

2010 WOMEN'S WEEKEND SCHEDULE

There will be a \$55 pre-registration fee for all. Each additional class cost listed.

You MUST pre-register to attend any of the activities for Saturday or Sunday-4 maximum per day. (excluding 5K race)

*Please note that you will need to have the appropriate attire for the activity.

Space is Limited-First come First Serve-Classes are Filling up Fast

		Activity	Location
	Friday		
	3:00 PM	Welcoming Reception A Kick off to the weekend! Come and get your welcoming package including a gift bag, your discount passport and more.	Wingate
		Shopping Specials You will be receiving your own Women's Weekend exclusive Discount Passport full of deals that you can use when shopping our eclectic shops, visiting our unique spas, getting a bite to eat at our fine restaurants or breaking lose out at our local bars and nightclubs.	Through out the village
		Discount Chair Massages Daniel Lee & Leah Rusiniak- Please come and relax with a 5-15 minute chair massage for \$1/ minute.	Anew Beginning Massage
		Oasis Anti-Aging Experience Joanne Timkey-Enjoy a custom facial analysis, learn to cleanse, tone, hydrate and relax. Demonstrations being held for \$12. Space is limited.	Ellicottville Oasis Day Spa
		Discount Paraffin Hand Dip Marie Stachera-Enjoy a Paraffin Hand Dip- Provides arthritis relief, muscle, comfort, skin softening, exfoliation, and deep penetrating warmth. Come check our Ellicottville's newest spa!	Falling Waters Spa
		Nightlife Poker Tour Come check out this one of a kind poker tour! Collect cards as you go around and visit the local Bars/Restaurants and bring your winning hands to Saturday nights dinner. Top hands are rewarded then.	Village Bars/Restaurants
ice #	Saturday	Activity	Location
	All Day	Be sure to take advantage of your Discount Passport for your exclusive Women's Weekend discounts and specials!	Throughout the Village
	8:00 AM	Activity	Location
1		Hike Elizabeth Boberg- Experience the outdoor at your own level of ability. Beginner, Intermediate, Advanced.	HoliMont
2	\$15	5K Susan G. Komen Run Anyone can participate in this fundraising race. Get everyone you know together to help provided education and research about causes, treatment, and the search for a cure to breast cancer.	Throughout the Village
	9:00 AM	Activity	Location
6	\$5	Yoga Laura Solly- Beginner Level Yoga Hatha style yoga to relax, reflect & stretch. Please bring yoga mat and cushion.	HoliMont
7	\$5	Fly Fishing Julie Szur- Learn the artistry of fly fishing.	Saddle Pond
9	\$5	Pilates Sherrie DeShong- The key to good health is a flexible spine and strong deep core muscles. Mat Provided.	1887 Building
10	\$5	Nutritional Speaker Susan Gugliuzza- American Health Learn the best way to give your body the well balanced nutrition it needs to stay healthy by eating a variety of nutrient packed foods while staying within your daily calorie needs!	Wingate
11	\$5	Golf Lessons Steve Carney- Correct your swing by The Valley Pro.	Holiday Valley Driving Range
	9:30 AM	Cooking Class	Silver Fox- Nickolson Home
12	\$15	Get ready for the ultimate breakfast! Poached eggs and ham.	

		10:00 AM	Activity	Location
13	\$5		Fly Fishing Julie Szur-Learn the artistry of fly fishing.	Saddle Pond
14			Historical Real Estate Walking Tour Haven't you always wanted to know what Ellicottville's really about? Find out from a licensed real estate agent. Take the historical walking tour and also learn why Ellicottville is the 'real deal'.	Throughout the Village
15	\$5		Mediums Experience a two hour group session with individual spiritual messages. The participants of this gathering will have the added benefit of having readings from both mediums, Pattie & Michael.	The Barn Restaurant
16	\$5		Archery SOLD OUT Darlene Lyons- Another sport to add to your artillery. Bows and arrows provided.	Behind Burger King
17			Bradford Regional Medical Center Speaker A doctor discussing osteoporosis-screening the heal, with a question and answer time.	Wingate
18	\$5		Life Coach Speaker The Olympian in You - Dr. Dionne Kress Working with coach, as athletes do, assists with managing, neutralizing, and overcoming stress. Develop the Olympian in you.	Dina's
		11:00 AM	Activity	Location
19	\$5		Zumba Victoria Goodyear-Olean YMCA Fusion of Latin and International music that creates an exciting and effective fitness system. Combines high energy and motivating music so participants can dance their worries away.	Holimont
20	\$5		Archery SOLD OUT Darlene Lyons- Another sport to add to your artillery. Bows and arrows provided.	Behind Burger King
22	\$5		Garden Walk Melinda Buckley & Barb Kozolwski- Perennials: You can never have just one! Learn about gardening practices to produce beautiful long blooming perennial gardens.	Nannen Arboretum
23	\$5		Herbal Tea Party Taste test herbal teas and learn the medicinal benefits while enjoying some sweet treats.	Birdwalk
24	\$5		Jewelry Making Deb McGowan- An opportunity to use the tools of a master create your own Beaded earrings, tools provided.	Wingate
25			Bradford Regional Medical Center Speaker Dr. Alexander Batchev discussing Breast health with a question and answer time.	Wingate
		12:00 PM	Activity	Location
27	\$15		Cooking Class Leon McClure- Mediterranean Style Pork Medallions, the method of tenderizing with an international flair.	Tip's-up
28	\$5		Henna Tattooing Preeti Blaggan- Artistically created tattoos with natural Henna lasting 6-7 days.	Kabob Kafe
29	\$5		Palm Reading SOLD OUT Lynn Timmon-Reading palms is an ancient method of mapping one's personality.	Kabob Kafe
		1:00 PM	Activity	Location
31	\$5		Tai Chi Dj Washington-Ancient Chinese moves that balance and develop your chi.	Holimont
32	\$5		Fly Fishing Julie Szur-Learn the artistry of fly fishing.	Saddle Pond
33			Historical Real Estate Walking Tour Haven't you always wanted to know what Ellicottville's really about? Find out from a licensed real estate agent. Take the historical walking tour and also learn why Ellicottville is the 'real deal'. Meet at the Gazebo at 1:00 PM.	Throughout the Village

3	\$5	Mediums SOLD OUT	The Barn Restaurant
		Experience a two hour group session with individual spiritual messages. The participants of this gathering will have the added benefit of having readings from both mediums, Pattie & Michael.	
34	\$5	Archery	Behind Burger King
		Darlene Lyons- Another sport to add to your artillery. Bows and arrows provided.	
37	\$15	Cooking Class SOLD OUT	Silver Fox-Nickolson Home
		Learn the secret behind Mike's Sanibel Shrimp!	
38	\$5	Beer Making	Ellicottville Brewing Co.
		Stein Beer-The newest 'hot rocks' method revealed.	
40	\$5	Palm Reading SOLD OUT	Kabob Kafe
		Lynn Timmon-Reading palms is an ancient method of mapping one's personality.	
	1:45 PM	Activity	Location
41	\$5	Beer Making	Ellicottville Brewing Co.
		Stein Beer-The newest 'hot rocks' method revealed.	
	2:00 PM	Activity	Location
42	\$5	Qi Gong Meditation	Holimont
		DJ Washington- Center your mind and body through silent sound. Control your breathing and keep your energy up.	
43	\$5	Pilates	1887 Building
		Sherrie DeShong- The key to good health is a flexible spine and strong deep core muscles. Mat Provided.	
44	\$5	Blended Fitness	1887 Building
		Kim Logel- Blended Fitness class with cardio, weight training and core work. Bring light dumb bells, yoga mat and water.	
45	\$5	Jewelry Making	Wingate
		Deb McGowan- An opportunity to use the tools of a master create your own Beaded earrings, tools provided.	
47	\$5	Henna Tattooing	Kabob Kafe
		Preeti Blaggan- Artistically created tattoos with natural Henna lasting 6-7 days.	
48	\$5	Palm Reading SOLD OUT	Kabob Kafe
		Lynn Timmon-Reading palms is an ancient method of mapping one's personality.	
	3:00 PM	Activity	Location
49	\$5	Self Defense	Holimont
		Kasey Tripodi-Basics self defense moves anyone can learn and use for you're their own protection.	
50	\$5	Tai Chi	Holimont
		DJ Washington-Ancient Chinese moves that balance and develop your chi.	
51	\$5	Fly Fishing	Saddle Pond
		Julie Szur-Learn the artistry of fly fishing.	
54	\$5	Life Coach Speaker	Wingate
		Strengths Based Personal Development- Dr. Dionne Kress Learn how to recognize and develop your strengths and talents. Using your strengths improves personal and professional performance.	
55	\$5	Texas Hold-Em Demonstration	Madigan's
		Ed Foster- Seneca Allegany Casino Learn how to play the game so you can join in the casino fun.	
57	\$15	Cooking Class	Balloons
		Tom Kneeland- Chicken Enchilada, voted best Mexican enchilada in Ellicottville, the secrets in the sauce.	
58	\$5	Henna Tattooing	Kabob Kafe
		Preeti Blaggan- Artistically created tattoos with natural Henna lasting 6-7 days.	
59	\$5	Palm Reading SOLD OUT	Kabob Kafe
		Lynn Timmon-Reading palms is an ancient method of mapping one's personality.	

		4:00 PM	Activity	Location
60	\$5		Blended Fitness Kim Logel- Blended Fitness class with cardio, weight training and core work. Bring light dumb bells, yoga mat and water.	1887 Building
66	\$10		Writer's Workshop-Creating Your History Christina Abt- Journaling with a purpose. Unique journals and pens will be provided to encourage the writer's soul!	Wingate
		6:00 PM	Cocktail Hour (cash bar) with welcoming remarks and the sounds of the Band Harmony III until 8:00 PM	Holimon
		7:00 PM	Now it's time for a delicious dinner by Dina's- Stuffed Chicken Breast. Poker Tour, Shopping Spree and Door Prizes given out. Make sure you bring your poker hand and your shopping passport!	Holimon
		7:45 PM	Woman of the Year Award Ceremony	Holimon
		8:00 PM	Key Note Speaker- Lori Miller "Finding Balance in Our Lives" As women, we all have this tremendous burden of living up to the expectation of being the consummate nurturer. However, in getting caught up in that role, many times we fail to nurture the most important role in our life and that is to ourselves. This workshop will help women find better balance in life by providing key information that will assist in a journey for balance, happiness, fulfillment, and success. Participants will learn how to reduce stress and gain more control, how to discover true happiness, how to find acceptance, and how to create a model to live by. Participants will learn: How to find balance and harmony, How to reduce stress and gain more control, How to be happy, How to find acceptance, How to stop worrying about pleasing others and start pleasing themselves!	
		Sunday		Location
		9:00 AM	Activity	Location
65	\$5		Golf Lessons-Short Game Steve Carney- Correct your swing by The Valley Pro.	Holiday Valley Driving Range
		10:00 AM	Activity	Location
63	\$5		Yoga Laura Solly- Beginner Level Yoga Hatha style yoga to relax, reflect & stretch. Please bring yoga mat and cushion.	Holimon
64	\$5		Archery Darlene Lyons- Another sport to add to your artillery. Bows and arrows provided.	Behind Burger King
		11:30 AM	Activity	Location
			Master Gardener Sally Cunningham- Great Plants, Great Gardens It's time for plant talk, Sally is ready to answer to healthy gardening.	Wingate