

Spring 2020 Springbank Ladies Time Out Calendar Class Descriptions

Class Name Date	Description	Price	Min/Max Numbers	Instructor Location
Guest Speaker Eden Brook Jan 20 th *Open to both members and non-members of LTO, so feel free to bring a guest!	Eden Brook is a Champion supporter of Springbank Ladies Timeout, who generously donate their space to us and have now offered to host an informative session on one of life's most important conversations. What is the process when someone passes on? This informative talk will go into the importance of having the conversation with loved ones, basics of estate planning, such as the necessity of a will, and what happens when a will is not in place. There will be a valuable Q&A period to follow. Don't miss this opportunity to learn about such an essential matter.	Free	All Welcome including non-members *Max 60*	Eden Brook staff member EV Recp
Warak Enab (Stuf fed Grape Leaves) with Tabbouleh Salad Jan 27 th	This has always been my all-time favourite dish that I grew up eating and helping my mom make! Truly a labour of love. The stuffed vine leaves we will be making are made with a spiced rice mixture and vegetables- a delicious Mediterranean dish! The Tabbouleh salad recipe is a healthy vegan salad made with bulgur, mint, parsley and chopped vegetables. This salad will tantalize your taste buds!	\$40	Min 6 Max 12	Amina/Sue Kitchen
Decorated Sugar Cookies –Level 1 (Fundamentals) Jan 27 th	Everyone welcome! No experience required. This is a stand alone class or a prerequisite for more advanced decorating techniques using royal icing. Sugar cookie and royal icing recipes provided. Learn tips, tricks, resources, piping practice and cookie decorating! You will leave with a full set of "wintery" cookies. *Please bring apron, pen/pencil, a clean kitchen towel, a 9x13 container (plastic, cardboard, baking pan) to take your cookies home*	\$40	Min 6 Max 20	Angela Ev Recp Right
Occasional Card Making Jan 27 th	Enjoy the fun of creating handmade cards using ink, stamps and embellishments! We will make a collection of 8 cards: 4 Birthday, 1 Valentine, 2 Sympathy and 1 Thank you	\$20	Min 4 Max 8	Yvonne EV Recp Left
CPR Jan 27 th or Feb 3 rd **both dates offer the same content-one day course- only sign up for one of the above/not both	The Heartsaver CPR AED course is geared for everyday Canadians. This video-based instructor-led course teaches how to recognize cardiac arrest, get emergency care on it's way quickly and provide help until someone more advanced in training can take over. You'll get hands on practice in performing high quality CPR, using an AED, relieving choking and giving mouth to mouth breaths with a mask. This is a Heart and Stroke certified course led by a certified instructor and upon completion you will receive a card that certifies you for 1 year. *focused on adult victims	\$45	Min 3 Max 6	Virginia Aspen Room

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Therapeutic Massage Jan 27 th March 2 nd , 30 th April 27 th May 4 th	Enjoy one hour of relaxing, therapeutic or cupping massage from a Registered Massage Therapist. Receipt provided for claiming with your health provider	\$70 per hour	2 spots available for each date: 9-10am or 10-11am	Theresa Spa Room
Let's Brunch! Feb 3 rd	Who doesn't love a good brunch spread? We will make homemade sausage patties, a caramelized onion and ham quiche, a gruyere and prosciutto quiche, scotch eggs and granola.	\$40	Max 10	Jessica Kitchen
Heart Shaped Plate Feb 3 rd	Celebrate Valentine's Day! Personalize a porcelain Maxwell & Williams heart-shaped plate with paint markers and/or ribbon to keep for yourself or give to your valentine! This cheap and cheerful class includes a boxed plate and supplies to complete the project. Enjoy some time with friends as you work on this fun craft.	\$6	Max 14	Carmen Ev Recp Left
Valentine's Day Sugar Cookies with Royal Icing Feb 3 rd	If you've taken Level 1 (fundamentals) Decorated Sugar Cookie class you are welcome to join in! We will jump right into advanced cookie decorating... all with a Valentine's theme! You will leave with a full set of Valentine's cookies. Please bring an apron, pen/pencil, a clean kitchen towel and a 9x13'ish container (plastic, cardboard, baking pan) to take your cookies home.	\$40	Min 6 Max 20	Angela EV Recp Right
Creative Couture Feb 10 th		\$25	Min 6 No Max	Terrina Kitchen
Stoneware Glazing Feb 10 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	Min 4 Max 10	Pat EV Recp Left
Intro to Needle Felting Feb 10 th	Needle felting is 'Sculpting with Wool'! You will be amazed at how much fun (and addicting) Needle Felting can be. Easy to learn, portable and fun! 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. Classes include a starter kit with 5 colours of wool, a large felting pad, felting needles 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 kit home with you (your needles, wool and felting pad). No experience required.	\$45	Min 4 Max 10	Juanita EV Recp Right

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<p>Yoga</p> <p>Feb 10th, 24th Mar 2nd, 9th</p>	<p>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.</p>	<p>\$18 per class</p>	<p>Min 5 Max 7</p>	<p>Rebecka Aspen Room Right</p>
<p>Spa Pedicure/Foot Reflexology/Pedi-Reflexology Combo</p> <p>Feb 10th, 24th Mar 9th, 23rd Apr 6th, 20th</p>	<p>*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</p>	<p>Various prices, See Descriptions</p>	<p>2 spots each date: 8:45-9:45 10-11am</p>	<p>Helen Spa room</p>
<p>Thai Curries</p> <p>Feb 24th</p>	<p>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.</p>	<p>\$50</p>	<p>Max 10</p>	<p>Ching Kitchen</p>
<p>Art with Patricia</p> <p>2 sessions of 3 classes: First: Feb 24th, Mar 2nd, Mar 9th Second: Mar 16th, 23rd, 30th</p>	<p>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 3 art classes. A supply list will be provided following registration day.</p>	<p>\$90 for 3 classes- must sign up for all 3 classes</p>	<p>Min 6 Max 10</p>	<p>Patricia EV Recp Left</p>
<p>Layer Cake</p> <p>Feb 24th</p>	<p>Everyone is welcome to learn how to properly fill, stack and frost an 8" two layer cake (no experience required). All supplies provided, including a cake box to take your pretty and delicious creation home. Choose from Chocolate or Vanilla on Registration day. Please bring an apron and pen/pencil</p>	<p>\$65</p>	<p>Min 4 Max 12</p>	<p>Angela Ev Recp Right</p>
<p>Apple Pie</p> <p>March 2nd</p>	<p>Let's take the intimidation out of homemade apple pie! Learn how to make great pie pastry and apple pie filling completely from scratch. Enjoy a slice of fresh baked apple pie during class and enjoy your own 9" pie at home. Please bring an apron, pen/pencil, a container to fit a 9" pie, apple peeler, rolling pin. Don't worry if you don't have them... we will coordinate closer to the session</p>	<p>\$30</p>	<p>Min 6 Max 10</p>	<p>Angela Kitchen</p>

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<p>Essential Mixes</p> <p>March 2nd</p>	<p>This class is perfect for people who want to experiment with making their own spice and baking mixes. We will make 5 mixes: pancakes, brownies, fajita spice, taco seasoning and seasoning salt. Each person can customize their mix to suit their taste. Please bring containers.</p>	<p>\$25</p>	<p>Max 15</p>	<p>Jessica</p> <p>EV Recp Right</p>
<p>Mjadara (Lentil Casserole)</p> <p>Mar 9th</p>	<p>This popular lentil casserole is a vegetarian power bowl, nicely served with a cabbage salad. Please bring a container to class.</p>	<p>\$40</p>	<p>Min 6 Max 12</p>	<p>Amina/Sue Kitchen</p>
<p>Fused Glass Appetizer Plate</p> <p>Mar 9th</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!</p>	<p>\$58</p>	<p>Min 6 Max 12</p>	<p>Jeweliyana</p> <p>Ev Recp Right</p>
<p>Pot Stickers</p> <p>March 16th</p>	<p>Bring home a batch of traditional pork and cabbage Chinese dumplings, also called pot stickers. Pan fried to perfection, they are crunchy on the bottom and soft and juicy on the inside. I will premake the filling for you to wrap your own dumplings. There will be a tasting too!</p>	<p>\$25</p>	<p>Min 6 Max 12</p>	<p>Linda</p> <p>Kitchen</p>
<p>Piping with Buttercream- Level 1 (Basics)</p> <p>March 16th</p>	<p>A great stand alone class OR prerequisite for more advanced decorating techniques with buttercream. Buttercream recipe provided. Learn how to use several 'have to have' piping tips and the techniques that will take you further faster. Tips, tricks, resources, inspiration and cupcake decorating! Please bring apron, pen/pencil, a clean kitchen towel, a 9x13'ish container (plastic, cardboard, baking pan) to take your cupcakes home</p>	<p>\$40</p>	<p>Min 6 Max 20</p>	<p>Angela</p> <p>Ev Recp Right</p>
<p>Body Core</p> <p>Mar 16th, 23rd, 30th Apr 6th, 20th, 27th May 4th</p>	<p>Want to firm up, shape up, plus improve your posture, coordination, balance & 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 per week! Please bring a mat/towel for floor work. Not essential but to increase your comfort and session effectiveness, please bring supportive footwear, 2 light weights and water. *Maree Leighton is a certified fitness and strength trainer</p>	<p>\$18 per class</p> <p>9am to 10am</p>	<p>Min 6 Max 10</p>	<p>Maree</p> <p>Aspen Suite</p>
<p>An Intro to Glass Fusion</p> <p>March 16th</p> <p>This is an off-site class & may take 2.5 to 3 hours. Class will take place at: The Long Grass Studio & Workshop 244044 Panorama Ridge SW (in the community of Springbank)</p>	<p>No Experience required! You will make 2 fused glass drink coasters and a 6" Dish or votive at the end of your experience. Our "Intro to Glass Fusion" class takes you from a newbie glass fuser to a mild mannered expert of sorts. We'll cover all the safety requirements, the various types of glass we'll be using and practice using different glass fusion tools. This is a 'hands on' class. This class is a prerequisite to all the other glass classes we offer. All tools, glass, safety glasses and instruction included.</p>	<p>\$65</p>	<p>Min 3 Max 6</p>	<p>Pat from Long Grass Studios</p> <p>Off-site at Long Grass Studios</p>
<p>Instant Pot</p> <p>March 23rd</p>	<p>Learn instant pot techniques while making delicious meals. Recipes provided</p>	<p>\$30</p>	<p>Min 4 Max 12</p>	<p>Lori</p> <p>Kitchen</p>

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Easter Wreath March 23 rd	Spruce up your front door and join us in making a playful Easter wreath. This project is fun, simple and crafting experience is needed. Makes a great hostess gift or something for yourself. All materials provided.	\$25		Heidi Ev Recp Right
More Tacos! March 30 th	Come join us as we make fish tacos with pineapple salsa and a spicy slaw, and carnitas (pork) tacos with guacamole and pickled jalapenos. We will also make a corn salad that is reminiscent of Mexican street corn.	\$40	Max 10	Jessica Kitchen
Easter Cookies March 30 th	Everyone welcome (no prerequisite)! Buttercream isn't just for cupcakes... in this class, we will use buttercream to create Easter Cookies. How fun is that?! Please bring an apron, pen/pencil, a clean kitchen towel, a 9x13'ish container (plastic, cardboard, baking pan) to take home your finished cookies	\$40	Min 6 Max 20	Angela Ev Recp Right
Cabbage Rolls April 6 th	Join Jackie and Sonia in what is now a LTO tradition and learn how to make authentic Ukrainian cabbage rolls.. Always a favourite and just in time for Easter! Please bring your own ceramic dish.	\$40	Max 16	Jackie and Sonia Kitchen and EV Recp Right
Build a Terrarium April 6th	Come and join the fun in building your own Terrarium while you enjoy a coffee and chat with friends! All materials provided.	\$25	Max 14	Heidi Ev Recp Right
Freezer Friendly meals April 20 th	Dinner tonight? Today, we will be making 3 freezer friendly meals that you can keep on hand for last minute dinners! We will whip up Cilantro Lime Chicken, Lasagna Roll Ups and Chicken Enchiladas. Once we have our prep complete and had a taste of the final product, everyone will go home with one full meal, ready for you to heat up for dinner or pop into your freezer. Each meal serves 4-6 people	\$30	Min 8 Max 10	Carmen Kitchen
Book Club April 20 th	Meet as a group to discuss the book chosen for this session over coffee and snacks. The book chosen for this session is "Becoming Mrs. Lewis" by Patti Callahan. A historical novel about the friendship and love between C.S. Lewis and Joy Davidman.	Free <small>Please purchase/borrow your own book</small>	None	Lisa Ev Recp Left
Sip (Coffee) and Paint... Paint a beautiful Masterpiece! April 20th	Have a fun time painting a beautiful masterpiece fully guided by an experienced artist. All registered will be guided to paint the same art piece to take home with them.	\$35	Max 18	Logan from Nomad Arts Ev Recp Right
Lebanese Chicken with Rice Pilaf (Riz with Dajaj) and Lentil Soup (Showrabet Adess) April 27 th	This popular chicken dish is served with the essential 7 Lebanese spices and is a beautiful dish when hosting. The lentil soup is the perfect compliment	\$40	Min 6 Max 12	Amina/Sue Kitchen
Spring Cupcake Bouquet April 27 th	To keep with/benefit from this class, you will need the prerequisite "Piping with Buttercream – Level 1 (Basics)" or equivalent. Now that you know the basics, we will focus on more advanced techniques and fancier designs, including flowers! We'll jump right into advanced piping and you will leave with your own spring bouquet! Please bring an apron, pen/pencil, a clean kitchen towel, a container (Plastic, cardboard, baking pan) that will fit a 10" cake board	\$40	Min 6 Max 20	Angela Ev Recp Right

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<p>Paint your pet!</p> <p>April 27th</p>	<p>Join Shea from Vin Gogh Studio to capture your furry friend on canvas!. You will love this session! Simply email her (shea@vingogh.ca) one week in advance with a photo of your pet, she will trace it onto a blank canvas for you. She will walk you through the painting process step by step... how to paint the eyes, nose, fur. You choose your own background colour. After 2 hours, you will have a customized portrait of your furry family member, ready to hang! All supplies provided.</p>	<p>\$45</p>	<p>Min 10</p>	<p>Shea from Vin Gogh</p> <p>EV Recp Left</p>
<p>Vietnamese Cooking: Hanoi</p> <p>May 4th</p>	<p>Explore and indulge in 2 popular dishes that originated from Hanoi, Vietnam. We will make Grilled pork meatballs and Tumeric fish with dill, as well as a very addictive dipping sauce and taste various Asian herbs. You won't be able to find these dishes in any restaurant around town so join this class to find out what the big fuss is about!</p>	<p>\$35</p>	<p>Max 12</p>	<p>Ching</p> <p>Kitchen</p>
<p>Zen Doodle</p> <p>May 4th</p>	<p>Come for a session of Zen Doodle, a cross between drawing and meditation. No art experience necessary! It's simply a repetitive method of making deliberate marks that is combined with deep breathing to achieve a sense of relaxation. I will explain the origins, provide some examples of what can be achieved and then set you loose to explore some patterns. Once you are comfortable with the process, you can apply what you have learned to create a bookmark and a greeting card with a coordinating envelope. All supplies will be provided.</p>	<p>\$20</p>	<p>Max 10</p>	<p>Shawna</p> <p>EV Recp Right</p>
<p>Intro to Bee Keeping Gifts from the Bees: Beekeeping in Alberta</p> <p>May 4th</p>	<p>Enjoy learning about honey and bees in Alberta: keeping bees, their importance in pollinating all our plants, products they give us such as honey, candles and mead. There will be a honey tasting session to compare the large range of flavours, depending on what the bees are foraging on. You will get to take a candle and a jar of honey home!</p>	<p>\$30</p>	<p>Max 25</p>	<p>Lindsay</p> <p>EV Recp Left</p>