

Upcoming Community Events

Branches & Roots Music Festival

A 3-day event you will not want to miss!

Friday, Sept 27 - 7 p.m. Café Namasthe

Saturday, Sept 28 - 1 p.m. C.V.R.

Sunday, Sept. 29 - 2 p.m. Ormstown Presbyterian Church

Featuring Durham County Poets, Eldéanne, All Day Breakfast Band, Eddy and Lim Lawrence, Daniel McKell, Rik Palieri and special guests. For info call 450 829-3463

Savoury Treasures of the Valley

Sunday, September 29 10:00 to 15:00

Let the Valley come to you with one stop shopping! This fundraiser, organized by the C.V.R. Parent Action Group, gives you a unique opportunity to sample and purchase a wide variety of local products including ice wine, local beer, pâté, sausage, cheese, honey, maple products and baked goods. Admission is \$10.00. Free samples of all produce!

Community School Terry Fox Run

Thursday, September 19

Come and join the staff and students of C.V.R. in support of cancer research. Moms & tots, seniors, everyone is welcome to take part. Donations accepted. Receipts provided for \$10 or more.

C.V.R. Open House

Thursday, November 14th

It is with great pleasure that we invite you to our Open House! We are proud of our school, our students and all the programs we offer. Come and visit, you may be surprised at how much we have to offer! Show your school spirit, bring a friend, join us for this celebration of CVR and see our students in action! Open to all. Follow the C.V.R. adventure and keep up-date on everything happening at www.cvrhighschool.com.

Valley Junction

www.valleyjunction.com – Valley Junction is a new multi-purpose online community hub for information and events for and about the communities of the Haut St-Laurent and surrounding areas. The site includes a free bulletin board that anyone can post on, a local business directory, local road construction information, and more. Check us out!

Support Group

Know of someone who is dealing with a mental illness? Are you in a place where sometimes you feel completely alone? Come check out our support group Slightly Cracked & A Little Warped. We are from valley communities and are of all ages and genders each bringing our own stories to the group. If comfortable, people share, advise but most of all are just there to offer support to each other. Once a month, no agenda, no minutes, come when you can. For more info, contact Kim Wilson, CLC @450-829-2381, ext: 245 or kwilson@nfsb.qc.ca

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 lucky 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, Durham County Poets, Stephane Poirier, The Cranes and the 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



Châteauguay Valley Community Learning Centres

Strong Families. Strong Community.

CVR

Activities & Events Fall 2013

For more information about any of the Châteauguay Valley Community Learning Centre activities please contact
Kim Wilson
450-829-2381, ext: 245
kwilson@nfsb.qc.ca



www.nfsb.me



www.nfsb.me 

Classes will take place at CVR unless otherwise noted.

A minimum number of participants is required for some classes.

Classes are for 10 weeks (Sept 30 to Dec 9) unless otherwise noted.

Closed Thanksgiving Monday (Oct 14)

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 Chateaugay Valley and the surrounding area, the Chateaugay Valley CLC offers educational, social, recreational and family activities.

MONDAY

Family Sports “Open Gym” 6:00 – 8:00 p.m.

The CVR gym is open for fun, games, and sports for all ages. Chad Campbell will be on-site to organize activities. Come alone, with a friend, or with the whole family and spend some quality, active time together. **\$50.00 – individual • \$60.00 – family • \$2.00 drop-in between activities**

Start Your Engines! 6:30 – 8:30 p.m.

If engines are your thing, this is the program for you! Learn by doing as you take apart and put an engine back together. Come dads and sons, moms and daughters, grandparents and grandkids... anyone and join this fun, intergenerational, hands-on program. **FREE!**

Basketball 8:00 – 9:30 p.m.

Whether you are a seasoned pro or a newcomer, join us for lots of fun in a non-competitive game. Renew old friendships on the court.... or make some new ones! **Ages 12 and up • \$30.00**

Computers for Beginners 7:00 – 9:00 p.m.

From the very basics of how to turn the computer on and off, to writing, using the internet and trouble-shooting, learn everything you need to know. By the end of this course you will be sending emails, “Facebooking”, creating documents, and much more! **All ages • \$75.00**
6 week session, Sept. 30th to November 11th

Weight Training 7:00 – 9:00 p.m.

A personalized training program! Join us in the C.V.R. Weight Room and work out at your own pace under the expertise of personal trainer, Crystal McCormick. Work with what works for you!
\$90.00 (Mondays only) \$120.00 (Mondays and Thursdays)

Hip Hop

Move and groove! Learn the latest Hip Hop moves ...and get in shape at the same time! Classes available for all ages! Minimum of 6 participants per group.

Grades: K to 3 \$55.00 6:30 – 7:30 p.m.

Grades: 4 to 6 \$95.00 7:30 – 8:30 p.m.

12 and up \$95.00 6:00 – 6:30 p.m.

Stained Glass 6:30 – 8:30 p.m.

Learn how to make beautiful stained glass. Beginners and experienced glass workers are welcome. Create handmade gifts just in time for Christmas! **Ages 10 and up • \$200.00 includes the 12 hour course and materials (safety glasses not provided)** *5 week session Sept. 30th to Nov. 4th*

Guitar Building...and Playing! 7:00 – 9:00 p.m.

Like music? Like to build? A “Cigar Box Guitar” will be right up your alley. Learn about the history of these guitars, the basics of how to play, and then put an amazing laser-cut CBG guitar kit together yourself, designed and built by local luthier, Noah Tolhurst. Visit Studio Tolhurst on Facebook for more information. **Ages 12 and up • \$75.00** *4 weeks*

Smart Women & Money Session - Investing 101: Creating your financial roadmap

An introductory five-part seminar for pre-retirement age women 7:00 – 9:00 p.m. Participants are lead through an simple 5-step process of understanding their current financial situation; identifying their retirement goals; and how to fund those goals. This seminar is intended for any woman interested in learning how to take charge of their finances. Worksheets, glossaries, booklists, and other resources are included. *5 weeks. Dates to be determined.* **FREE!**

Art Hives 6:30 – 8:00 p.m.

Let your imagination go wild! Create crafts using different used art & craft supplies. Enjoy this relaxing, stress-free activity for the whole family. The session is free but we ask each participant to bring in some old, pre-used art/craft items that they could donate to our “hive”. ie: yarn, paper, buttons, etc.

TUESDAY

Intermediate Computer Course 7:00 – 9:00 p.m.

Take your computer skills to the next level! You will learn about free resources, computer shortcuts to make your life easier, basic photo and video editing, and important security features you should be using. **All ages • \$75.00** *6 weeks • Sept. 30th to November 11th*

Badminton 7:00 – 9:00 p.m.

Have fun playing while also burning fat, reducing your risk of heart disease, making new friends, increasing your speed and reflexes, improving your quality of life. **Ages 18 and up • \$30.00**

Zumba (Advanced) 6:30– 7:30 p.m.

Zumba involves dance and aerobic elements. Zumba’s choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Come alone or bring the family! This class is for experienced Zumba participants who would like to step it up just a little! Come and challenge yourself to keep moving forward.

Ages 18 and up • \$50.00

WEDNESDAY

Zumba (Beginner) 6:00 – 7:00 p.m.

Zumba involves dance and aerobic elements. Zumba’s choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Come alone or bring the family! **All ages • \$50 Ages 5 to 11 FREE!**

THURSDAY

Volleyball 7:00 – 9:00 p.m.

Get fit and have fun! Playing volleyball strengthens the arms, shoulders, thighs, abdominals and legs. In addition volleyball improves hand-eye coordination and reflexes, teaches teamwork and is a great social activity. Join us! **Ages 18 and up • \$30.00**

**Classes are for 10 weeks
September 30 to December 9
unless otherwise noted**