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## WOMEN'S DAY SCHEDULE

Total tickets available = 130

Ticket Price: \$65 plus app. fees

 YWCA ST. THOMAS - ELGIN	Craft Room (max. 14)	Exercise Room (max. 30)	Joanne Brooks Room (max. 20)	Kinsmen Room North (max. 30)	Kinsmen Middle	Kinsmen Room South (max. 20)	Games Room (max. 16)
<b>Workshop #1</b>  9:30 – 10:40	<b>Guacamole &amp; Salsa with a Spanish Twist</b> Taco House Co Aurora Alcocer \$10 fee	<b>Sound Healing Meditation</b> Missy Vermeersch, Accessing Reiki with Missy	<b>Tapping into Peace</b> Diane Yeo Mindfulness	<b>Passion for Travel</b> Jo Lynch (Boutique Travel Services) & Caroline Wilson (Book Your Travel)	Rest Space	<b>It's Not Personal – It's Personality</b> Katherine Englander, The HR Business Group	<b>Needle Felting Art</b> Kristina Bell, Upside Downie Homestead \$10 fee
<b>Workshop #2</b>  10:55– 12:05	<b>Cupcakes Decorating</b> Cindy Leon, Honey Cake Pastry Shop \$5 fee	<b>Restorative Yoga – Rest &amp; Relax</b> Andrea Sauer, Yoga with Andrea	<b>Are You Sick &amp; Tired of Feeling Sick &amp; Tired?</b> Angie Mailhot, Railway City Health Hut	<b>How to Keep Ourselves Healthy Through Different Stages of Life</b> Megan Soloy-Theil, Silver Birch Naturopathic and Wellness Clinic	Rest Space	<b>Mind Meets Muscle</b> Alicia Nolan & Alicia Lewis, Life Coaches	<b>The Mindful, Creative Practice of Hand Stitching</b> Heather Robinson, gathered \$5 fee
<b>Lunch</b> 12:15-1:45*	<b>Guest Speaker - Mary Lou Smoke, Indigenous Elder-in-Residence Western University</b>						
<b>Workshop #3</b>  1:50 – 3:00	<b>World in Writing: Whimsy &amp; Wonder</b> Peri Hayes, YWCA Educator & Writer	<b>Salsa Dance</b> Taco House Co & Latin Passion Dance Academy	<b>Come Back to Your Body</b> Jill Bond Groovy Moon	<b>Women Encircle - Drumming</b> Christine Norman, Expressive Arts	Rest Space	<b>Quiet Power: An Empowering Candle Ritual for Women</b> Kim Goodhue & Shelley Barret, Purely Wicked \$5 fee	<b>Stitch Please: Knit &amp; Crochet 101</b> Melinda Erin Whitehead \$10 fee

# St.Thomas Seniors' Centre Floor Plan

**\*Doors Open @ 9am – South Entrance**

