



Newsletter

Fall Special Events

Harvest Dance

Celebrate the Fall season!
Drink & snack included.

Date: Fri, Sept 16
Time: 12:30 - 2:30 pm
Place: Lewis Centre \$2



Halloween Bingo

Spaces limited, register early.

Date: Wed, Oct 19
Time: 12:30 - 2:00 pm
Place: Lewis Centre \$2
Register by Fri Oct 14



Pumpkin Carving

Carve a pumpkin to bring home!

Date: Thurs October 27
Time: 1:00 - 2:15 pm
Place: Lewis Centre, MP Hall \$2
Register by Mon Oct 24



*A popular annual Halloween event!
Come caaaaarve a pumpkin with us!*

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

*Registration begins
August 29*

Yoga

NEW!

Learn some of the basic postures, how to relax and stretch, while increasing flexibility.

Days: Wed, Oct 5 or Thurs, Nov 24
Time: 1:00 - 2:00 pm
Place: Lewis Centre
FREE - but please register

Chef Specialties

NEW!

Grab your favourite apron and come learn to be independent in the kitchen, making breakfast, lunch, dinner and special snacks!

Days: Thurs, Sept 15 - Oct 20
Time: 1:00 - 2:30 pm
Place: Lewis Centre
Craft Room A
Cost: \$24/6 classes

Special Needs Recreation

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

phone: 250-338-5371

fax: 250-338-8600

email: specialneedsrecreation@courtenay.ca

www.courtenay.ca/specialneedsrec





SN Fall Golf

Join Bryan on the greens for an introduction to the fun game of golf!

Days: Thursdays
Sept 15 - Oct 27
Time: 1:00 - 2:30 pm
Place: Sunnydale Golf & Country Club
Cost: \$70/7 weeks



Creative Dance

Join Jenna and learn basic dance moves to all kinds of music. Ballet and Modern Dance moves combined with gentle stretching. Mild-moderate cardio.

Days: Thurs, Oct 27 - Dec 1
Time: 10:30 - 11:30 am
Place: Lewis Centre
Cost: \$30/6 weeks



Street Feet

Join Jenna & get your funk on! Move and groove to the latest tunes. Hip Hop techniques combined with Jazz and Funk. Mild-moderate cardio.

Days: Thurs, Sept 15 - Oct 20
Time: 10:30 - 11:30 am
Place: Lewis Centre
Cost: \$30/6 weeks

Archery

Step by step instruction for learning to draw a bow and shoot arrows. More experienced archers practice aim and accuracy.

Days: Fri, Sept 23 - Nov 25
Time: 12:30 - 2:00 pm
Place: Lewis Centre, MP Hall
Cost: \$45/9 weeks
No class: Nov 11

Young Adult Club

If you are between the ages of 18 to 35 and like to have fun, then this club is for you!

Activities, space, times and locations vary; activities are decided at the first meeting. Join us for a fun and social time!

Days: Tuesdays
Sept 13 - Nov 29
Time: 6:00 - 8:00 pm
Place: Lewis Centre
Cost: \$35/12 wks + activity costs

**If space, adults over the age of 35 may be eligible; please call.*

Pickin' & Choosin'



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

Days: Wednesdays
Sept 14 - Dec 14
Time: 10:30 - 11:30 am
Place: Tsolum Building
Cost: Free

Please note: This is a drop-in program; if you need extra support, please come with a worker.

Winter Special Events



Christmas Dance

Enjoy live music!
Snacks & a visit from Santa!
Fri Dec 2, 7 - 9 pm
Florence Filberg Centre
FREE!

Gingerbread Houses

Decorating Gingerbread Houses is a favourite festive activity!
Tues Dec 6, 1 - 2:15 pm
Lewis Centre \$4
Register by Thurs Dec 1

Bingo with Santa!

Spaces limited, register early.
Date: Tues, Dec 13
Time: 12:45 - 2:15 pm
Place: Lewis Centre
Register by Fri Dec 9
FREE!



Winter Wonderland Dance

Fri Dec 16, 12:30 - 2:30 pm
Lewis Centre \$2
Drink & snack included.
And a visit from Santa!

Art Cards

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

Days: Mon, Sept 12 - Dec 5
9:30 - 10:30 am or
1:00 - 2:00 pm
Place: Lewis Centre
Cost: Free

No Class: Oct 10

Registration begins Aug 29

Registration begins August 29

Tuesday and Wednesday Afternoon Bowling

Your all time favourite Bowling Leagues are back for another great year!

Registration:

You must register before the first week. This helps us to organize the teams and volunteers. Please register at the office.

Note: The Tuesday League is a smaller League for those who prefer a quieter atmosphere.

Fees:

Registration is \$5.

Late registrations:

Please call to check about late registration.

Weekly dues:

Weekly dues are **\$3**. Thanks to the CV Community Foundation for its generous subsidy of \$1/ person for every game played.



Shoes:

We have several pairs of shoes mixed up or lost every year. Please mark your shoes/boots & other personal items clearly with your name!

Lost items:

We have over 50 bowlers & up to 4 volunteers; while we do our best, unfortunately we cannot be responsible for lost or forgotten items.

Pick Ups:

Please come inside the bowling alley to pick up participants and assist with his/her departure as we have many people leaving all at one time.

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.

Days & Times:

Start: Sept 20 & 21

Time: 3:00 - 4:00 pm

Place: Codes Country Lanes

Finish: November 29 & 30

Begin again: Jan 3 & 4/2017

Conclude: Apr 25 & 26/2017

Fitness

Join Janice for a fitness workout for those who are more active.

Days: Mon, Sept 12 - Dec 12

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: FREE - Drop In

No class: Oct 10

Karate

Enjoy moving and action?

Join Sebastien and learn basic moves, plus get a great workout!

Note: Please dress in loose clothing.

Days: Fri, Sept 16 - Dec 2

Time: 10:00 am - 11:30 am

Place: Lewis Centre Gym

Cost: \$55/11 weeks

No class: Nov 11

Registration begins Aug 29

Fit Over 40

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

Note: Does not include cardio.

Days: Fri, Sept 23 - Dec 9

Time: 10:45 - 11:45 am

Place: Lewis Centre, MP Hall

Cost: FREE - please register

No Class: Nov 11

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: Tues, Sept 13 - Nov 29

Time: 1:00 - 2:00 pm

Place: Lewis Centre

Cost: \$50/10 weeks

No Classes: Sept 27 & Nov 1

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.

Registration begins August 29

Community

L'Arche Outreach Centre

1001B Fitzgerald
Monday: Closed
Tues, Wed, Thurs: 9-3
Friday: 9-12
Seniors Circle: Mon 11-1:30
Painting: Wed 10-11:30 or
1-2:30

Candle Making: Thurs 9:30-11
Beading: Thurs 1-2:30
Activity fee: \$40/2 months
Drop-in coffee: 10-11:30 Fri

To register call

250-871-6288

www.larchecomoxvalley.org

Lewis Centre Open Gym

Basketballs are available to borrow for indoor or outdoor fun. Free, but call to check availability.
250-338-5371

Vancouver Island Society for Adaptive Snow Sports

250-334-5755
www.visasweb.ca

Agency Membership

Courtenay Recreation has an agency membership to help agencies provide clients with a variety of recreational experiences; includes use of the weight room, squash courts, & gym time. *FMI call the Lewis Centre 250-338-5371.*

Community

Comox Recreation

Get Active

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

Free

Age 12 years & older

Thursdays: 1:00 - 2:00

Sept 8 - Dec 15

Operation Highjump

Our yearly "just for fun" track meet.

Free

Fri, Sept 9

9 am - 3 pm, Vanier Track

Registration required.

Deadline September 2nd.

Tel: 250-339-2255

Hallowe'en Dance

Wear a costume & enjoy great music!

\$2

Age 12 years & older

Fri, Oct. 28

7:00 - 9:00 pm

Tel: 250-339-2255

Community

PLAY 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

- FUNdamentals - youth program for ages 7-11 years
- Floor Hockey • Swimming
- Bowling • Curling • Skiing
- Rhythmic Gymnastics
- And more!

www.specialolympics.bc.ca

Programs with Special Needs Recreation

At Special Needs Recreation we aim to have a mixture of activities that encourage health and wellness and those that are for fun and socializing.

If you have ideas for new programs or any other suggestions, contact the co-ordinator 250-338-5371 or specialneedsrecreation@courtenay.ca

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 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.