Surmon <i>EV Recp, Left</i></p> <p style="text-align: right;">y</p>
<p>Tandoori with Smita Mar 25</p>	<p>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.</p>	<p>\$40</p>	<p>Max 10</p>	<p>Smita <i>kitchen</i></p> <p style="text-align: right;">y</p>

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Easter Sweets Apr 1	Join Angela from Get Real Baking to mix up some sweet Easter and Spring treats. Delicious, homemade and from scratch baking.	\$40	Min 4 Max 12	Angela Kitchen y
Easter Wreath Apr 1 CHEAP'N'CHEERFUL	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	\$20	None	Heidi EV Recp left n
Fused Glass Apr 8	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.	\$58	Min 6 Max 12	Jeweliyana EV Recp right y
Tea Cup Floral Apr 8 CHEAP'N'CHEERFUL	Get a jumpstart on making a lovely Mother's Day gift, hostess gift or just something fun for yourself! These teacup floral arrangements are fun and easy to make. All materials provided.	\$15		Heidi EV Recp left n
Dumplings Apr 8 Community Kitchen	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 dumplings with two types of filling (not Gluten Free), all ingredients and dishes provided, just bring your own apron.	\$20	Min 4 Max 10	Pummy & Jacqueline Kitchen y
Science of Taste Apr 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 EV Recp Room, left y
Cabbage Rolls Apr 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. If you have already taken the class before, then just come to make the cabbage rolls. Please bring your own ceramic dish.	\$35	Min Max	Jackie & Sonia Kitchen & EV Recp Right
Aromatherapy / Essential Oils Talk Apr 15 9:30 start time	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.	\$20	Min 10 9:30am start time	Vicky Aspen Suite y

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Microdermabrasion Facial Apr 29	Microdermabrasion is a facial that cleans, exfoliates, provides diamond suction, micro current and mask. Diamond microdermabrasion removes dry dead cells from your skin. It takes a dry layer off your skin and helps with uneven skin, discoloration, acne scars and fine lines. Micro current during face massage helps to take moisture in your skin and increase collagen.	\$100 Time Slots : 9am 10am	2 spots per day 1) 9-10am 2)10-11am	Mannie Spa Room y
Indian Curries Apr 29	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 Kitchen y
Back Care Workshop II Apr 29 (Not required to have taken Back Care I)	Join Maree to build on the knowledge you acquired in her previous Back Care Workshop I. Workshop II will have a quick review of workshop I and will focus on stabilizing the spine vs Back Care I which is about understanding the kind of movements/activities that commonly cause back & neck pain and getting to a pain free state. Comfortable clothing recommended as there will be demonstrations for you to participate in over the course of the session.	\$40	Min 10 Max 20	Maree EV Recp Left n
Needle Felting Apr 29	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	\$52	Min 4 Max 10	Juanita EV Recp Right y
Spring Tea Wind Up & 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	EV Recp. Room