

# BCSS ASM 2021



## VIRTUAL WELLNESS ACTIVITIES

**WHEN**

**April 29<sup>th</sup> & 30<sup>th</sup>**

**FEATURING · Chef Nicole Mackie · Amber Bruce · Inez Beatriz · Ashley Noel · Seamus McKindy · Charlotte Wyvill**

**REGISTER ONLINE**

<https://secure.affreg.com/register/bcss2021>

**OR**

**Attend the on the day of!**

**ACTIVITIES**

- Make the perfect Risotto
- Home Latte course
- Intro to Ballet
- Vinyasa Flow (yoga)
- Watercolor Painting
- Mixology

**THURSDAY**  
**APRIL 29**  
**5-6PM**



**MAKE THE PERFECT RISOTTO with CHEF NICOLE MACKIE**

Join Chef Mackie from The Salty Fig in creating a delicious spring inspired menu. We will be learning how to make the perfect **leek and spring pea risotto** with roasted lemon chicken or grilled halloumi. This dish is simply delicious and sure to impress!

**What you will need**

\*Please see additional attachment for grocery list.

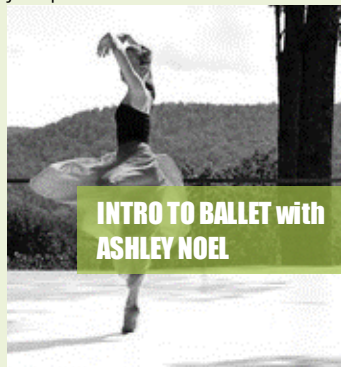
**Suggested drink pairings**

- Wines** Riesling • Sauvignon blanc unoaked • Chardonnay • Pinot Grigio • Pinot noir (if red is preferred)
- Beer** Tripel
- Cocktail** Grapefruit and rosemary gin fizz

**FRIDAY**  
**APRIL 30**  
**12-12:45PM**

Get ready to **move and stretch your body!**

This class will incorporate the basic movements all technical steps and phrases in ballet are built from and allows dancers the time to really think through and check in with their technique. We will begin with a ballet barre, we will go through exercise such as pliés, tendus, jetés, and rond de jambe, and some exercises in the center, without the barre, focusing on balance, transfer of weight and jumps.



**INTRO TO BALLET with ASHLEY NOEL**

**What you will need**

- Chair, Table, countertop, or barre that is at waist height to hold during the barre portion of class.
- Comfortable clothes to move in and socks or ballet shoes if you have them - whichever is most comfortable for you.

This class will be best done on uncarpeted floor if possible.

*No experience necessary – Open to all levels*

**FRIDAY**  
**APRIL 30**  
**12-1PM**



**MAKE THE PERFECT LATTE with SEAMUS MCKINDY**

Learn how to make the **perfect latte at home** using brewing equipment that's affordable and extremely common. We can even attempt some latte art, for that picture-perfect Instagram post.

**What you will need**

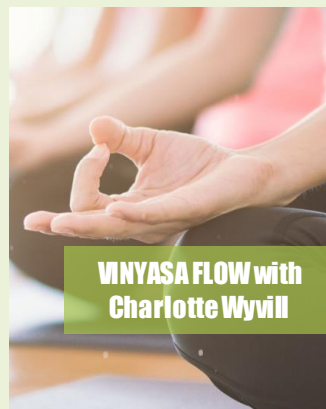
- French press (Or other milk frothing device)
- Stovetop/Moka coffee maker (Between 4-6 Cup Model)
- Fresh beans if a coffee grinder is available. If not, 150 gms of coffee ground between flour & table salt consistency.
- Thermometer
- 200ml of Homogenized milk or Alternative M\*lk and a saucepan

\* For those interested in attempting latte art, it's recommended to have a Pitcher as well, example [here](#). A scale also can make things quite a bit easier, but Seamus be providing amounts and measurements in the form of weight and volume. (Tablespoon, cup, etc.)

**FRIDAY**  
**APRIL 30**  
**12-1PM**

Vinyasa Flow - A strong series practice that **connects breath and movement.**

There will be an emphasis on balancing postures and hip openers to create stability and expansion in the body. Students will experience mindful movement while enhancing their mobility.



**VINYASA FLOW with Charlotte Wyvill**

**What you will need**  
Comfortable/stretchy clothing

**FRIDAY**  
**APRIL 30**  
**12-1PM**



**COCKTAILS with AMBER BRUCE**

Learn to make some **bright and summery** cocktails!

We will be making Mai Tai, Hotel Georgia and a Margarita!

**What you will need**

- Gin
- Blanco Tequila
- Cointreau
- Rum (Jamaican preferably)
- Limes (4-6)
- Lemons (1-2)
- Egg whites (pasteurized or eggs)
- Orgeat (almond & orange flower syrup) - (Gourmet Warehouse, Modern Bartender, or order online)
- Angostura or Aromatic Bitters
- Orange Blossom Water
- Simple syrup - [recipe link here](#) (Make this in advance)

**EQUIPMENT**

- Cocktail shaker or mason jar with lid
- Strainer
- Cocktail glasses

**FRIDAY**  
**APRIL 30**  
**12-1:30PM**

Discover new creative skills and a new way to relax through **watercolour painting!** In this one and a half hour, paint-along session you will be introduced to essential techniques for painting botanicals and have a completed painting. You will also receive an e-booklet filled with tips, sketches to copy and samples that will enable you to continue your watercolour journey beyond this workshop!



**WATERCOLOUR PAINTING with INÈS BEATRIZ**

**What you will need**

\*Please see additional attachment for supply list and instruction sheet.