



Chateauguy Valley Community Learning Centre

**Strong Families.
Strong Community.**

Hemmingford Elementary
Heritage Elementary
Franklin Elementary
Howick Elementary
Ormstown Elementary

Chateauguy Valley Regional High School
Huntingdon Adult Education & Community Centre
Chateauguy Valley Career & Education Centre

Fall 2015

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

www.nfsb.qc.ca • www.nfsb.me





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

Jayme 450-264-9276 • jmclintock@nfsb.qc.ca
Kim 450-829-2381 ext 245 • 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 Chateauguay 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

HAECC, 24 York Street

Tiny Tots Fitness Fun!

Monday October 26 - December 14th

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 13th for 8 weeks

Photography Club

Every second Tuesday

Beginning Tuesday, September 8th

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

HAECC'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

Chateaugay Valley Community Learning Centre

MAPAQ Hygiene

Food Safety

Bilingual

Managers & Handlers

Working in a restaurant requires certification in food safety and handling. Get certified at HAECC. 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

15th, 7:00-9:00pm. All

you need is running

shoes, we supply the

rest! Call to confirm

your spot.

Orms town

C.V.R. 1597 Route 138A, Orms town

Most activities start week of
Monday, September 14th
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 16th @ 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 16th & 17th - 4:00 to 8:00 p.m.

OR November 26th & 27th - 4:00 to 8:00 p.m.

16 hour course \$110

November 11th & 12th - 4:00 to 8:00 p.m.

AND November 18th & 19th - 4:00 to 8 p.m.

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

Jam Night

Monday - Beginning September 14th 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 14th

Wednesdays • 4:00 - 5:00 p.m. & 5:15 - 6:15 p.m. beginning Sept 16th

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

Street Arts Festival@HSB

September 25th 1:00 p.m. to 8:30 p.m.

CVCEC Terry Fox Run

Wednesday, September 30th (raindate, Oct. 1st) 10h30

CVR Annual General Meeting and Curriculum Night

September 23rd 6:30 p.m.

CVR Fundraiser - Savory Treasures of the Valley

Saturday, October 17th 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 22nd from 7:00 - 9:00 p.m.

Heritage Elementary School Fall Fair

October 24th from 9:30 a.m. - 3:30 p.m.

Montréal 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, Chateauguy**

www.arc-hss.com

450-812-0981

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, 514-709-9601

**HA ECC 24 York Street
Training Room**

Come try the weight room for free!

Call Gilles to register

450-264-6657!