



# FERNWOOD NRG FALL PROGRAMS

<b>MONDAY</b>	<p>Life Ring (DI) Ongoing, 6:45pm – 8:00pm                  Nuu Chah Nulth Drumming (DI) Ongoing, 7:30pm – 10:00pm</p>
<b>TUESDAY</b>	<p>Parent and Tot Play Group (DI) Ongoing, 9:30am – 11:30pm                  Help I Have Kids Parenting Information Group (DI) Ongoing, 12:30pm – 2:30pm                  Iyengar Yoga (DI/Reg) Sept 13<sup>th</sup> – Oct 11<sup>th</sup>, 5:30pm – 6:30pm                  Guitar Star (Reg) Sept 6<sup>th</sup> – Oct 25<sup>th</sup>, 6:00pm – 7:00pm                  Floor Hockey (DI) Ongoing, 6:45pm – 9:45 pm                  Okinawan Karate (Reg) Sept 6<sup>th</sup> – Dec 20<sup>th</sup>, 7:00pm – 9:00pm                  Guitar for Adults (Reg) Sept 6<sup>th</sup> – Oct 25<sup>th</sup>, 7:15pm – 8:15pm</p>
<b>WEDNESDAY</b>	<p>Parent and Baby Play Group (DI) Ongoing, 9:30am – 11:30pm                  Best Babies (Reg) Ongoing, 12:00pm – 3:00pm                  Good Food Box Pickup, every third Wednesday, 1:00pm – 5:30pm                  Floorball (Closed Group) Sept – Dec, 5:30pm – 6:30pm</p>
<b>THURSDAY</b>	<p>Mother Goose (Reg) Sep 1<sup>st</sup> – Oct 20<sup>th</sup>, 9:30am – 10:30am                  Parent and Tot Playgroup (DI) Ongoing, 9:30am – 11:30pm                  Best Babies (Reg) Ongoing, 12:00pm – 3:00pm                  Crafty Kids (Closed Group) Sept – Dec, 3:45pm – 5:00pm                  Art &amp; Tots Gym (Reg) Sept 8<sup>th</sup> – Oct 27<sup>th</sup>, 3:45pm – 4:30pm                  Laughter Yoga (DI/Reg) Sept 6<sup>th</sup> – Dec 22<sup>nd</sup>, 7:00pm – 8:00pm                  Okinawan Karate (Reg) Sept 1<sup>st</sup> – Dec 22<sup>rd</sup>, 7:00pm – 9:00pm                  Victoria Sport &amp; Social Club (Closed Group) Aug 4<sup>th</sup> – Sept 1<sup>st</sup>, 7:30pm – 9:30pm</p>
<b>FRIDAY</b>	<p>Autumn Glow Seniors Group (DI) Ongoing, 12:00pm – 3:00pm                  Youth Drop-In (DI) Ongoing, 6:30pm – 9:00pm</p>
<b>SUNDAY</b>	<p>Art Buffet Munch &amp; Learn (Reg) Sept 18 – Oct 23<sup>rd</sup>, 3:45pm – 4:30pm                  Fit Kids (Reg) Sept 18<sup>th</sup> – Oct 23<sup>rd</sup>, 4:40pm – 5:40pm                  Cartooning/Illustration/Claymation (Reg) Sept 18<sup>th</sup> – Oct 23<sup>rd</sup>, 5:45pm – 6:30pm                  Canine Freestyle Dance (Reg) Sept 11<sup>th</sup> – Oct 23<sup>rd</sup>, 7:00pm – 8:00pm                  Canine Dressage &amp; Freestyle Dance (Closed Group) Sept 11<sup>th</sup> – Dec 18<sup>th</sup>, 8:00pm – 9:00pm</p>
<p><b>Reg:</b> Registration Required <b>DI:</b> Drop In                  No classes will be held on August 1<sup>st</sup> (BC Day), September 5<sup>th</sup> (Labour Day), October 10<sup>th</sup> (Thanksgiving Day), &amp; November 11<sup>th</sup> (Remembrance Day)</p> <p><b>Special Events:</b>  <b>Book Fair</b> Sept 10<sup>th</sup> &amp; 11<sup>th</sup>  <b>Fall Fox Fair</b> Sept 30<sup>th</sup> &amp; Oct 1<sup>st</sup>  <b>Owl Designer Fair</b> Dec 2<sup>nd</sup> &amp; 3<sup>rd</sup></p> <p>For More Information Contact:                  Fernwood NRG                  1240 Gladstone Avenue, Victoria, BC, V8T 1G6                  (250) 381-1552  <a href="mailto:info@fernwoodnrg.ca">info@fernwoodnrg.ca</a>  <a href="http://www.fernwoodnrg.ca">www.fernwoodnrg.ca</a></p> <p>Room rental opportunities also available.</p>	

**Sept- Dec 2011**