

# Châteauguay

## Community Learning Centre

*Strong Families. Strong Community.*



## **Activities & Events** Fall 2013

**Providing educational, socio-cultural,  
sports and family activities for all**

Centennial Park School  
Harmony Elementary School  
H.S. Billings High School  
Mary Gardner School  
Nova Career Centre  
St. Willibrord School & Community Learning Centre

Proud schools of the New Frontiers School Board!



**[www.nfsb.me](http://www.nfsb.me)**

# What is a CLC?

*Community Learning Centres* (CLCs) are community schools that bring together various stakeholders in partnerships for youth development, lifelong learning, community engagement, family support and community health and safety.

Serving Chateauguay and the surrounding area, the Chateauguay CLC offers educational, social, recreational and family activities.

## **New Frontiers is thrilled to announce we will be building a *Habitat for Humanity* House in Ormstown!**

**Our Chateauguay Valley Career Education Centre's Carpentry Program (CVCEC) will take the lead! They will be joined by many other vocational students and teachers, both from NFSB and neighbouring school boards.**

This project is a joint venture between NFSB, the Municipality of Ormstown, Ecohabitation (LEED), and Habitat for Humanity (Quebec). Two families will be chosen to live in the semi-detached house. More information will be available shortly.

To help fund the event, we will be holding a **Community Jamboree** at the Ormstown Fair Ground Arena. A not-to-be-missed event featuring **Nanette Workman** and special guest **Martin Deschamps, Durham County Poets, The Cranes** and the CVCEC carpentry and landscaping teachers themselves!

**Date:**           **October 25, 2013 @ 7:30 p.m.**

**Place:**          **Arena-Ormstown Fair Grounds**

**Tickets:**       **\$15.00 general admission**

**\$50.00 V.I.P. section**

Visit [www.nfsb.me](http://www.nfsb.me) for more information.

Contact **Anthony** for more information about anything in this brochure! He will be happy to answer your questions or guide you to someone who can.

Anthony: **450 691-1440 ext 220 • [aspadaccino@nfsb.qc.ca](mailto:aspadaccino@nfsb.qc.ca)**

# Community Wednesdays

**“Community Wednesdays” bring together local community groups, government organizations, and partners working together offering a FREE community trade show.**

Learn about local services and organizations that are here for you and your family. Bilingual representatives will be on-site to answer your questions. Free babysitting is available and a \$2 per person spaghetti dinner is served.

Drop in any time between 4:00 and 7:00 pm on the first Wednesday of every month to find out more. **Everyone is welcome!**

## **Upcoming “Wednesdays”!**

October 2 • St. Willibrord School and CLC

November 6 • Centennial Park School

December 4 • St. Willibrord School and CLC

February 5 • École St-Jude

April 2 • École Notre-Dame-de-l'Assomption

May 7 • St. Willibrord and CLC

## Re-nou-vie

Re-nou-vie offers support for single mothers through various programs including the "Nobody's Perfect" program which provides an opportunity for mothers to meet, share their experiences, and exchange tips. Re-nou-vie also provides support to women who are thinking of, or going through, a separation or divorce. **For more details call: Re-nou-vie @ 450-692-9805**

## Other Re-nou-vie programs:

### Mommy & Me....

Moms and children under five are invited to a morning of activities and discussions. This is a great opportunity to meet with other mothers and enjoy time with your children. It's free, and we also provide a healthy snack. Call Frankie 450 692-9805

### Mères-Amies...

Through home visits, we work with families of young children under the age of six, offering support, answering questions, and providing parenting tips. We work on improving parent-child relationships and can even accompany the family to different services in our area. It is free and confidential! Call Nathalie 450 692-9805

### Camp des Jeunes...

Twice a month, a sleepover for children aged 4-12 of single mothers is offered at our centre from Saturday morning until Sunday afternoon. A trained educator prepares all activities, meals and snacks, giving moms the opportunity to get a little rest and the children a chance to make new friends. Call 450 692-9805

## Châteauguay Basketball Association

# RAVENS

During the 2013-2014 season we will offer both inter-city teams and a revamped house league. We will also provide tutoring for any CBA members who may need extra help in their studies. The CBA has been a part of the community for over 30 years. We thrive on teaching our kids the importance of teamwork and fair play. All players and skill levels are welcome.

You have never played basketball before? Great! It's time to start! We have coaches who volunteer their time to teach our house league kids the fundamentals of the game. Our Ravens Inter-City teams will be competing against teams across the Island of Montreal. For more information visit us at

**[www.cbaravens.com](http://www.cbaravens.com)**



## The Good Food Box

The Good Food Box is a collective buying group that purchases fresh fruits and vegetables at wholesale prices. Anybody can buy a box.

The Good Food Box program offers:

- Boxes brimming with top-quality fresh fruits and vegetables delivered to your neighbourhood twice a month
- Efficient distribution network of volunteer-run community pick-up points
- A way to get more for your money
- Support for small farmers by buying local, in-season produce
- A way to connect with your neighbourhood

### Where to order in Châteauguay?

La Rencontre  
Châteauguaise  
(Wednesday)  
Filoména Petosa,  
450-699-6819

RIAPAS Châteauguay  
(Wednesday)  
Krista Benoit  
450-691-6682

### Volunteers Needed!

*St. Willibrord School and Community Learning Centre and Harmony Elementary School would like to maintain being pick-up sites but volunteers are needed. Can you help? We need 3 hours every 2 weeks. Please contact Steve Plouffe-Berthiaume 450-444-0803, ext 233*

## Châteauguay English Community Network

### Life-long learning courses for adults & seniors

Your local CECN and the CLC have partnered to offer life-long learning opportunities. Courses are for 10 weeks.

#### COURSES OFFERED AT NOVA CAREER CENTRE

**Computer for Beginners** beginning September 16 • 6:30 – 8:30pm

**French Conversation** beginning September 17. • 6:30 – 8:30pm

**Knitting with a Loom** beginning September 18 • 7:00 – 8:00pm

#### COURSES OFFERED AT ST. WILLIBRORD CLC

**Writing your Life Story** beginning October 1 • 1:30 - 3:30pm

Courses are \$50 for members, \$60 for non-members. Additional courses are \$20 each.

### OTHER EVENTS (\$25/member \$30/non-member)

September 13 • 9am – 4pm **Valley Tour and luncheon**

September 28 5:30pm **Improv and Supper (Legion)**

**Call Pauline for more information 450-617-0513**

# Châteauguay

## Community Learning Centre

*Community Partners*

### **Crossroads Carrefour**

www.crossroadscarrefour.com (Ms. Samantha & Mr. Anthony) "Building youth from the ground up". Crossroads provides youth with seasonal camps and after-school activities to promote personal growth through leadership-based activities.

**Académie de Taekwondo de Chateauguay** contact: Olivier April-Lalonde – 514-883-8256 taekwondo.chateauguay@hotmail.com

**Actions Jeunes (Quebec En Forme)** Promotion of healthy eating habits and physical activity for Chateauguay youth: Guy Turcotte, coordinator - guy.turcotte@bell.net 514-970-7475.

**Cardio Combat** Empowering cardio workout inspired by a multitude of martial arts disciplines. With the beat of driving music, strike, punch and kick your way to superior cardio fitness! Payments are to be made directly to James Cradle (514-567-3894 / e-mail: jokercradle1@hotmail.com.)

**CECN – Chateauguay English Community Network** "To improve the collective well-being of the English-speaking community." www.thececn.webs.com. Contact Pauline Wiedow 514-804-3064

**Miss Darla's Preschool !!!NEW!!!**  
(Harmony School) contact Darla 514 792 7278

**Parkview Preschool** (St. Willibrord School and CLC) contact Shannon 450-691-4320

**Quebec 4-H** youth ages 6–25 enjoy hands-on learning, developing leadership skills through activities at club, provincial and national levels. Projects include food, photography, square dancing, live stock, and much more. Contact: Lorelei 514-398-8738 - office@quebec4h.com

**Toastmasters International** Learn leadership skills, be more persuasive and confident, master public and impromptu speaking, and organizing your thoughts. Contact Lise Chenier 514-941-2159 or chenier.lise@gmail.com

**Zumba Dance** 514-570-7462  
www.rinazumbadance.webs.com or rinazumba@yahoo.com, facebook rinadance

**CALACS- Sexual Assault Centre**  
Serving Chateauguay, Beauharnois, Hemmingford and Napierville, CALACS provides sexual assault counseling, support and accompaniment for women 14 years and older. **CALACS: Sexual Assault No More!**  
Contact 450-699-8258

# MONDAY

Classes start  
**October 7!**

Closed on statutory holidays

## **Cheerleading 5:00-5:50 p.m.**

**INSTRUCTOR** Janice Young

**DURATION** 10 weeks

**COST** \$55.00

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

**Grades 1-6** Would you like your child to have fun, develop friendships, be part of a team, gain self-esteem, and learn to have a positive body image? Your child can have all of the above while mastering the fundamentals of cheerleading. Cheerleading combines aerobic movements, dance, tumbling, cheers and stunting into fabulous routines.

**\*\*Note:** Children must wear running shoes, hair must be tied up.

## **Irish Dancing 6:00-6:50 p.m.**

**INSTRUCTOR** Janice Young

**DURATION** ongoing

**COST** \$30.00/month

**REGISTRATION  
& PAYMENTS**

Contact Instructor

**Grades K-6** Builds self-confidence, coordination skills, balance, and most importantly, through teamwork, it builds friendships. Students will learn basic and advanced steps for solo and group dances, and will be exposed to the various types of music related to recreational Irish dance.

Teacher Certified:TCRG. For more info contact Janice at [youngirishdance@hotmail.com](mailto:youngirishdance@hotmail.com) or by phone: 514 588-1179.

## **Kids In The Kitchen 5:45-6:45 p.m.**

**INSTRUCTOR** Helena Batsaki

**DURATION** 6 weeks

**COST** \$65.00

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

**Grades 1-4** Is there a little chef in your house? Children will learn to be safe, clean and confident, while preparing and tasting delicious, healthy recipes. How surprised will everyone be when a sample is sent home to share? At the end of the session, children will have their own recipe book with helpful tips to share, and remember their experience as a "kid in the kitchen"! **\*\*Note:** Comfortable footwear required. No open toes, sandals, heels.



# MONDAY

Classes start  
**October 7!**

Closed on statutory holidays

**INSTRUCTOR** Rina Bynoe

**DURATION** 10 weeks

**COST** \$70 adult & child  
\$35 per additional child

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

## **Family Zumba 7:00-7:50 p.m.**

**Ages 5+ and adult** Come and have fun dancing the night away while getting a great workout. Take the opportunity to spend some family time while having fun! Family Zumba is a great way to stay in shape and have a great time! So come and join us and Zumba away!

**INSTRUCTOR** Rina Bynoe

**DURATION** ongoing

**REGISTRATION  
& PAYMENTS**  
Contact Instructor

## **Zumba Adult 7:00-8:00pm OR 8:00-9:00pm**

**Age 18+** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. *For more information concerning times, dates and cost please contact Rina at 514-570-7462, [rinazumba@yahoo.com](mailto:rinazumba@yahoo.com) or visit [www.rinazumbadance.webs.com](http://www.rinazumbadance.webs.com)*

# TUESDAY

Classes start  
**October 8!**

**INSTRUCTOR** Lise Chenier

**DURATION** ongoing

**REGISTRATION  
& PAYMENTS**  
Contact Instructor

## **Toastmasters 7:00-9:00 p.m.**

**Age 18+** Would you like to be more confident in public speaking? Learn leadership skills, being more persuasive and confident and impromptu speaking and organizing your thoughts. *For more information and to register contact Lise Chenier 514-941-2159 or [chenier.lise@gmail.com](mailto:chenier.lise@gmail.com)*



# WEDNESDAY

Classes start  
**October 9!**

**INSTRUCTOR** Marco Gagliano

**DURATION** 10 weeks

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

## **Hip Hop Juniors 4:30-5:20 p.m.**

**Grades K-2** Your child will learn to dance like a star while making new friends. Our hip hop superstars improve their dancing skills while learning a routine and working together as a dance troupe.

**INSTRUCTOR** Marco Gagliano

**DURATION** 10 weeks

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

## **Hip Hop Seniors 5:30-6:20 p.m.**

**Grades 3-6** Our hip hop superstars continue on their trek to dance superstardom! (Note: Marco reserves the right to place children in appropriate class level depending on number of participants.)

**INSTRUCTOR** Rina Bynoe

**DURATION** 10 weeks

**COST** \$55.00

**REGISTRATION  
& PAYMENTS**

CLC (see form back page)

## **Zumba Tonic 6:00-6:45 p.m.**

**Ages 7-12** The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor; reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

**INSTRUCTOR** Rina Bynoe

**DURATION** ongoing

**REGISTRATION  
& PAYMENTS**

Contact Instructor

## **Zumba Adult 7:00-8:00pm OR 8:00-9:00pm**

**Age 18+** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Come dance away and stay in shape with Rina. *For more information concerning times, dates and cost please contact Rina at 514-570-7462, rinazumba@yahoo.com and or visit [www.rinazumbadance.webs.com](http://www.rinazumbadance.webs.com)*

# FRIDAY

Classes start  
**October 4**

**INSTRUCTOR** James Cradle

**DURATION** 10 weeks

**COST** \$60/10 weeks  
\$9 per class

**REGISTRATION  
& PAYMENTS**

Contact Instructor

## **Cardio Combat 6:30-7:30 p.m.**

**Age 18+** Empowering cardio workout inspired from a multitude of martial arts disciplines (such as: karate, boxing, Taekwondo, Tai Chi and Muay Thai). The course is supported by driving music. Strike, punch and kick your way to superior cardio fitness! *Registration and payments are to be made James Cradle 514-567-3894, [jokercradle1@hotmail.com](mailto:jokercradle1@hotmail.com)*

**Do you have a skill, interest  
or hobby you would like to teach?**

*Contact Anthony today for more  
information! 450 691-1440 ext 220*

# CROSSROADS

Through seasonal camps and after-school programs, it is our mission to provide youth with the opportunity for personal growth, increased self-esteem, and the chance to build new friendships. . . all while having fun!

Our staff includes educators who are ready to help our campers discover their abilities, and reach their full potential, all within a safe and fun environment.

Through sports, games, crafts, cultural activities and various day trips, we also incorporate reading and writing into our fun days, ensuring your child's educational development continues!

Our facilities include a gymnasium, cafeteria, movie theatre, large outdoor play area and much more.

With seven years experience organizing our camps, Crossroads has developed the expertise required to give your child a fun-filled, never-to-be-forgotten experience, making new friends and memories to last a lifetime.

For further information about upcoming camps or after-school programs, visit our website [www.crossroadscarrefour.com](http://www.crossroadscarrefour.com), send us an email ([crossroadscarrefour@hotmail.com](mailto:crossroadscarrefour@hotmail.com)) or give us a call (514 833-8970)! It will be our pleasure to answer any questions you may have.

**Samantha & Anthony**  
**Directors, Crossroads**

# REGISTRATION

**Participant Name** First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

**Participant Name** First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

**Parent/ Guardian** Address \_\_\_\_\_ Telephone \_\_\_\_\_

**IMPORTANT! Children's special needs/health issues** \_\_\_\_\_

email \_\_\_\_\_ EMERGENCY # \_\_\_\_\_

Activity Name	Activity Night	Time	Cost
Activity Name	Activity Night	Time	Cost
Activity Name	Activity Night	Time	Cost
Activity Name	Activity Night	Time	Cost

Please make cheques payable to  
New Frontiers School Board

TOTAL

I agree to allow  
Chateaugay  
Community  
Learning Centres  
to use my photos  
and/or my child's  
photo in future  
publicity and/  
or advertising  
\_\_\_\_\_ initials

Spaces are limited  
First-come  
first-serve basis  
Minimum/Maximum #  
of students for some  
courses

- Please make cheques payable to New Frontiers School Board.
  - Deadline for registration is OCTOBER 3.
  - Parking & entrance for all activities at St. Willibrod are at the back of the school on Bell St.
  - **Sorry - NO refunds! Non-sufficient fund cheques will incur a charge of \$15**
- Contact Anthony 450 691-1440 ext 220 for more information

COMMUNITY  
**JAMBOREE**  
COMMUNAUTAIRE

avec  
**Nanette Workman**  
et son invité spécial Martin Deschamps

et Durham County Poets  
**The Cranes** et... Les "Profs" ...  
...CVCEC Carpentry & Landscaping teachers!

Le 25 octobre @ 19h30

October 25 @ 7:30pm

Arena Expo-Ormstown  
Ormsdown Fairground Arena  
Admission  
\$15.00  
\$50.00 V.I.P.

Great music, great cause!

Bonne musique, bonne cause!

Venez soutenir la **Commission scolaire New Frontiers**  
et ses partenaires pour la construction d'une maison  
**Habitat pour l'humanité** à Ormstown pour deux familles.

Support the **New Frontiers School Board** and partners as they  
build the **Habitat for Humanity House** in Ormstown for two families.

[www.nfsb.me/habitat](http://www.nfsb.me/habitat)

Tickets available soon!



# Châteauguay

## Community Learning Centre

*Strong Families. Strong Community.*

Contact **Anthony** for more information  
**450 691-1440 ext 220 • [aspadaccino@nfsb.qc.ca](mailto:aspadaccino@nfsb.qc.ca)**



**[www.nfsb.me](http://www.nfsb.me)**

Like us on Facebook!



