

# get busy at BARSBY

## Adult Sports Drop-in

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

## Bridge Club

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. DONATIONS OF EQUIPMENT, SEEDS AND PLANTS ARE NEEDED!

**SCRATCH** is BACK! For Grade 8 – 12's. Starting September 29th! Our afterschool nutrition program is back this Fall! Includes FoodSafe Certification. Cost is \$20. Register with Shannon Wilson!!

## the Elements

Monday and Wednesdays at JBCS from 3:05–5:30 p.m. Meet in 301. Join Peter and Heather, using HIP HOP and the arts to express yourself. New members are always welcome!

## Have you heard...

**Lifeline Harewood** is back for another year!! Visit the Lifeline Living Room (306) on Tuesday, Wednesday or Thursday before school and at lunch. That's right, Chantal and her crew are back at JBCS!

## Conversational Spanish ~ for Beginners

In this fun and interactive class, you will learn how to speak Spanish in everyday life. Within the small group, Adelina will lead you through games and exercises that will teach you to speak Spanish in everyday conversation scenarios. Classes focus on fun! Hasta pronto! Wednesdays, Oct 5–Nov 30 from 6:30–8 p.m. \$90 (9 weeks) Class size is limited to maximize learning, so register today!

## 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: YOUTH

For more info,  
[www.youthnanaimo.com](http://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**  
**Yoga Workshops**  
& much more...

## FOOD SKILLS FOR FAMILIES (FREE)

Food Skills for Families is a healthy eating program that aims to teach and encourage healthy cooking in a fun relaxed atmosphere. The program strives to enhance cooking confidence and skills with six hands-on, fun lessons with a focus on healthy eating choices. Each participant receives a Participants Handbook, complete with recipes and healthy eating tips, to keep for use and reference when cooking at home.

**Thursday, from 6 – 9 p.m.**  
Starting in October. Call for info!

For more information contact Shannon Wilson,  
Community School Coordinator  
753•8211, #232 (school) 616•7984 (cell / voicemail)  
email: [swilson@sd68.bc.ca](mailto:swilson@sd68.bc.ca)

## FALL 2011

### 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 ~  
Meeting  
weekly  
Sundays  
6:30 – 9 p.m.  
Gym**

**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

