

## Springbank Ladies Time Out – Fall 2019

Sept	<p><b>09</b></p> <p><b>Registration Day</b> Instructors present classes All Welcome</p>	<p><b>16</b></p> <p>*Instant Pot \$25 Lori *Halloween Wreath \$75 Juanita *Stone Glazing- per piece Pat *Knitting 101 (1/4) \$75 Correna *Yoga \$18 Rebecka</p>	<p><b>23</b></p> <p>*Street Tacos \$40 Jessica *Decorating Sugar Cookies Level 1 \$40 Angela *Crochet \$15 Daphne *Pedis/Reflexology/pedi-reflex combo \$55-\$65 Helen (2 spots) *Kntting 101(2/4) \$75 Correna *Yoga \$18 Rebecka</p>	<p><b>30</b></p> <p>*Thai Curries \$50 Ching *Decorating Sugar Cookies Part 2 \$40 Angela *Wine Glass Painting \$35 for 2 Laurie *Massage \$70/hr Teresa (2 spots) *Knitting 101 (3/4) Correna</p>
Oct	<p><b>07</b></p> <p>*Oktoberfest Feast \$50 Jessica *Mindfulness Plates \$15 Carmen *Traditional Mandala \$30 Elena *Pedis/Reflexology/pedi-reflex combo \$55-\$65 Helen (2 spots) *Knitting 101 (4/4) Correna *Yoga \$18 Rebecka</p>	<p><b>14</b></p> <p style="text-align: center;"><b>Thanksgiving</b></p> <p style="text-align: center;"><b>No classes</b></p>	<p><b>21</b></p> <p>*Halloween Treats \$40 Angela *Art 1/5 \$150 Patricia * Beer and Food Pairing \$20 Shawna and Richard *Pedicures/Reflexology/pedi-reflex combo \$55-\$65 Helen (2 spots) *Yoga \$18 Rebecka</p>	<p><b>28</b></p> <p>*Vietnamese Food \$40 Ching *Art 2/5 \$150 Patricia *Little Angel Mandala \$30 Elena *Book Club (free) Lisa *Massage \$70/hr Teresa (2 spots)</p>
Nov	<p><b>04</b></p> <p>*Lebanese Food \$35 Amina *Piping with Buttercream Level 1 \$40 Angela *Art 3/5 \$150 Patricia *Pedicures/Reflexology/pedi-reflex combo \$55-\$65 Helen (2 spots) *Yoga \$18 Rebecka</p>	<p><b>11</b></p> <p>*Bone Broth and Sweet Potato curry soup \$25 Andrea *Piping with Buttercream Level 2 \$40 Angela *Art 4/5 \$150 Patricia *Yoga \$18 Rebecka</p>	<p><b>18</b></p> <p>*Chicken Pot Pie \$25 Carmen *Christmas Wine Bottle Cover \$30 Juanita *Stone Glazing- per piece Pat *Pedicures/Reflexology/pedi-reflex combo \$55-\$65 Helen (2 spots)</p>	<p><b>25</b></p> <p>*Nalysnyky Making (Ukrainian Cheese Rolls)\$35 Terrina *Art 5/5 \$150 Patricia *Christmas Floral Arrangement \$25 Heidi *Massage \$70/hr Teresa (2 spots)</p>
Dec	<p><b>02</b></p> <p><b>Christmas Market</b></p> <p>All Welcome</p>	<p>Please Note: *Flat membership fee of \$25 for the Sept to Dec session *No refunds- please find a friend to sub *Regular Classes run 9am to 11am *You must register for all 5 art classes (5 classes for \$150)</p>	<p><b>Snack dates:</b></p> <p>1. _____</p> <p>2. _____</p>	<p><b>Website:</b> <a href="http://www.springbanklto.com">www.springbanklto.com</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/springbankladiestimeout">https://www.facebook.com/springbankladiestimeout</a></p>