

Workshops & Events at the Center of Ageless Living

**Tue, December 20, 2011– Stress Reducing Techniques
to make you feel great. 12-1 pm**

**Wed, January 04, 2012– Beer and Wine Tasting:
German Foods 5-7pm**

**Tue, January 17, 2012– Tips on How to Organize your
Home for the New Year
Guest speaker professional home organizer. 12-1pm**

**Thur, January 26, 2012 - Cooking Class 3:00pm
Candy Lady—Chocolate Production**

**February 11 & 14, 2012-Couples Massage a simple
routine to treat your loved a well deserved massage.
Class includes Scented massage oil. 12-1pm**

**Sat, February 18, 2012 - Wine Dinner
Special Wine and Food Pairing Dinner. 5-8 pm**

**Tue, February 21, 2012 - Nutrition Class
12-1pm**

**March 9 - 10, 2012 Wellness Weekend
All Day**

**Tues, March 20, 2012 - Spring Begins -Members only.
How and What Plants Reduce Stress. 12-1pm**

**Thur, March 22, 2012 - Vegetarian Mu Shu
How to make the pancake. 3:00pm**

**Wed, March 28, 2012 - Wine Tasting,
Northern California Foods and Wine. 5-7pm**

Workshops are \$5.00 donation.

Spa members, Employees, Residents and
Family of Residents are FREE.

Bring your own lunch or
enjoy our Bistro

Workshop Lunch Special only \$5.00

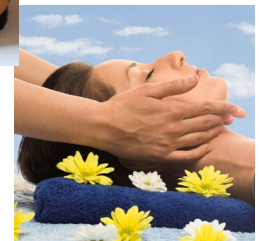
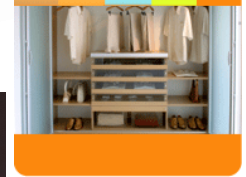
Please call in advance to inform us of our
attendance class size is limited.



**Come check out
our Yoga Classes!!
Tues & Thur.
Classes are at
10:30 and 12:00pm.**



organizing



**www.gardengatespa.com
For additional class schedules.
Spa & Salon Mini Workshop information.
Plus every month great specials!
Sign up on line for our
weekly/monthly events.**

grow ageless

garden gate
day spa & salon

505.865.8813