



# Newsletter

## Brought to you by the CVRD:

### Challenge Skates

(all ages)

Bring your mitts, helmet, friends and come give skating a try! This program is open to everyone with physical and developmental disabilities.

Tuesdays

January 9 - March 20

10:00 - 11:00 am

Drop-in (regular admission)

free skate rentals



### Comox Valley Stars Hockey League (15+)

This is a great program for all athletes aged 15+ with developmental disabilities. We will help you work on your skating and hockey skills - it doesn't matter if you have never played or skated before. This season we will play at least 1 game against another diverse ability hockey team. Sign up this fall for some fun on the ice. Full gear required.

Thursdays

January 11 - March 22

10:00 - 11:00 am

\$70/11 sessions

**Please call the Sports Centre to register 250-334-9622**



CVRD Sports Centre, 3001 Vanier Drive

## Upcoming Holiday Events:

### Christmas Dance

Live music, snack & a visit from Santa!

Friday December 1

7:00 - 9:00 pm

Florence Filberg Centre

**FREE!**



### Christmas Chocolates

Create seasonal treats for your goody trays.

Monday December 11

1:00 - 2:30 pm,

Craft Room A

*Please let us know of any allergies*

**Register by Wed, Dec 6**

\$5

### Gingerbread Houses

Wednesday December 6

1:00 - 2:15 pm

Craft Room A

**Register by Fri, Dec 1**

\$5



### Winter Wonderland Dance

Friday December 15

12:30 - 2:30 pm

MP Hall

Drink, snack and a visit from Santa is included!

\$2

### Bingo with Santa

Tuesday December 12

12:45 - 2:15 pm

Meeting Room

*Limited spaces*

**FREE!**



### Artisan Bread

A 2 day cooking class with an Italian Twist! Day one we will make bread dough, homemade butter and Italian Meat Sauce. Day two all will enjoy a group spaghetti lunch and warm, mouth-watering Artisan bread!

Wednesday & Thursday

January 10 & 11

12:30 - 2:30 pm

Craft Room B

\$15/2 days



## Registration begins Nov 27

### Special Needs Recreation

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

**Phone:** 250-338-5371

[specialneedsrecreation@courtenay.ca](mailto:specialneedsrecreation@courtenay.ca) [www.courtenay.ca/specialneedsrec](http://www.courtenay.ca/specialneedsrec)



*Bad Weather Cancellations - Check last page!*

### **Circuit Training**

Come try a healthy new exercise routine with Tammy, in adapted station work designed to increase strength, stamina and stability. Suitable to all fitness levels.

Wednesdays  
January 17 - March 14  
1:15 - 2:15 pm  
Activity Room  
\$45/9 weeks



### **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 energetic class!

Tuesdays  
January 16 - March 13  
1:00 - 2:00 pm  
MP Hall  
\$45/9 weeks

## **More Special Events**

### **Totally Awesome 80's Dance**

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

**Friday, January 19**  
**12:30 - 2:30 pm**

Lewis MP Hall  
\$2



### **Valentine's Dance**

Join us for our ever popular evening Valentine Dance!

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

Florence Filberg Centre,  
**FREE!**



### **St Patrick's Dance**

Wear green & come have fun!

**Friday, March 16**  
**12:30 - 2:30 pm**

Lewis MP Hall  
\$2



**Drink & Snack included in all dances.**

**Please call to register**

## **Sports & Fitness**

### **Fitness**

Join us for fun and fitness!  
**No class Family Day.**

Mondays  
January 15 - March 19  
10:45 - 11:30 am  
Lewis Gym  
Free!

### **Fit Over 40**

A fun and safe class for those who need to walk or sit. No cardiovascular component.

Fridays  
January 19 - March 23  
10:45 - 11:45 am  
Activity Room  
FREE - but register

### **Line Dancing**

Come and kick up your heels and dance the morning away. Line dancing is a great way to keep your brain and your body active! No partners required.

Thursdays  
January 18 - March 15  
10:45 - 11:45 am  
MP Hall  
\$45/9 weeks

### **Archery**

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

Fridays  
January 26 - March 23  
12:30 - 2:00 pm  
MP Hall  
\$40/8 weeks

### **Karate**

Learn the basics of kicks, punches and moves in this karate class adapted to each participants needs and mobility issues.

Fridays  
January 19 - March 23  
10:00 am - 11:30 pm  
MP Hall  
\$45/9 weeks

### **Creative Dance**

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

Fridays  
February 2 - March 23  
1:15 - 2:15 pm  
Activity Room  
\$40/8 weeks

# **Registration begins November 27**

## Arts & Leisure

### Active Music

Fun activities repeated weekly, with lots of participation options. Singing, shakers & scarves let people join in at their own pace. Everyone welcome.

Wednesdays

January 10 - March 21

10:30 - 11:30 am

Tsolum Building

### Choir: The Sound of Belonging

Sing specially chosen songs that line up with the theme of belonging, inclusion and acceptance. Have tea and treats afterward!

Mondays

January 15 - March 19

4:00 - 5:30 pm

Meeting Room

**FREE!**

Please note: these are drop-in programs, if you need extra support, please come with a worker. Any questions, call Lydia 250-338-5371.

### Sewing

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

Tuesdays

January 16 - February 27

12:30 - 2:30 pm

Craft Room B

\$65/7 weeks, includes supplies

## 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!

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

A successful first golf tournament was appreciated by so many this Fall. To all the staff, volunteers and

## Tuesday & Wednesday Bowling Leagues



New participants welcome to join! If extra support needed, please come with a worker.

**Finishes:** Nov 28 & 29, 2017

**Resumes:** Jan 9 & 10, 2018

**Finishes:** April 24 & 25, 2018

**Banquet:** Sat, May 12, 2018

Registration for the Banquet will begin in March.

### Art Cards

Join us to make beautiful cards to sell. All proceeds from sales are distributed to the artists. **No class Family Day.**

Mondays

January 15 - March 19

9:30 - 10:30 am or 1:00 - 2:00 pm

Craft Room A

Free

### Young Adult Club

(18 - 35 years)

Join us for a social time!

Activities, times and locations

vary; activities are decided at the first meeting.

Tuesdays

January 16 - March 20

6:00 - 8:00 pm

Craft Room A

\$30/10 weeks + activity costs

management at Sunnydale Golf, your generosity and support made a profound difference.

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!

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,

## 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. Closed stat holidays & March 26, 2018.

FMI: Karen 250-338-5371



## Vancouver Island Society for Adaptive Snowsports

**2018 Winter**

**Snowsports**

**Festival:**

January 7th - 11th, 2018.

4 days of fun on the snow!

Lift tickets, equipment rental, snow sports lessons all provided free of charge.

**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](http://www.visasweb.ca/Learntoskifestival.htm) and

[www.visasweb.ca/have-a-go.php](http://www.visasweb.ca/have-a-go.php) or call Peter @ 416-363-4972.

**Apply by December 8, 2017.**



the Young Adult Club, Dances, Art Cards, Fitness Classes, Golf & 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!*



## Other News

### PLAY Passes

The PLAY program is for residents living within the regional district who live below Statistics Canada low income thresholds. Coupons can be used at the CVRD Sports and Aquatic Centres. Call or visit the CVRD website for more info.

Cindy 250-334-9622 ext.221  
[www.comoxvalleyrd.ca](http://www.comoxvalleyrd.ca)

## Community

### Therapeutic Riding

250-338-1968 [www.cvtrs.com](http://www.cvtrs.com)

### NIC Access for Students with Disabilities

adapted courses & services  
250-334-5079 [www.nic.bc.ca](http://www.nic.bc.ca)

### Recreation Access

Apply for coupon books that provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. **New SN Recreation coupons added for 2018.**

## Community

### Special Olympics

• Floor Hockey • Swimming  
• Bowling • Curling  
• Rhythmic Gymnastics  
• FUNdamentals • Nordic Skiing  
• Powerlifting • And more!  
[www.cvso.ca](http://www.cvso.ca) 250-897-1828

### L'Arche I Belong Centre

1465 Grieve Ave in Courtenay  
Open Monday-Friday

- Drama
- Food Safe Level 1
- Scrap-booking
- Creative Writing
- Candle-making

...and so much more!

Pick up an I Belong Centre Activity Guide at our Front Desk.  
Phone: 250-871-6288

### Comox Recreation Get Active

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

Thursdays,  
Jan 4 - April 5, 2018  
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](http://www.courtenay.ca). Also, find SN Recreation 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.