

Winter 2017



Newsletter



Choir: The Sound of Belonging

NEW!

Join Kazimea and friends from the wider community as we build this choir in which all are welcome and included. We'll sing specially chosen songs that line up with the theme of belonging, inclusion and acceptance. We'll have lots of fun together and we'll even have tea and treats afterward!

Days: Fri, Jan 13 - Mar 17

Time: 3:00 - 4:30 pm

Place: Lewis Craft Room A
FREE!

Gymnastics

NEW!

Our 3 friendly instructors will introduce you to the sport of gymnastics! Increase strength, agility and balance through floor stations, trampoline, bars and beam exercises.

Days: Wed, Nov 30, Dec 7 & Dec 14

Time: 1:00 - 2:00 pm

Place: Lewis Centre

Cost: \$15/3 weeks

Special Needs Recreation

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

Phone: 250-338-5371

specialneedsrecreation@courtenay.ca www.courtenay.ca/specialneedsrec

Upcoming Holiday Events:

Christmas Dance

Live music, snacks & a visit from Santa!
Friday Dec 2, 7 - 9 pm
Florence Filberg Centre

FREE!



Gingerbread Houses

Tuesday Dec 6, 1 - 2:15 pm

Lewis Centre **\$4, Register by Dec 1.**

Art Exploration

Create a magical Winter Scene to gift this holiday or keep as a personal treasure!

Wed & Thurs, Dec 7 & 8,

1:00 - 2:30 pm,

Lewis Craft Room A,

\$10/2 classes, includes supplies



Bingo with Santa

Tuesday Dec 13, 12:45 - 2:15 pm

Lewis Centre **FREE!**

Limited spaces. Register by Dec 9

Winter Wonderland Dance

Friday Dec 16, 12:30 - 2:30 pm

Lewis Centre **\$2**

Drink, snack and a visit from Santa is included!



Registration begins Dec 5



*Bad Weather
Cancellations -
Check last page!*



Young Adult Club

(18 - 35 years)

Join us for a social time!

Activities, times and locations vary; activities are decided at the first meeting.

Days: Tues, Jan 10 - Mar 7

Time: 6:00 - 8:00 pm

Place: Lewis Centre

Cost: \$25/9 + activity costs

Creative Dance

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

Date: Thurs, Jan 12 - Mar 9

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: \$45/9 weeks

Registration: begins Dec 5

Archery

Yes, it's back!! Join us and try this great sport.

Dates: Fri, Jan 13 - Mar 10

Time: 12:30 - 2:00 pm

Cost: \$40/8 classes

Place: Lewis Centre

No Class: Jan 20

Zumba

Love music and movement? Get ready to get your Zumba on! Come shake your hips with Tammy!

Days: Tues, Jan 10 - Mar 7

Time: 1:00 - 2:00 pm

Place: Lewis Activity Room

\$45/9 classes

Art Cards

Join us to make beautiful cards to sell. All proceeds from sales are distributed to the artists.

Days: Mon, Jan 9 - Mar 13

Time: 10 - 11 am or 1 - 2 pm

Place: Lewis Centre

Cost: Free

No Class: Feb 13

Drama Club

NEW!

Have fun and increase self-awareness. We will learn drama games, improvisation and performance skills together. A joint partnership with L'Arche CV.

Days: Fri, Jan 27 - Mar 10

Time: 1:00 - 3:00 pm

Place: Lewis Centre

Cost: FREE but register



Artisan Bread & Pizza

Marianne's classic and loved easy bread baking class is going to add in a pizza lunch! Enjoy fresh baked pizza on day one and soup & bread on day two. Come hungry!

Days: Wed, Jan 18 &
Thurs Jan 19 or

Wed Mar 8 &
Thurs Mar 9

Time: 11:45 am - 2:00 pm

Place: Lewis Centre

Cost: \$15/2 days

Fitness

Join us for fun and fitness!

Days: Mon, Jan 9 - Mar 13

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: Free!

No class: Feb 13

Sewing

Join us for a fun session of sewing. *Projects: crafts & winter wear.*

Days: Tues, Jan 10 - Feb 21

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: does not include a cardiovascular component.

Days: Fri, Jan 13 - Mar 17

Time: 10:45 - 11:45 am

Place: Lewis Centre

Cost: FREE - but register

No Class: Jan 20

Pickin' & Choosin'

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

Days: Wed, Jan 11 - Mar 15

Time: 10:30 - 11:30 am

Place: Tsolum Building

Please note: as this is a drop-in program, if you need extra support, please come with a worker. *Any questions, call Lydia 250-338-5371.*

Karate

Enjoy moving & action? Join Sebastien and learn basic moves, plus get a great workout!

Note: Please dress in loose clothing.

Days: Fri, Jan 13 - Mar 10

Time: 10:00 am - 11:30 pm

Place: Lewis Centre Gym

Cost: \$45/9 classes

Registration begins December 5

Special Events

Totally Awesome 80's Dance

Dress totally rad. Prizes for best 80's style!

Friday, Jan 20
12:30 - 2:30 pm

Lewis Centre \$2

Please call to register



Valentine's Dance

Join us for our ever popular Valentine Dance! Live music!

Friday, February 10
7:00 - 9:00 pm

Florence Filberg Centre,
FREE!



St Patrick's Dance

Wear green & come have fun!

Friday, March 17
12:30 - 2:30 pm

Lewis Centre \$2

Please call to register.



Drink & Snack included in all dances.

Vancouver Island Society for Adaptive Snow Sports

2017 Winter Snowsports Festival Mount Washington

Skiing and snowboarding are within the grasp of most people, including those with diverse abilities. VISAS offers you two, very affordable ways to get you skiing, boarding, sit-skiing or Nordic skiing:

1. 2017 Winter Snowsports Festival:

January 7th – 11th, 2017. 4 days of fun on the snow! Lift tickets, equipment rental, snow sports lessons all provided free of charge.

2. Have-A-Go Program: If 4 days is a bit daunting, then come up on a day of your choice.

For more information, check out our website pages at:

www.visasweb.ca/Learntoskifestival.htm and

www.visasweb.ca/have-a-go.php or call Peter @ 416-363-4972.

Apply by December 9, 2016.



Tuesday & Wednesday Bowling Leagues

Finishes: Nov 29 & 30, 2016

Resumes: Jan 3 & 4, 2017

Finishes: April 25 & 26, 2017

Banquet: Fri., May 5, 2017

Registration for the Banquet will begin in March.



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 Building Friendships** Program.

FMI: Karen or Roland 250-338-5371



A Year of Gratitude from SN Recreation

Heartfelt appreciation goes out to all the volunteers who help make the Christmas Dances & Special Events possible, especially Santa; your support is invaluable and helps make our Christmas magical!

Other very special bouquets go to the sewing volunteers for making this last Fall session of sewing possible. To ALL of the Special Needs instructors whose continuous dedication, care and hard work contribute to making our programs so great. Thank you for being

part of the team! Thanks to all the great volunteer bowling coaches & Duwani, Rick, Lori & Hailey at Codes Country Lanes; we couldn't do it without you.

A very special thanks goes to Courtenay Recreation, the Courtenay Recreational Association & the CVRD; you are invaluable partners and your donations and your support are truly appreciated!

Special thanks also to our other sponsors who help make Sewing, the Young Adult Club, Dances, Art Cards, Fitness Classes & other

special events as affordable as possible:

- Comox Valley Community Foundation
- Monarch Lions
- Royston Cumberland Lions
- Knights of Columbus
- Comox Legion
- Comox Legion Auxiliary
- Various merchants & businesses.

A great job everybody, thanks so much!

To all, a Happy, Healthy New Year!



Other News

C.R.A. Annual General Meeting



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

The Annual General Meeting of the C.R.A. will be held in the Spring. FMI call Lydia @ 250-338-5371.

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

Community

Special Olympics 250-897-1828
• Floor Hockey • Swimming
• Bowling • Curling
• Rhythmic Gymnastics
• FUNdamentals
• Powerlifting • And more!
www.cvso.ca

L'Arche Outreach Centre
1001B Fitzgerald
Monday: closed
Tues, Wed, Thurs: 9-3
Friday: 9-12
Seniors Circle: Mon 11-1:30
Candle Making: Tues 9:30-11
Painting: Wed 10-11:30 or 1-2:30
Beading: Thurs 1-2:30
Activity fee: \$40/2 months
Drop-in coffee: 10-11:30 Fri
To register: 250-871-6288
www.larchecomoxvalley.org

Comox Recreation Get Active

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

Thursdays,
Jan 5 - March 16, 2017
1:00 - 2:00 pm
FREE Drop-In
Phone: 250-339-2255



Bad Weather



Please note our guideline for cancelling classes during the winter months.

If School District #71 has cancelled schools in the Comox Valley, **all** Special Needs Recreation classes will be cancelled as well. Check the radio for school closure notices, or call the Lewis Centre for more information. **If programs are open in the morning but snow starts** falling during the day and is creating hazardous driving conditions, staff may cancel programs.

The above procedures will also apply during extended power outages.

Bad weather is an on-going issue and we welcome your feedback. It is important to keep the safety of all our participants, staff and volunteers in mind, especially as many people live in out-lying areas.

If you have any questions, please call the Lewis Centre **250-338-5371** or check the City's website at www.courtenay.ca. Also, find our updates on City of Courtenay's Facebook page.

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, check our guidelines above and/or 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 help 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 to meet your needs, please note that we are unable to provide one-on-one support.