

COURSES AT HAECC

Courses start the week of January 20th 2013 and will end the week of April 14th 2014

MONDAY:

Tiny Tots Fitness FUN!

It's never too early to start moving! This class will be an active fitness class for the kids to get out excess energy. The class will incorporate different forms of stretching, yoga, dance, and gymnastics.

Where: Huntingdon Adult Education & Community Centre (HAECC). 24 York street

Children 2-3: 6:00pm to 6:30pm 50.00\$ Children 4-6: 6:30pm to 7:15pm 55.00\$

** Times & night may vary, depending on number of participants registered**

Minimum: 6 students/class Max: 15 students/class

TUESDAY:

Art classes: Painting & Drawing:

Explore drawing and painting classes with an artist. 13:00 – 16:00 • 8 weeks • 150\$

Photography club:

Come join a group of passionate people to expand your knowledge and skills on photography. Meet every Second Tuesday 7:30-9:30 • \$20.00

Spanish (Beginner)

No hablas Espagnol? Would you like to learn? Let's do it together in a fun way! 19:00-21:00 • 10 weeks • \$120.00

WEDNESDAY:

Conversational English Course

Are you interested in learning English? Need to learn how to better understand and speak the English language? 19:00-21:00 • 10 weeks • \$120.00

WALKING CLUB

Are you interested in getting in more physical activity? The walking club will meet twice a week and walk around the gym at HAECC. Contact Jayme 450-264-9276 for more information.

OTHER COURSES AVAILABLE

- MAPAC Hygiene and food Safety Certification (Handler & Management)
- Spanish Intermediate Courses
- English Intermediate Courses

ANIMATORS, PARTICIPANTS & IDEAS WANTED!

If you have a skill to share or an activity you would like to participate in, don't hesitate, and call the centre today! 450-264-9276 ext: 27

Cancellation may arise due to the insufficient number of participants.

HAECC - Jayme McClintock, 450-264-9276, ext: 27 jmclintock@nfsb.qc.ca

C.V.R. - Kim Wilson, 450-829-2381, ext: 245 kwilson@nfsb.qc.ca



COMMUNITY NEWS

Healthy coping

Whether you are struggling with challenging personal issues, or you are looking to improve your coping skills - this information session is for you. Everyone is welcome to come meet two private practice therapists who are looking to share their knowledge and expertise with you. Combined with 16 years of experience in various settings, they would like to present their services and facilitate a discussion on managing stress. DONATION BASIS, all money collected will be given to C.V.R for student activities.

January 20th 7:00 p.m. to 9:00 p.m. C.V.R. Room 110

PATHFINDERS AT C.V.R. COURSES AT CVR

Where: 1597 Route 138A, Ormstown

Girl Guides of Canada is well alive in the valley. Pathfinders from our different towns and villages in our surrounding regions meet twice a month at CVR after school. They are working in partnership with the CLC concept of building bridges between communities and their schools/centres.

This is an occasion for the girls to connect with other Pathfinders and share in the sisterhood of Guiding. Their program is varied and the main purpose is to develop leadership in the girls, develop their talents and make the world a better place to live. We welcome girls between 12 and 15 to join us at CVR for our bi-monthly meeting. For more information, contact Louise Triggs 450-247-2430 or louise.triggs@rocler.com

MONDAYS

Alumni Basketball

Have you ever played basketball or would you like to try? Join us each Monday evenings and enjoy a non-competitive game and renew old friendships and/or maybe even make some new ones.

8:00 p.m. to 9:30 p.m. Ages 12 and up Costs: 12 weeks = \$36.00

Personal Weight Training

A personalized training program just for you! Join C.V.R.'s Weight Room and begin or continue to work out at your own pace under the expertise of personal trainer, Crystal McCormick. Work with what works for you!

7:00 p.m. to 9:00 p.m. Maximum 10 adults Costs: 10 weeks = \$ 90.00

Join the Homemade Music Revolution!

Interested in building things and making music? Do you like the blues? Local luthier, Noah Tolhurst of King Thrushbeard Stringed Instruments has designed and built a Cigar Box Guitar kit to make a Diddley Bow, a one-string guitar the type that most of the blues greats of old started on. Build your own guitar and learn to play!

7:00 p.m. to 9:00 p.m. 3 weeks Ages: 12 and up Costs: \$50.00

TUESDAYS

Badminton

Have fun playing while burning fat, reducing your risk of heart disease, making new friends, increasing your speed and reflexes and improving your quality of life

7:00 p.m. to 9:00 p.m. 18 yrs & older Costs: 12 weeks = \$36.00

WEDNESDAYS

Computers for Beginners

Learn the basics of how to use computers, everything from how to turn a computer on, to writing, to using the internet, to troubleshooting problems. By the end of this six-week course you will be able to send emails, communicate on Facebook and other social media sites, create documents, and more!

7:00 p.m. to 9:00 p.m. 6 week session, January 22nd to Feb. 26th All ages Costs: \$75.00

Indoor Rugby training:

Ever considered playing rugby but weren't sure about the physical contact of the sport? Looking to get in shape and want to try a new sport at the same time? The Ormstown Saracens will be hosting indoor training sessions on Wednesdays nights at CVR in the gym. We are always looking for new players of all ages; Junior Boys & Girls and Senior Men & Women.

Come and join some fun fitness, and socialize with the Saracens, you may even take up a new sport! All you need to bring is yourself, running shoes and a water bottle.

7:00 pm – 9:00pm

If you have some questions, don't be shy send us a quick email we will get back to you as soon as possible.

Jayme: jayme_mcc18@hotmail.com or Shane : mcrae_s13@hotmail.com

THURSDAYS

Irish Dancing

It's Back!!! This new class strives to promote an environment where every dancer has the opportunity to progress to the best of their ability in a friendly, encouraging atmosphere. Class sizes are kept small so dancers can benefit from the personalized instruction of teacher Janice Young. Janice has been certified through Ireland and owns her own dance company. Students will be very visible in our communities by performing at year round events as well as be prepared for competitions.

Junior to Grade 3 Classes – 6:00 p.m. for a 50 minute session for 12 weeks = \$85.00
Senior Class – Grade 4 & up – 7:00 p.m. for a 50 minute session for 12 weeks = \$85.00
Maximum of 20 per class Start Date: Thursday, January 30th

Intermediate computer course

If you know the basics of computers, take it up a notch and learn shortcuts to make your life easier. Also learn how to take full advantage of what computers have to offer in this six-week course. Learn about security, free resources available online to you, and how to use basic multimedia (photo and video) editing.

7:00 p.m. to 9:00 p.m. 6 week session, January 23rd to February 27/14 Costs: \$75.00

Volleyball

The activities required to play Volleyball help to strengthen the upper body, arms, shoulders, thighs, abdominals and lower legs. In addition Volleyball improves hand-eye coordination, reflexes and Volleyball teaches team work and is a great social activity.

7:00 p.m. to 9:00 p.m.
18 yrs and up
Cost: 12 weeks = \$36.00



Start the New Year off with a new activity.

2014 VIDEO CONFERENCE SCHEDULE

When	Where	What	Who	
January 20	6:30- 8:30PM @ CVR	Homework in Peace or Homework Police	Parents	This presentation raises the issue of what parents need to know about homework and strategies to use to make homework a more pleasant experience for children and parents. The social, emotional and cognitive development of children is summarized to form a basis for this discussion. Risk and protective factors are covered in light of their importance for raising a resilient child. Homework is presented in the context of enhancing self-reliance in children.
January 29	7:00 - 9:00 PM @ HAECC	Everything you wanted to know about Schizophrenia	Community Educators Health Professionals	Have you or a loved one been diagnosed with schizophrenia? Are you worried and confused? This round table discussion will present the facts about schizophrenia and answer your questions about managing this illness. Register by calling 514-486-1448 or toll free at 1-877-303-0264 or contact your local Community Learning Centre (CLC)
February 4 th	6:30- 8:30 PM @ CVR	Parenting 101	Parents	Parenting in today's hurried world is not always easy. Both parents and children feel the pressure of balancing school, homework, careers and extracurricular activities with quality family time. This presentation raises discussion on what children need to become independent, self-reliant and resilient. It includes enhancing self-esteem in a positive manner, building coping strategies when faced with failure or disappointment, encouraging motivation and fostering strong decision making techniques. The influence of peers and parenting styles will be included.
February 26	7:00 - 9:00 PM @ CVR	Wills and Estates	Community	Éducatoi will explain what kinds of wills are valid, how to change a will and the impact of not having a will. The workshop will also cover the steps in settling someone's affairs after death. (Note: Éducatoi cannot give legal advice on the personal situations of workshop participants.)
March 12	7:00 - 9:00 PM @ HAECC	Internet Safety & Digital Citizenship: Disconnect in a Connected World	Parents Educators Community Partners	This presentation will help parents and educators who might feel disconnected from their children's online activities to become more aware of important issues related to internet safety, while equipping them with tools for helping children develop positive digital citizenship habits. <ul style="list-style-type: none"> • Strategies for encouraging children to make safe choices about the kinds of information they share, and where/with whom they share it. • Tips for encouraging discussion about online safety at home and in school. • A brief look at emerging legislation about cyberbullying and digital citizenship will help inform parents and educators about the long and short term legal consequences of online actions and offer them a framework for explaining why this topic of conversation is so important in today's increasingly connected world.
March 26	1:00 - 2:30 PM @ OES	Seniors: Protection from Exploitation and Abuse	Seniors Community Members working with Seniors Health Professionals Caregivers	This presentation will provide a glimpse at the various forms of abuse and fraud that seniors may be subject to. The Senior Aware program is a tool to sensitize seniors, professionals and the general public to the abuse and fraud to which seniors may be subjected as well as offer some prevention advice.
April 16	1:00 - 2:30 PM @ OES	Obesity	Community Educators	Obesity is a health problem in today's society. This session will discuss causes and types. Obesity in children, complications from and management of the problem will also be addressed. The objective is to inform the participants about the complexity of this issue and help them understand that a team approach is necessary to help people in need.
April 23	7:00 - 9:00 PM @ HAECC	So You Have a Mental Illness, but you can still have a life, and a good one	Community Educators	One in five people are diagnosed with mental illness in their lifetime, but mental illness can be treated with proper care and attention. This session will cover coping skills, resilience, and how to live well despite an illness. Register by calling 514-486-1448 or toll free at 1-877-303-0264 or contact your local CLC.



Chateauguay Valley CLC



CONTACT INFORMATION

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