

2019 Springbank Ladies Time Out Calendar Class Descriptions

Class Name Date	Description	Price	Min/Max Numbers	Instructor Location
Instant Pot Sept 16 th	Learn Instant Pot techniques while making some of Lori's favourite Instant recipes	\$25	Min 4 Max 12	Lori Kitchen
Halloween Wreath Sept 16 th	Have fun painting a ceramic Halloween mask and assemble it to a wreath to display on your front door just in time for Halloween	\$75	Min 3 Max 7	Juanita EV Recp Right
Stoneware Glazing Sept 16 th	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. Stoneware is very durable, holds heat well and is freezer to oven safe. Please wear painting clothes as some glazes may stain. Pieces will be fired in a kiln, complete in 6 days and brought to the next LTO class for pickup.	Price per piece T-Pot \$45 Contemp Mugs \$39 for 2 Tall Latte Mugs \$43 for 2 Sm Oval Platter \$39 Lg Oval Platter \$46 Deep Pie Plate \$43 Deep Lasagna Dish \$44	Min4 Max 10	Pat Ev Recp Left
Knitting 101 Sept 16 th Sept 23 rd Sept 30 th Oct 7 th	Learn how to knit in this beginners knitting class. This is fun skill based workshop. All supplies will be provided. Must register for all 4 classes.	\$75 for all 4 classes	Max 6	Correna Aspen Room Left
Yoga Sept 16 th , 23 rd Oct 7 th , 21 st Nov 4 th , 11 th	Through this yoga class, you will connect your asana/posture with your breath and mind adding to your physical health and strength, as well as your spirituality. Yoga can be practiced whatever age, body or fitness you have.	\$18 per class	Min 5 Max 7	Rebecka Aspen Room Right
Spa Pedicure/Foot Reflexology/Pedi- Reflex Combo Sept 23 rd Oct 7 th , 21 st Nov 4 th , 18 th	*Spa Pedicure- approx. 60min, \$55 Relaxing foot soak, invigorating lower leg and foot exfoliation, trimming and nail clipping/shaping, foot filing and buffing, cuticle conditioning, and a luxurious and hydrating foot massage. Premium Polish free from harmful chemicals of your choice to complete this wonderful treatment. *Therapeutic Foot Reflexology- approx. 60 min, \$60 Using a focused pressure technique on the feet corresponding to glands and organs throughout the body. Once stimulated, the body's natural energy works along with the nervous system to clear any blockages in the corresponding zones, removing stress and increasing circulation so the body is able to return to a balanced and harmonious state. Treatment starts with a warm foot soak followed by the treatment. *Spa Pedi-Reflex Combo- approx 60 min, \$65 Refer to Pedicure description but instead of a regular foot massage, receive a reflexology treatment	Various prices, See Descriptions	2 spots each date: 8:45-9:45 10-11am	Helen Spa room
Street Tacos Sept 23 rd *This class is Gluten Free*	Join us in making and eating street tacos! We will start by making corn tortillas from scratch and then will fill them 2 ways: Pork Chorizo topped with freshly pickled red onions Beef and Corn with a fresh salsa to go on top	\$40	Min 4 Max 10	Jessica Kitchen

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Decorated Sugar Cookies- Level 1 (Fundamentals) Sept 23 rd	This is a stand alone class or a prerequisite for more advanced decorating techniques using royal icing. Great recipes and proper preparation are key to a great decorated sugar cookie! Sugar cookie and royal icing recipes provided. You will be working with 3 different consistencies of royal icing. Learn tips, tricks, resources, piping practice and cookie decorating!	\$40	Min 6 Max 20	Angela Ev Recp Right
Crochet Sept 23 rd	Learn how to crochet a dish cloth- very popular for use in the kitchen or make a smaller version to use as a facial scrubby. A basic knowledge of crocheting is required, especially how to cast, the slip stitch, and the single and double stitch. Please bring your own 5.0 or 5.5mm crochet hook and a small ball of 100% cotton yarn	\$15	Min 8 Max 15	Daphne Ev Recp Left
Thai Curries Sept 30 th	Thai currie 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 Kitchen
Decorated sugar cookies Level 2 Sept 30 th	To benefit from this class, you will need the prerequisite: Decorated Sugar Cookies Level 1 or equivalent. Now that you know the ins and outs of royal icing and the importance of preparation, it's time to focus on more advanced techniques and designs.	\$40	Min 6 Max 20	Angela EV Recp Right
Wine glass painting Sept 30 th	Have fun painting 2 wine glasses while learning 2 different designs (abstract flowers and tiny bubbles). All supplies and instruction provided.	\$35 for 2 glasses	Min 10 Max 50	Laurie Ev Recp Left
Therapeutic Massage Sept 30 th Oct 28 th Nov 25 th	Enjoy one hour of a relaxing, therapeutic or cupping massage from our Registered Massage Therapist. Receipt provided for claiming with your health provider.	\$70 per hour	2 spots each date: 9-10am 10-11am	Theresa Spa Room
An Oktoberfest Feast Oct 7 th	Designed as a meal prep class, each person will leave with everything they need to make chicken schnitzel, spaetzle, and purple cabbage for their family to enjoy that night. For east transport bring a cookie sheet or large flat container for the chicken, plus dishes for the spaetzle and cabbage.	\$50	Min 4 Max 8	Jessica Kitchen
Mindfulness Plates Oct 7 th	Enjoy a morning with friends 'colouring' with paint and relaxing! All supplies provided, including your choice of a Maxwell & Williams Mindfulness plate.	\$15	Max 18	Carmen Ev Recp Right
Traditional Mandala Making Oct 7 th	Learn to make a traditional Mandala, a 15cm diameter 8 pointed star made of yarn. Known as God's Eye (in Spanish, Ojo de Dios), it's a spiritual and votive object made by weaving a design out of yarn upon a wooden cross. Often several colours are used. They are commonly found in Mexican and Mexican Communities, among both Indigenous and Catholic peoples.	\$30	Min 4 Max 8	Elena Ev Recp Left
Halloween Treats Oct 21 st	Learn some techniques that will be applied in a Halloween theme. Take all your creations home. No experience required.	\$40	Min 6 Max 12	Angela Kitchen

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Art Classes Oct 21 st , 28 th Nov 4 th , 11 th , 25 th	Patricia will 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 5 classes	Min 6 Max 10	Patricia Ev Recp Right
Beer and Food Pairing Oct 21 st	Everyone knows you can pair food with wine, but did you know that you can also pair food and beer? Attend a tasting session with Richard Waller, Calgary's newest InBev representative, and learn about some of their great products. Recommendations of food to pair with different beers will be provided and some tasty treats by Aunt Shawna will accompany the samples. Richard knows a lot about beer, so bring your questions!	\$20	Max 20	Richard and Shawna Ev Recp Left
Vietnamese Made Easy Oct 28 th	This class will explore the bold and fresh flavours of Vietnamese cuisine. We will be making Roasted Mushroom and Yuba salad, Vietnamese Chicken Salad, Caramel Pork, Lemongrass Chicken, and Banana Pudding with Tapioca Pearls and Coconut Milk.	\$40	Max 12	Ching Kitchen
Book Club Oct 28 th	Please read the following book for discussion as a group: Rules of Civility by Amor Towles Brief description: Take a ride with Katey Kontent, a working girl trying to make it on her own in New York in the late 1930's, as she gets unexpectedly swept into high society and high intrigue.	Free Please Purchase your own book	None	Lisa Aspen Room Left
Little Angel Mandala Oct 28 th	Learn to make a little angel mandala in whichever colours you choose. Perfect as a Christmas tree ornament.	\$30	Min 4 Max 8	Elena Ev Recp Left
Lebanese Cuisine Nov 4 th	This class will dive into some favorite and delicious Lebanese cuisine. You will learn to make Kafta with rice, a fattoush salad and Homous. All so favourable!	\$35	Min 6 Max 12	Amina Kitchen
Piping with Buttercream Level 1 (Basics) Nov 4 th	A great stand alone class or prerequisite for more advanced decorating with buttercream. Buttercream recipe provided. Learn to use several 'have to have' piping tips and the techniques that will take you further faster. Tips, tricks, resources, inspiration and cupcake decorating!	\$40	Min 6 Max 20	Angela Ev Recp Left
Bone broth and Sweet Potato Curry Soup Nov 11 th	It's a hot trend right now and you too can learn the tips and tricks on how to make your very own bone broth at home. From this nutritious broth, you will learn to make a delicious sweet potato curry soup.	\$25	Max 12	Andrea Kitchen
Piping with Buttercream Level 2 (includes Flowers) Nov 11 th	To keep with/benefit from this class, you will need to prerequisite: Piping with Buttercream Level 1 (Basics) or equivalent. Learn more advanced techniques and fancier designs, including flowers. This class jumps right in to more advanced piping!	\$40	Min 6 Max 20	Angela Ev Recp Left
Chicken Pot Pie Nov 18 th	Take home dinner! We will be making a scrumptious Chicken Pot Pie that can be served for dinner the same night or popped in the freezer. Please bring a 9" glass or ceramic pie plate.	\$25	Max 12	Carmen Kitchen

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Christmas Wine Bottle Cover Nov 18 th	Explore your creative side and learn to make a cute Christmas Wine Bottle cover.	\$30	Min 3 Max 7	Juanita Ev Recp Right
Stoneware Glazing Nov 18 th	If you were unable to attend the Stone Glazing class in September, this is your opportunity to take this fun class glazing beautiful stoneware using your creativeness to make it your own. Or if you were able to take a previous stoneware glazing class with Pat, this is a great time to add to your collection! 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. Stoneware is very durable, holds heat well and is freezer to oven safe. Please wear painting clothes as some glazes may stain. Pieces will be fired in a kiln, complete in 6 days and brought to the next LTO class for pickup.	Price per piece <small>T-Pot \$45 Contemp Mugs \$39 for 2 Tall Latte Mugs \$43 for 2 Sm Oval Platter \$39 Lg Oval Platter \$46 Deep Pie Plate \$43 Deep Lasagna Dish \$44</small>	Min 4 Max 10	Pat Ev Recp Left
Making Nalysniki Nov 25 th	Nalysnyky (pronounced Nal-yes-nah-keh) is a staple on Ukrainian dinner tables during the holidays. These cheese filled rolled crepes are hard to resist!	\$35	Min 6 Max 12	Terrina Kitchen
Christmas Floral Arrangement Nov 25 th	Join us in a fun and festive class making a beautiful Christmas floral arrangement sure to wow!	\$25	No min/max	Heidi Ev Recp Left