



Winter 2016

Newsletter

Art Cards

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

Days: Mon, Jan 11 - Mar 14
10 - 11 am or 1 - 2 pm

Place: Lewis Centre

Cost: Free

Registration: begins Dec 7

No Class: Feb 8

Sewing

Join us for a fun session of sewing.

Projects: crafts & winter wear

Days: Tues, Jan 12 - Feb 23

Time: 12:30 - 2:30 pm

Place: Lewis Centre

Cost: \$65/7 weeks,
includes supplies

Registration: begins Dec 7

Karate

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

Note: Please dress in loose clothing.

Days: Fri, Jan 15 - Mar 11

Time: 10:00 am - 11:30 pm

Place: Lewis Centre Gym

Cost: \$45/9 classes

Registration: begins Dec 7



Come shake your hips in Zumba!

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, Jan 19 - Mar 8
1-2 pm

Place: Lewis Centre MP Hall

Introductory Price:

\$24/8 classes

Registration: begins Dec 7

NEW!

Bingo with Santa! FREE!

Lewis Centre,
Craft Room A
Get into the Christmas Spirit, join Santa for a fun afternoon of Bingo. Prizes for all!

Snack provided

Date: Wed, Dec 9
1:00 - 2:30 pm

Register by Fri, Dec 4



Bad Weather Cancellations - Check last page!

Registration begins Dec 7

Special Needs Recreation

Lewis Centre 489 Old Island Highway, Courtenay, BC V9N 3P5 **Phone:** 250-338-5371

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



Archery

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



Dates: Fri, Jan 15 - Mar 4

1:00 - 2:00 pm

Cost: \$25/7 classes

Place: Lewis Centre

Registration: begins Dec 7

No Class: Jan 22

Young Adult Club

This Club is for young adults between the ages of 18-35. Activities, times and locations vary; activities are decided at the first meeting. Join us for a fun time!

Days: Tues, Jan 12 - Mar 8

Time: 6:00 - 8:00 pm

Place: Lewis Centre

Cost: \$25/9 wks + activity costs

Registration: begins Dec 7



Tuesday & Wednesday Bowling

Finishes: Dec 1 & 2

Resumes: Jan 5 & 6

Finishes: April 26 & 27

Banquet: Fri., May 6

Registration for the Banquet will begin in March.

Trophies: We are happy to recycle trophies, just drop them off at the Lewis Centre. Thanks!

Personal items: Please have all personal items such as shoes and jackets well marked with your name! Unfortunately we cannot be responsible for lost or forgotten items.



Fitness

Join us for fun and fitness!

Days: Mondays

Jan 4 - Mar 21

Time: 10:30 -

11:30 am

Place: Lewis Centre

Cost: Free!

No class: Feb 8



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 15 - Mar 11

Time: 10:45-11:45 **new time*

Place: Lewis Centre

Cost: FREE - but register

Registration: begins Dec 7

Note: *New location!*

No Class: Jan 22

Artisan Bread



Join Marianne and learn to bake festive bread for Easter. We will use a very easy no knead method. It's fun, easy, healthy and tasty!

Days: Tues, Mar 17, 12:15-1:45
Wed, Mar 18, 12:15-2:15

Place: Lewis Centre

Cost: \$15/2 days

Registration: begins Dec 7

First you will learn how to prepare this easy bread.

Then while some pre-prepared bread is baking, you will prepare your dough for baking the next day.

The second day we will bake, and sample, your bread!

Note: please eat your lunch first.

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, Jan 13 - Mar 16

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.

Thanks!



specialneedsrecreation@courtenay.ca

Special Events

Mexican Fiesta



Beat the January blues! Bring your favourite music. Drinks & snacks included, and pinatas!

Friday, Jan 22

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! Drinks & snacks included.

Friday, Feb 5

7 - 9 pm

Florence Filberg Centre

Free



St Patrick's Dance

Wear green & come have fun! Bring your favourite music. Drinks & snacks included.

Friday, March 18

12:30 - 2:30 pm

Lewis Centre \$2 Please call to register.



Creative Dance

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

- Ballet technique combined with gentle stretching
- Mild-moderate cardio
- Encourages balance, coordination, flexibility.

Date: Thurs, Jan 14 - Mar 10

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: \$45/9 weeks

Registration: begins Dec 7

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

Other Fun Stuff

Don't forget to check out on the next page other programs offered by your other favourite groups!



- L'Arche
- Special Olympics
- VI Society for Adaptive Snow Sports
- Therapeutic Riding
- and more!



Comox Recreation

Get Active

Join us for Get Active. Hockey nets, balls, foosball, music and more in our squash courts.

Age: 12 years & older

Thursdays: 1-2 pm

Dates: Jan 8 - Mar 26

Drop In

Free

Tel: 250-339-2255



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 • Softball
• Rhythmic Gymnastics
• Track & Field • FUNDamentals
• Bocce • And more!
www.specialolympics.bc.ca

Vancouver Island Society for Adaptive Snow Sports
250-334-5755 www.visasweb.ca

2016 Winter Snowsports Festival
Mount Washington
January 3rd - 7th, 2016

Anyone in the Province of BC who has a physical, cognitive or developmental disability and wants to learn how to ski or snowboard is invited to attend our Learn to Ski Week. If you are already an experienced boarder or skier, then join our Festival Ski Improvement program. Deadline is Dec. 11, 2015.
Call Peter 416-363-4972 or Email: peter@playsthatwork.com



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. Please check in with the Lewis Centre 250-338-5371.

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.

Thanks for your support. If you have any questions, please call the Lewis Centre 250-338-5371.

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.