

get busy at BARSBY

Adult Sports Drop-in

Monday nights from 9 – 10:30 p.m. \$2 donation.

Cont'd
2009

Bridge Club ~ starting Sept. 15th

Tuesday nights from 7 – 9 p.m. New players are always welcome!

Garden Club

Join Anna in the Community Roots Garden and reconnect with nature, and the power and magic of growing your own food. You will experience the taste and flavor of good food and discuss why food quality is so important, so that you can make better decisions regarding diet and health. DONATIONS OF EQUIPMENT, SEEDS AND PLANTS ARE NEEDED! Come see our new green house!!

Special

SCRATCH is BACK! For Grade 8 – 12's.

Our afterschool nutrition program is back this Fall. Includes FoodSafe Certification. Cost is \$20. Register early!!

Special

YOGA for Beginners

Tuesdays; 6:30 - 8:00 p.m. in the Dance Studio.

\$30/6 sessions \$8 drop-in

Join Catherine and learn yoga techniques used to reduce stress, boost your metabolism, help build strength and flexibility while focusing on healthy rejuvenation of your mind, body and spirit.

NEW

Conversational Spanish ~ for Beginners

This fun class is scheduled for 8 weeks, starting September 28th from 6:30 – 8:30 p.m. \$125.00. Class size is limited to encourage dialogue and instruction. Register early so you don't miss out! 616-7984.

New this Fall... don't miss Latin Fitness and Latin Dance.

FALL 2009

More ways to Get Involved...

- * Harewood Family of Community Schools Council Meetings
- * Community Celebrations
- * Sports Drop-Ins
- * Hold your meetings at JBCS
- * Have a birthday party in our Multi-Purpose Room

And much much more !!!!!

**Adult
Volleyball and
Badminton ~
Meeting
weekly
Sundays
6:30 – 9 p.m.
Gym**



Nanaimo Youth Drop-In "SPARE BLOX"

Are you between 12 – 17 years old and looking for a place to hang out with your friends?

WANTED: YOUths for the Youth Council. For more info, www.youthnanaimo.com

Come to...
NDSS on Mondays 7 – 9
JBCS on Wed's 7 – 9

... or call
Shannon @ 616.7984

Coming Soon...
**Cooking Classes
Seasonal Workshops
& much more...**

Call Shannon to get signed up! 616.7984

COMPUTER ACCESS PROGRAM (CAP)

The CAP site is open to the public. Want to learn how to email?? Need access to the internet?? Our CAP lab is available for your use. More workshops are coming in April on Emailing, Surfing, Filing, WORD, EXCEL and more! Call for info and to register for workshops.

Monday through Thursday, from 6 – 9 p.m.
Call the Community School Office at 753-8211, local #232 to book your appointment.

For more information contact Shannon Wilson,
Community School Coordinator
753-8211, #232 (school) 616-7984 (cell / voicemail)
email: swilson@sq68.bc.ca

NEW

Growin' On Up continues!

Fun sessions for parents and tots to build culinary skills & learn about nutrition.
Weds, 10:30 - 12

Narcotics Anon.

Wednesdays
7:30 - 9 p.m.
FREE Support Meeting