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WINTER 2018

*check us out on facebook*

# Cultural Outing

## Calendar Girls

Saturday, February 17<sup>th</sup>

The Lakeshore Players present this quirky, funny story based on an uplifting and very inspiring true story. A group of extraordinary women persuade one another to pose nude for a charity calendar, their modesty spared only by artfully placed flower arrangements, cakes and knitting!

Tickets are \$25 and include bus transportation to the matinée performance. Places are limited - please purchase your tickets now!

Leaving Avante at 11:45 a.m.

Open to everyone!

MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday
5	6 <b>Sewing string quilt blocks</b> 9:30 a.m. Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome).	7 <b>Potluck and Conversation</b> NOON Enjoy a meal while discussing local events.	8 <b>International Women's Day supper</b> an evening of laughter and hilarity. Tickets are limited \$15	9
12 <b>Knowlton Coffee Break</b> 1:30 to 3:30 <i>What's Hot &amp; What's Not</i> a new approach to home reorganization 270, rue Victoria, Knowlton	13 <b>Kayla's women under 40</b> 6:00 <b>Work/Life balance</b> how to balance your life, reduce chaos and have more fun!	14 <b>Kayla's women under 40</b> <b>Creative Expression</b> 6:00 Journaling & Storytelling	15 <b>SOUP CAFÉ</b> Enjoy a bowl of soup with us at noon! ++++ <b>DIY with Barb</b> Ukrainian egg painting RSVP 1:30 \$2	16 <b>Health Matters <u>LIVE</u></b> <b>Q &amp; A period with pharmacist</b> <b>Eric Hudon</b> 10:00 – Noon (followed by a soup lunch) Cowansville CLSC 397, rue Rivière <b>Everyone Welcome!</b>
19 <b>Kayla's women under 40</b> 12:30 to 2:30 <b>Meal Planning</b> save money, waste less, eat well! 270, rue Victoria, Knowlton	20 <b>Kayla's women under 40</b> 6:00 <b>Meditation for Beginners</b> with Jen Meditate and allow your mind a moment of peace.	21 <b>Traveling with Nancy</b> 1:30 Cruising to <b>Panama</b>	22 <b>Sewing string quilt blocks</b> 3:00 to 5:00 Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome).	23
26 <b>Kayla's women under 40</b> <b>Women are Awesome Quiz</b> a Jeopardy-style game about women in history 12:30 to 2:30 270, rue Victoria, Knowlton	27 <b>Kayla's women under 40</b> 6:00 <b>The Great Debate</b> debating a fun topic while learning to get your point across!	<p>★ carpooling may be available ★</p> <p>★ all workshops are free unless otherwise specified ★</p>		

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
15 <b>Knowlton Coffee Break</b>  <b>1:30 to 3:30</b>  <b>Winter Life Hacks</b> tips and tricks to survive winter with Barb & Kayla  270, rue Victoria, Knowlton	16 <b>Sewing string quilt blocks</b> <b>9:30 a.m.</b> Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome). +++++ <b>Kayla's women under 40</b> <b>Life Hacks: Power Outages</b> surviving one with little known tricks <b>6:00</b>	17 <b>Kayla's women under 40</b> <b>Creative Expression</b> <b>6:00</b>  Expressing your emotions through painting	18  <b>SOUP CAFÉ</b> Enjoy a bowl of soup with us at <b>noon!</b> +++++ <b>DIY with Barb</b> <i>Bring a sweater to repurpose into a hat, scarf &amp; mitten set</i>  <b>RSVP 1:30 \$2</b>	19  <b>Health Matters</b> <b>Forgetful, Not Forgotten</b> one man's journey <b>10:00 – Noon</b> (followed by a soup lunch) Cowansville CLSC 397, rue Rivière  <b>Everyone Welcome!</b>
22  <b>Kayla's women under 40</b> <b>Stress Management</b> <b>12:30 to 2:30</b> <b>Session 1:</b> Dream journaling with Davina 270, rue Victoria, Knowlton	23  <b>Kayla's women under 40</b> <b>6:00</b>  <b>Home Remedies</b> local plants and their uses with Yana	24	25  <b>Sewing string quilt blocks</b> <b>3:00 to 5:00</b>  Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome).	26
29 <b>Health Matters Revisited</b> <b>1:30 to 3:30 p.m.</b> What is Cancer? +++++ <b>Kayla's women under 40</b> <b>Stress Management</b> <b>12:30 to 2:30</b> <b>Session 2:</b> understanding stress and its effects on you  270, rue Victoria, Knowlton	30  <b>Kayla's women under 40</b> <b>6:00</b>  <b>Coupon Challenge</b> couponing to save money with guest Mona	31 <b>Potluck and Conversation</b> <b>NOON</b>  Enjoy a meal while discussing local events.	<p>"Dear Stress...Let's break up."</p> <p>Avante is pleased to offer a 4 session stress management workshop on <b>Mondays in Knowlton</b> for women aged 18-40ish! Topics will include dream journaling, relaxation techniques, mindfulness, and yoga. Throughout the course, we will explore the causes and symptoms of stress, and what it can look like in our own lives.</p> <p>If you want to get a better handle on stress and learn about what it takes to be happy, then this course is for you! Join us and meet other women in a relaxing and non-judgmental environment.</p> <p>This will be a closed group so call Kayla to register! 450-248-0530</p>	

★ carpooling may be available ★

★ all workshops are free unless otherwise specified ★

FEBRUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
5  <b>Kayla's women under 40</b> <b>Stress Management</b> <b>12:30 to 2:30</b> <b>Session 3:</b> Relaxation techniques  270, rue Victoria, Knowlton	6 <b>Sewing string quilt blocks</b> <b>9:30 a.m.</b> Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome). +++++ <b>Kayla's women under 40</b> <b>Intro to Zumba</b> with Sabrina <b>6:00</b>	7	8	9
12 <b>Knowlton Coffee Break</b>  <b>1:30 to 3:30</b>  <b>Couponing: how to save</b> <i>a ton of money</i> <i>with guest Mona</i>  270, rue Victoria, Knowlton	13  <b>Kayla's women under 40</b> <b>6:00</b>  <b>Meditation for Beginners</b> with Jen  Meditate and allow your mind a moment of peace.	14	15  <b>Sewing string quilt blocks</b> <b>3:00 to 5:00</b>  Learn your machine and create colorful blocks for a fundraising quilt (all levels welcome).	16  <b>Health Matters LIVE</b> <b>Foot Care:</b> <b>happy, healthy feet</b> with Rachel Zecius <b>10:00 – Noon</b> (followed by a soup lunch) Cowansville CLSC 397, rue Rivière  <b>Everyone Welcome!</b>
19  <b>Kayla's women under 40</b> <b>Stress Management</b> <b>12:30 to 2:30</b> <b>Session 4:</b> Using mindfulness to combat stress  270, rue Victoria, Knowlton	20  <b>Kayla's women under 40</b> <b>Creative Expression</b> <b>6:00</b>  Music that speaks to you & vision boards	21 <b>Traveling with Nancy</b>  1:30  Going to <b>Bali;</b> <b>the island of the Gods</b> with Karen	22  <b>SOUP CAFÉ</b> Enjoy a bowl of soup with us at <b>noon!</b> +++++ <b>DIY with Barb</b> Dreamcatchers 1:30  <b>RSVP \$2</b>	23
26 <b>Health Matters Revisited</b>  <b>1:30 to 3:30</b> Is Home Care an Option?  270, rue Victoria, Knowlton	27  <b>Kayla's women under 40</b> <b>Women are Awesome</b> <b>Quiz</b> a Jeopardy-style game about women in history  <b>6:00</b>	28 <b>Potluck and Conversation</b> <b>NOON</b>  Enjoy a meal while discussing local events.	<p>Do you need someone to talk to?</p> <p>Someone to listen?</p> <p>We're here for you.</p> <p>Call to meet with one of our</p> <p>counsellors: Barb, Nancy and Kayla.</p>	