



Spring 2016



Newsletter

Mark Your Calendars for fun upcoming Spring events:

Easter Chocolates

Bring home a box of chocolates!

Day: Thurs, March 10

Time: 1:00 - 2:15 pm

Place: Lewis Centre Craft Room A

\$5

Please let us know of any food allergies.

Registration deadline Mon, Mar 7



Bingo with the Easter Bunny

Day: Thurs, March 17

Time: 1:00 - 2:30 pm

Place: Lewis Centre, Craft Room A **\$2**

Early registration available now! Call anytime!

St. Patrick's Day Dance

Friday, March 18 12:30 - 2:30 pm

Lewis Centre \$2 Please call to register



Easter chocolates are fun to make & share. Join us!

Registration begins
Monday, March 14

National Volunteer Week is April 10 - 16, 2016.

Special Needs Recreation would like to say thank you to each and every volunteer, past and present, as your commitment to the community and our programs enriches the lives of so many others!

Volunteers are the roots of strong communities



volunteer.ca/nvw2016

Special Needs Recreation

Lewis Centre
489 Old Island Highway
Courtenay, BC
V9N 3P5

phone: 250-338-5371

fax: 250-338-8600

www.courtenay.ca/specialneedsrec

specialneedsrecreation@courtenay.ca



Pickin' & Choosin'

Fun activities repeated weekly, with lots of "picking & choosing". Singing, shakers, scarves let people participate at their own pace. Everyone welcome.

Days: Wed, Apr 13 – June 15

Time: 10:30 - 11:30 am

Place: Tsolum Building

Cost: FREE

Please note: individuals needing extra support must be accompanied by staff.

Any questions, call Lydia 250-338-5371. Thanks!

Archery

Join us for this fun introduction to the great sport of Archery.

Days: Fri, Apr 22 - May 27

Time: 12:30 - 2:00 pm

Place: Lewis Centre

Cost: \$35/6 weeks

Registration begins Mar 14

Creative Dance

Join Jenna and have fun exploring basic dance moves with all kinds of music.

Days: Thursdays

Apr 14 - June 2

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: \$40/8 weeks

Art Cards

Make beautiful cards to sell. All proceeds from sales are distributed to artists.

Days: Mon, Apr 11 - June 6
10-11 am or 1-2 pm

Place: Lewis Centre

Cost: Free

No Classes: May 23

Registration begins March 14

Young Adult Club

ages of 18-35

Plan what you want to do! Activities can include crafts, dinner out, the movie theatre, games night, and more. Join us!

Days: Tues, Apr 12 - June 7

Time: 6:00 - 8:00 pm

Place: Lewis Centre

Cost: \$25/9wks + activity costs

Registration begins Mar 14

Note: if space, young adults over the age of 35 may join.

Fitness

Join us for fun and fitness!

Days: Mondays

Apr 11 - June 27

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: Free!

No Classes: May 23

Please note: Individuals needing support must be accompanied by staff. Also, please sign the attendance form.

Bread Baking

Join Marianne and learn to bake tasty bread. We will use a very easy, no knead method. It's fun, easy and healthy. Everyone takes home one loaf of fresh bread.

Day: Tues, April 19

12:15 - 1:45pm &

Wed, April 20

12:45 - 2:15 pm

Place: Lewis Centre

Cost: \$15/2 days

Registration begins Mar 14

Sewing

Join us for another session of sewing creativity!

Projects: Crafts or Spring wear

Days: Tues, Apr 12 - May 24

Time: 12:30 - 2:30 pm

Place: Lewis Centre

Cost: \$65/7 weeks, includes supplies

Fit Over 40

A fun and safe class for those who need to walk or sit.

Note: No cardio component.

Days: Fri, April 15 - June 3

Time: 10:45 - 11:45 am

Place: Lewis Centre

Cost: FREE - but register

Registration begins Mar 14

Zumba

Love music and movement? Get ready to get your Zumba on! Our instructor Tammy has an infectious energy that you're sure to catch. Come shake your hips in this all new class!

Days: Tuesdays

Apr 12 - June 7

Time: 1:00 - 2:00 pm

Place: Lewis Centre MP Hall

Cost: \$45/9 weeks

Karate

Enjoy moving & action? Join Sebastien for this introduction to Karate. Learn basic moves, plus get a great workout! **Note:** Dress in loose clothing.

Days: Fri, Apr 15 - June 10

Time: 9:30 am - 11:00 am

Place: Lewis Centre

Cost: \$45/9 weeks

Registration begins Mar 14



Bowling Banquet

Last Bowling:
Tues & Wed,
April 26 & 27.



Bowling Banquet:

Saturday, May 7
6 - 8:30 pm
Comox Legion
\$8/person

Register by Wed, April 27

All bowlers receive a trophy or plaque. Guests welcome.

NOTE: If you have special diets please let us know by registration date.

Please note: While we do our best to meet your needs, we are unable to provide one-on-one support.

A note of appreciation:



A big thank you to the Comox Legion which generously donates the use of its facility, and the Comox Legion Ladies Auxiliary for the catering and all the extras they do. Sincere thanks also go to the CV Community Foundation for supporting the weekly bowling and the banquet.

Special thanks also go to Duwane, Rick, Haley & Laurie at Codes Country Lanes for their on-going support all year. And of course very special thanks to all the volunteers. We couldn't do it without you!

Have a great Summer and see you in September!



Cory and Brian previously celebrating a year of bowling success!

Other Fun Stuff

- L'Arche
- Special Olympics
- Therapeutic Riding
- Swimming
- and more!



Stampede Dance & Talent Show

Join us for our annual, year end get-together, country - style! (dress western)

Day: Fri, June 10

Time: 12:30 - 2:30 pm

Place: Lewis Centre

Cost: \$2

Includes drinks & snacks, plus our very own Talent Show!

Here are the rules:

- 1) All performers must register in advance, please do so through your program or school staff
- 2) Group performances are encouraged as we have a limited amount of time for performances.
- 3) No last minute registrations will be accepted.

Please: call the Lewis Centre to book your spaces, we need to know how many are coming. Thanks! 250-338-5371

Comox Recreation

Spring Fling Dance

Friday April 15

12:00-2:00

\$2

Celebrate Spring by dancing the afternoon away!

Get Active

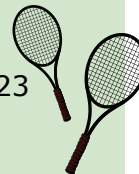
Come have fun with squash, raquetball, floor hockey, foosball and more!

Free

Age 12 years & older
Thurs, April 7 - June 23
1:00 - 2:00 pm

Tel: 250-339-2255

Comox Community Centre
1855 Noel Avenue, Comox



Fun Drop-In

You are invited to come, play and meet people!

Mondays

2:30-5:00 pm

at The Linc

Adults (19+ years)
Family, friends, caregivers welcome.

Free.

With the CRA **Building Friendships** Program.

FMI: Karen or Roland
250-338-5371

Funded in part by CV Community Foundation.

Other News

C.R.A. Annual General Meeting



The Courtenay Recreational Association, a nonprofit society, sponsors many different projects including Special Needs Recreation and Building Friendships.

The Annual General Meeting of the C.R.A. will be held in the Spring; information will be available on our website.

Everyone is invited to attend. Your participation is very valuable and appreciated.

FMI Lydia 250-338-5371

www.courtenay.ca/specialneedsrec

Community

L'arche Outreach Centre

1001B Fitzgerald Ave

Monday - closed

Tues - Fri

9:00 am - 3:00 pm

Senior Circle: Mon 11-1:30

Candle Making: Tues & Thurs

9:30-11:00

Painting: Wed 10-11:30 or

1:00-2:30

Beading: Thursday 1-2:30

Register: call Svetlana

250-871-6288

www.larchecomoxvalley.org

Community

Swim Passes

CV Sports Centre

Cindy 250-334-9622 ext. 221

www.comoxvalleyrd.ca

Therapeutic Riding

250-338-1968 www.cvtrs.com

NIC Access for Students with Disabilities

Adapted courses & services

250-334-5079 www.nic.bc.ca

Special Olympics

250-897-1828

Spring Sports:

- Swimming, Bowling
- Bocce, Softball
- Rhythmic Gymnastics
- FUNdamentals (5-11 year olds)
- Track & Field



Island Living Books, with coupons for dining, hotels and more, are available at the Lewis Centre. Proceeds go to SN Rec Programs.



Registration & Refund Notes - Special Needs Recreation

SN Recreation has the same registration policies as Courtenay Recreation, with a few exceptions where we try to be as flexible as possible to meet your needs.

Register: At the Lewis Centre. Please be sure all health & emergency information is up-to-date.

Registering by telephone: You may register by telephone without making a payment by credit card, but you must pay or make a deposit within the week.

Cancellation: Please register early if you are interested or programs may be cancelled. Evening dances are not cancelled unless the weather is very poor: call the office if unsure.

Installments: You may also pay by installments.

Withdrawal/Refunds: A full or pro-rated refund will be given if class is cancelled or for medical reasons. All requests for refunds, credits or transfers will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$5 will be charged on all cash, Visa, MasterCard and Debit Card refunds. Refunds left as a CREDIT on your account will NOT be charged an administrative fee. Refunds will not be approved after a program has ended. We appreciate many people have a variety of health needs and may not be able to attend a program at the last minute. As much as possible, the registration fee will be re-imbursed but it may not always be possible.

Away: Please tell us if you are not able to attend a class; this is so we can call our volunteers. Our volunteers are happy to work with us and understand that emergencies can happen, but they do appreciate very much being notified ahead of time if they are not needed.

One-on-One Support: While we will do our best during programs to meet your needs, please note that we are unable to provide one-on-one support.