



**Big Brothers
Big Sisters**
OF NORTH WELLINGTON

13th
Year

Just for Women, Just for Fun!

Saturday, April 25, 2020

Wellington Heights Secondary School, Mount Forest, Ontario

Plan to spend a day of fun and learning! Gather your girlfriends - mothers - sisters - daughters! Choose and attend **three** 90 minute professional and fun workshops including health/body/soul/crafts and fitness! You'll enjoy a delicious lunch with a noon hour fashion show! There will be refreshment breaks, raffles, silent auctions, and a 50/50 draw!

ALL PROCEEDS GO TO BIG BROTHERS BIG SISTERS OF NORTH WELLINGTON

Advanced Registration Is Required

Early Bird Savings!

\$70.00 before February 21, 2020

\$75.00 registration fee between February 21st - April 10, 2020

Registration Closing Date April 10, 2020

Register by Mail: BBBS, PO Box 1311, Mount Forest, Ontario NOG 2L0; FAX : 519-323-4359;
Email: teri.dykeman@bigbrothersbigsisters.ca Registration Forms can be obtained at 519-323-4273
or at website: <https://northwellington.bigbrothersbigsisters.ca> under Just For Women Just for Fun.

Detach Here - - - - -

[Just For Women, Just For Fun – 2020 Registration Form](#)



Each registrant may attend three workshops. Please list your top six choices in order of preference. We will try our best to register you in your first three choices. As each workshop has a limited number of spaces, we reserve the right to make substitutions. All 6 choices must be completed. **Print Clearly:**

Choice 1 ____ Choice 2 ____ Choice 3 ____ Choice 4 ____ Choice 5 ____ Choice 6 ____

____ Visa ____ MasterCard ____ Cheque payable: Big Brothers Big Sisters of North Wellington

Card # _____ Expiry Date ____/____

Signature: _____

Name _____ Address: _____

City: _____ Postal code: _____

Telephone: _____ Email: _____

Can we **email** your registration form to you next year in January? Yes ____ No ____ (use standard mail only)

WORKSHOPS

All supply fees payable directly to instructor the day of the event!

- 1. Working with Energy:** Examine how essential oils change our energy and how using essential oils during reflexology and reiki treatments can enhance the benefits. Learn how to share Reiki and Reflexology with each other and we will experiment with some essential oils, to experience how they work for us emotionally. **NEW**
- 2. Zumba Fun:** We all need movement to be healthy - Zumba is the most fun you can have while exercising. Come & dance to popular songs, no dance experience required.
- 3. A Gathering with Spirit:** In an intimate gathering of spirit with people, this public demonstration of mediumship and psychic connections begins with a guided meditation to create an opening for spirit to come in. Depending on numbers, most will receive messages. **NEW**
- 4. Captured Glass Marble Suncatcher:** Brighten your spring with a beautiful suncatcher! Trap your choice of marbles in copper wire to create a cluster of movement and colour, then personalize it even more by adding charms, bells, bits and bobs of your choice. Supply fee \$10. **NEW**
- 5. Livening up Legumes:** Are you fascinated by trends towards more plant based proteins, but are not sure how to incorporate them into your diet? Come learn about the benefits of plant based proteins and how you can include these fibre and protein rich, budget friendly meat alternatives into your diet. Recipes and samples will be provided. Bring a container to take home any leftovers. Supply fee \$4 **NEW**
- 6. Nail String Art:** Make this take home project by choosing from different paper templates and placing them over a stained wood board (provided) and hammer in small finishing nails to the template, which is then removed. The string is strung around the nails to the shape of the design you choose. If possible bring a small hammer. **NEW**
- 7. Cupcake Decorating:** Decorate cupcakes with buttercream icing while learning some popular decorating techniques such as piping, rainbow swirls, making sunflower cupcakes and more! You will go home with your decorated cupcakes and recipes so you can create your own at home. Bring a container. Supply fee \$5 **NEW**
- 8. Tea Leaf Reading:** Reading tea leaves and coffee grinds has been practiced for centuries in many different cultures. Come and learn the basics to get started on a fun and intriguing hobby reading friends and family and enjoy a nice spot of tea at the same time!
- 9. Foods and Activities for your Healthy Brain:** This workshop will focus on several ways of improving your brain functions with foods and other activities. The good news is that what's good for your brain is also good for your heart and overall health! **NEW**
- 10. Meditation:** Discover the spiritual experience of meditation, and the use of music, location, and time to enhance the experience. You will be led through a meditation to promote relaxation, and reduce stress and its effects on your body.
- 11. Stampin'Up:** Make four All Occasion greeting cards and a cute little holder. You will get to try out stamping and using punches and die cutting. Glitter is optional! Supply fee \$12 **NEW**
- 12. Creating a Non-Toxic World in Your Home:** Learn recipes for replacing the toxic products in your home and see how easy it is to use Essential Oils to makeover your under cabinet cleaners and personal care products! Supply fee \$7 **NEW**
- 13. Smoothies Make the Day Run Smoothly:** Are you rushed in the morning and find you don't have time for breakfast? Come and learn from a Registered Dietitian about how to make a sensational smoothie that will help make your morning routine run "smooth" and have a stress free breakfast. Learn about different ways to make smoothies and the importance of breakfast and staying hydrated. Supply fee \$6 **NEW**
- 14. Beauty Experience - Skin Care:** A relaxing skin-care experience featuring everyday skin care routine, skin care supplements, foundation, satin hands treatment, and satin lips treatment. Supply fee \$7, plus additional \$8 if you choose the Bio-Cellulose mask.
- 15. Beauty Experience - Colour:** An expert colour experience featuring everyday beauty routine, makeup artistry tips, eye, lip, and cheek colours, lash and brow session, satin hands treatment, and satin lips treatment. Supply fee \$7
- 16. Tea and Power Tools:** Wouldn't it be wonderful when company comes over to bring out your unique tea box that beautifully holds an assortment of 4 of your favourite teas. And won't your guests be amazed when you tell them you made it yourself! In this totally fun class we will use a variety of power tools to make a 12" x 3" wooden box complete with dividers and a lid you can decorate at home. Supply fee \$10 **NEW**
- 17. Upcycle Craft:** Learn how to use old magazines to make wall art and other items such as a garbage container and a Christmas Tree. Learn how to roll or fold pages to create new materials. We will also make a pumpkin and a snowman from an old paperback. Bring a paperback novel (as thick as possible), exacto knife or equivalent, and a sharp pair of scissors. **NEW**
- 18. Needle Felting:** Needle felting is the process of transforming wool roving into 3D objects using a sharp barbed needle. During this hands on workshop, we will create a simple animal which will give you the knowledge and confidence to create your own one of a kind creation. Supply fee \$5 includes needles and wool roving. **NEW**
- 19. Crime Stoppers 101:** Think you know everything there is to know about Crime Stoppers? Think again! Learn how the program started, how it operates in Guelph Wellington and how you can provide information that could lead to a cash reward. Understand how YOU can help reduce and resolve crime in your community using Crime Stoppers. **NEW**
- 20. Dance Fit:** Have an exhilarating, easy to follow, calorie burning dance workout. Get your heart rate up and improve your cardiovascular endurance. Great music, great fun! **NEW**
- 21. Self-Care:** What does it really mean? How do we make time for it with our already busy schedules? How do we make self-care work for us? What is the difference between taking care of ourselves and being selfish? Self-care is more than just tea and bubble baths. This workshop will help you understand what self-care is really about and why it's so important. You will develop your own self-care ideas and plan.
- 22. Human Trafficking:** You don't think Human Trafficking happens in rural Ontario, but it does. Understand what Human Trafficking or Sex Trafficking is, how it's getting into your home to your children and what you can do to stop it. **NOTE:** adult content. **NEW**
- 23. Fairy Gardens:** Learn about this fun garden trend, how to create miniature scenes in your garden or in a planter. You will be shown how to arrange fairies, gnomes, tiny houses and accessories - plus the right plants to build your own small world. Supply fee \$15 (covers pot, soil, plants and some accessories. Fairies can be bought at an extra cost) **NEW**
- 24. What's the Deal with Mental Health:** Talking about mental health can be confusing and sometimes scary but it's something we should all know a bit more about. This workshop will focus on the role mental health plays in our lives, address some of the common misconceptions about mental health and illness, and include stories of living with anxiety and depression. We will also talk about where to go if you need to reach out for help, how to support people in your life, and share some tips on how to maintain good mental health. **NEW**
- 25. Exercise and Nutrition:** Learn exercises for all ages which you can do at home or at the gym and where you should be feeling them in your muscles. Learn what you should be asked and sharing with a trainer and the tabu of what being physically fit means. We will also touch on nutrition, things to have handy before or after exercise, discuss overall eating habits and we will make a healthy food together. Supply fee \$10, wear comfortable clothing, bring a mat or towel. **NEW**
- 26. Floral Arranging:** Unleash your inner designer! Enjoy creating a beautiful spring time arrangement to take home. Supply fee \$20. Bring a sharp pair of scissors. **NEW**
- 27. Q-tip Painting:** Make a rainbow tree on canvas using acrylic paint with a clear coat finish using Q-tips and small brushes. Supply fee \$7. **NEW**