



# Chateauguay Valley Community Learning Centre

**Strong Families.  
Strong Community.**

Hemmingford Elementary  
Heritage Elementary  
Franklin Elementary  
Howick Elementary  
Ormstown Elementary  
Chateauguay Valley Regional High School  
Huntingdon Adult Education & Community Centre  
Chateauguay Valley Career & Education Centre

## Fall 2015

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

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





**Jayne** 450-264-9276 • [jmclintock@nfsb.qc.ca](mailto:jmclintock@nfsb.qc.ca)

**Kim** 450-829-2381 ext 245 • [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)



## **Community Learning Centres (CLCs)**

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 the communities in the Haut-Saint-Laurent and the surrounding areas, the Chateauguy Valley CLC offers educational, social, recreational and family activities throughout various schools and centres.



**Learn about local FREE community organizations and government services available for you and your family. Bilingual representatives will be on-site to answer your questions.**

**Drop in any time  
between 4:30 and 7:00 p.m.**

**Everyone is  
welcome!  
Coming up....**

*Free  
babysitting &  
spaghetti  
dinner!*

**September 30**

École Centrale Ste-Antoine-Abbé

**December 9**

Centre Communautaire de Saint-Anicet

**February 10**

Howick Elementary School

**April 13**

Athelstan Fire Station

# Huntingdon

HA ECC, 24 York Street

## Tiny Tots Fitness Fun!

Monday October 26 - December 14<sup>th</sup>

Ages 2 ½ to 5 • 5:30 - 6:15 p.m.

\$40/ 8 weeks

Call to confirm your spot, registration will take place on the first night. Maximum of 15 children. Times may be adjusted according to registration.

## Drawing & Painting

Tuesday • 1:00 - 4:00 p.m.

\$150 Starting October 13<sup>th</sup> for 8 weeks

## Photography Club

Every second Tuesday

Beginning Tuesday, September 8<sup>th</sup>

7:30 - 9:30 p.m. • \$30

## Christmas Wreaths

An evening of wreath making with a horticultural professional. Course will be offered early December. Call to reserve your spot.

## Drivers' Education

Offered by the Montreal City Motor League. 24 hours of theory and 12 hours of driving. The course is open to anyone 16+ Theory classes (24 hours) will be offered on Tuesday evenings beginning in October

## Cultivating your Green Thumb

HA ECC's Horticulture program is offering a FREE workshop on Fall Maintenance. October 9, 9:00-12:00pm

This 2 hour hands-on workshop will teach you everything you need to know about Fall clean up and a garden tour around the valley. Call Jayme to reserve. Spots are limited. 450-264-9276

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## MAPAQ Hygiene

### Food Safety

*Bilingual*

### Managers & Handlers

Working in a restaurant requires certification in food safety and handling. Get certified at HA ECC. Call Jayme for more information.

**Handling** Sept 18

9am-4pm \$100

**Managers** Date TBA

12 hours \$200

## Microsoft

*Tuesday evenings*

*Register Sept 22*

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

*9 weeks – \$110*

*Oct 20 – Dec 8*

Improve your computer skills! Bring along your laptop or use one of ours.

## Volleyball

*Come play indoor*

*volleyball with your*

*friends! Tuesdays*

*starting September*

*15<sup>th</sup>, 7:00-9:00pm.* All

you need is running

shoes, we supply the

rest! Call to confirm

your spot.

# Ormstown

C.V.R. 1597 Route 138A, Ormstown

Most activities start week of  
Monday, September 14<sup>th</sup>  
Registration will take place the  
night of the first class.

## CLC Sports



7:00 - 9:00 p.m.

Monday **BASKETBALL** (indoor & outdoor)

Tuesday **BADMINTON**

Wednesday **VOLLEYBALL** (begins Sept 25th)

Thursday **FLOOR HOCKEY**

Friday **INDOOR SOCCER**

1 sport \$35  
2 sports \$60  
3 sports \$95  
4 sports \$130

## Weight Training

Monday • 6:30 - 8:30 p.m.

\$90/10 week session

## Irish Dance

Wednesday • 6:00 - 7:00 p.m.

Early registration Sept 16<sup>th</sup> @ 5:30

\$10.00/10 week session

Special family rates available!

## Start Your

## Engines!

For CVR students, Tuesdays after school from 3:30 to 5:00 p.m. Take apart a Briggs & Stratton Snowblower engine and TRY to put it back together (with no parts left over!)

FREE! **Sign up with Kim in room 114B. Evening course from 7:00-9:00 p.m. Contact Kim for info.**

## Movement & Mindfulness

Tuesdays 7:00 p.m. - 8 p.m.

Oct. 6th to Nov. 24th

8 weeks for \$40, or \$6/drop in

This class introduces practices that can be incorporated into daily life, that focus awareness on the breath with simple movements and guided meditation, to help release stress and to cultivate peace and wellbeing. -With Tamara Watson, MA, registered Jin Shin Do® Acupressurist, with 15 years of experience in holistic healing practices. Suitable for all fitness levels.

## Smart Women & Money

### Creating your financial Roadmap

A five-part seminar for pre-retirement aged women

7:00-9:00 p.m. Monday Nights

Participants are lead through a 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 women interested in learning how to take charge of their finances. Worksheets, glossaries, booklists, and other resources are included. 5 weeks: Dates to be determined.

## Coming up @ HAECC

### Conversational French & English.

Call for info

# Ormstown

C.V.C.E.C., 46 Roy, Ormstown

## Certified First Aid/CPR

**8 hour courses** \$85

September 16<sup>th</sup> & 17<sup>th</sup> - 4:00 to 8:00 p.m.

**OR** November 26<sup>th</sup> & 27<sup>th</sup> - 4:00 to 8:00 p.m.

**16 hour course** \$110

November 11<sup>th</sup> & 12<sup>th</sup> - 4:00 to 8:00 p.m.

**AND** November 18<sup>th</sup> & 19<sup>th</sup> - 4:00 to 8 p.m.

*To register, contact Debbie Parent 450-829-2396 (spaces limited)*

## Jam Night

*Monday - Beginning September 14<sup>th</sup> Please confirm your interest with Kim at 450-829-2381 ext 245.*

*6:00 - 8:00 p.m.*

Bring your instruments, whatever they may be and we will play together – or just come in to listen and sing a long - no strings attached. Free but donations accepted for photocopies!

## Babysitting

*Dates, times & cost to be determined. To get your name on the list, contact Kim at 450-829-2381, ext. 245. (spaces are limited)*

Learn the ins and outs of this very important job. You will be more confident and ready! Ages 12+

## Yoga

*Monday & Thursday • 6:00 - 7:30 p.m. beginning Sept 14<sup>th</sup>*

*Wednesdays • 4:00 - 5:00 p.m. & 5:15 - 6:15 p.m. beginning Sept 16<sup>th</sup>*

For more information and to register, contact Julie Gergely at 450-829-3161

# Up-Coming Community Events

*For any more details about these events, contact Kim or Jayme or your school/centre.*

## **CVR Terry Fox Run**

Thursday, September 17<sup>th</sup> (raindate Sept, 18<sup>th</sup>) at 1PM. Community is welcome to come and walk/run with the students. Hope to see you there!

## **Street Arts Festival@HSB**

September 25<sup>th</sup> 1:00 p.m. to 8:30 p.m.

## **CVCEC Terry Fox Run**

Wednesday, September 30<sup>th</sup> (raindate, Oct. 1<sup>st</sup>) 10h30

## **CVR Annual General Meeting and Curriculum Night**

September 22<sup>nd</sup> 6:30 p.m.

## **CVR Fundraiser - Savory Treasures of the Valley**

Saturday, October 17<sup>th</sup> from 11:00 a.m. to 4:00 p.m.

Come purchase fresh local products and treat yourself to a delicious lunch. \$5 Admission (adults & seniors) to STOTV / \$10 STOTV Entrance + lunch, Seniors \$8 for both

## **CVR Open House**

October 22<sup>nd</sup> from 7:00 - 9:00 p.m.

## **Heritage Elementary School Fall Fair**

October 24<sup>th</sup> from 9:30 a.m. - 3:30 p.m.

## **Montérégie 2nd Annual Health Promotion Fair**

**A bilingual event with with workshops and over  
30 Health and Social Services Groups**

**FREE of CHARGE**

**Saturday, November 7th 2015 (9:00-4:00 pm)  
Pavillon Ile Saint-Bernard, Chateaugay**

**[www.arc-hss.com](http://www.arc-hss.com)**

**450-812-0981**

**[www.nfsb.me/healthfair2015](http://www.nfsb.me/healthfair2015)**

# Cardio-Actif

of the Haut Saint-Laurent  
have a few new group classes for the winter 2015 session starting on January 19th. The winter session includes classes in Huntingdon, St. Chrysostome, St. Anicet and Howick/Tres St. Sacrement. For questions & information contact Mathieu Crete, Coordonnateur, Cardio-Actifs du Haut Saint-Laurent [cardioactifs@gmail.com](mailto:cardioactifs@gmail.com), 514-709-9601

**HA ECC 24 York Street  
Training Room**

Come try the weight room for free!

**Call Gilles to register**

**450-264-6657!**