

Springbank Ladies Time Out – Spring 2020

Jan	13 Registration Day Instructors present classes All Welcome	20 Free Seminar Eden Brook Wills, Estates	27 *Warak Enab (Stuffed Vine Leaves) \$40 Amina/ Sue *Decorated Sugar Cookies Level 1 \$40 Angela *Occasional Card Making \$20 Yvonne *CPR \$45 Virginia *Massage \$70/hr Teresa (2 spots)		
Feb	3 *Let's Brunch! \$40 Jessica *Heart shaped Plate \$6 Carmen *Valentine's Day Sugar Cookies \$40 Angela *CPR \$45 Virginia	10 *Creative Charcuterie \$25 Terrina *Stoneware Glazing (Price per piece) Pat *Intro Needle Felting \$45 Juanita *Yoga \$18 Rebecka *Pedi's/Reflexology \$55-\$65 Helen (2spots)	17 Family Day No Classes	24 *Thai Curries \$50 Ching *Layer Cake \$65 Angela *Art 1/3 \$90 for 3 classes Patricia *Yoga \$18 Rebecka *Pedi's/Reflexology \$55-\$65 Helen (2 spots)	
Mar	2 *Apple Pie \$30 Angela *Essential Spice Mixes \$25 Jessica *Art 2/3 \$90 for 3 classes Patricia *Yoga \$18 Rebecka *Massage \$70/hr Teresa (2 spots)	9 *Mjadara (Lentil Casserole) \$40 Amina/Sue *Fused glass appetizer Plate \$58 Jeweliyana *Art 3/3 \$90 for 3 classes Patricia *Yoga \$18 Rebecka *Pedi's/Reflexology \$55-\$65 Helen (2 spots)	16 *Pot Stickers \$25 Linda *Piping with Buttercream (Level 1) \$40 Angela *Art 1/3 \$90 for 3 classes Patricia *Body Core \$18 Maree **Off-site Class: Intro to Glass Fusion \$65 Pat**	23 *Instant Pot \$30 Lori *Easter Wreath \$25 Heidi *Art 2/3 \$90 for 3 classes Patricia *Body Core \$18 Maree *Pedi's/Reflexology \$55-\$65 Helen (2 spots)	30 *More Tacos! \$40 Jessica *Decorating Easter Cookies \$40 Angela *Art 3/3 \$90 for 3 classes Patricia *Body Core \$18 Maree *Massage \$70/hr Teresa (2 spots)
Apr	6 *Cabbage Rolls \$40 Jackie and Sonia *Terrarium Making \$25 Heidi *Body Core \$18 Maree *Pedi's/Reflexology \$55-\$65 Helen (2 spots)	13 Easter Monday No Classes	20 *Freezer Friendly Meals \$30 Carmen *Sip and Paint \$35 Logan *Book Club Free Lisa *Body Core \$18 Maree *Pedi's/Reflexology \$55-\$65 Helen (2 spots)	27 *Lebanese Chicken with Rice and Lentil soup \$40 Amina/Sue *Spring Flower cupcake Bouquet \$40 Angela *Paint your pet \$45 Shea *Body Core \$18 Maree *Massage \$70/hr Teresa (2 spots)	
May	4 *Vietnamese Cooking \$35 Ching *Zen Doodle \$20 Shawna *Intro to Beekeeping \$30 Lindsay *Body Core \$18 Maree *Massage \$70/hr Teresa (2 spots)	11 Spring Tea All welcome	Please Note: *Flat membership fee of \$25 for the Jan to May session *No refunds- please find a friend to sub *Regular Classes run 9am to 11am *You must register for all 3 art classes	Snack dates: 1. _____ 2. _____	Website: www.springbanklto.com Facebook: https://www.facebook.com/springbankladiestimeout