

Spring 2017



Newsletter

National Volunteer Week is April 24 - 30, 2017

SN Recreation would like to thank the many volunteers who have committed countless hours to supporting our programs and enriching the lives of so many in our community - heartfelt appreciation!



Live Learn & Play

Skating

NEW!

Bring your mitts, helmet, friends and come give skating a try! A joint partnership with the CVRD. Registration required.

Day: Tues, Apr 4 or
Tues, May 9

Time: 1:30 - 2:30 pm

Place: CVRD Sports Ctr. 2

Cost: \$3/drop-in,

Note: individuals needing support must be accompanied by staff.

Spring Into Explore Nature

Join Lisa to explore the wonders of Spring through garden and nature projects.

Days: Wed, May 3 - 31

Time: 1:00 - 2:00 pm

Place: Craft Room B

Cost: \$25/5 weeks

Laughter Wellness Yoga

NEW!

Laughter exercises provide an enjoyable workout for the muscles of the face, neck, shoulders and abdomen. Suitable for all levels of fitness and mobility.

Days: Mondays, April 24 - June 5

Time: 1:30 - 2:30 pm

Place: Activity Room A

Cost: \$21/6 weeks (low introductory price)

Registration begins Monday, March 13

Special Needs Recreation

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

phone: 250-338-5371 courtenay.ca/specialneedsrec

specialneedsrecreation@courtenay.ca



Spring Events:

St Patrick's Day Bingo

Day: Thurs, March 16

Time: 12:45 - 2:15 pm

Place: MP Hall \$2 Limited spaces



St. Patrick's Day Dance

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

MP Hall \$2 **Live Band!**

Easter Chocolates

Bring home a box of chocolates!

Day: Wed, April 5

Time: 1:15 - 2:30 pm

Place: Craft Room A, \$5

Please let us know of any food allergies.

Registration deadline Fri, March 31

Easter Bingo

Day: Thurs, April 6

Time: 12:45 - 2:15 pm

Place: MP Hall \$2 Limited spaces





Chef Specialties

Grab your favourite apron and come learn to be independent in the kitchen. Last day of session will be an extra hour long to enjoy a freshly made Italian pasta lunch!

Day: Thurs, Apr 13 - May 18

Time: 1:00 - 2:30 pm

Place: Craft Room B

Cost: \$36/6 weeks

Zumba

Shake Tuesdays up with Tammy in this full hour Zumba and lively fitness class!

Days: Tuesdays,
Apr 11 - June 6

Time: 1:00 - 2:00 pm

Place: Activity Room A

Cost: \$45/9 weeks

Fitness

Join us for fun and fitness!

Days: Mon, Apr 3 - June 19

Time: 10:30 - 11:30 am

Place: Activity Room A

Cost: Free!

No Classes: Apr 17 & May 22

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

Sewing

Join us for another session of sewing creativity!

Projects: Crafts or Spring wear

Days: Tues, Apr 4 - May 23

Time: 12:30 - 2:30 pm

Place: Craft Room B

Cost: \$65/7 weeks, includes supplies

No class: May 9.

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 12 - June 14

Time: 10:30 - 11:30 am

Place: Tsolum Building

Cost: FREE

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

Art Cards

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

Days: Mon, Apr 3 - June 5
10 - 11 am or 1 - 2 pm

Place: Craft Room A

Cost: Free

No Classes: Apr 17 & May 22

Archery

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

Days: Fri, Apr 21 - June 2

Time: 12:30 - 2:00 pm

Place: MP Hall

Cost: \$40/7 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 21 - June 9

Time: 9:30 am - 11:00 am

Place: MP Hall

Cost: \$40/8 weeks



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!

Days: Fri, April 21 - June 9

Time: 3:00 - 4:30 pm

Place: Meeting Room

FREE!

Fit Over 40

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

Note: No cardio component

Days: Fri, April 21 - June 9

Time: 10:45 - 11:45 am

Place: Activity Room A

Cost: FREE - but register

Young Adult Club ages 18 - 35

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

Days: Tues, Apr 11 - June 13

Time: 6:00 - 8:00 pm

Place: Craft Room A

Cost: \$25/9 weeks + activity costs

No class: May 9

Registration begins Monday, March 13

Bowling Banquet

Last Bowling:

Tues & Wed,
April 25 & 26.



Bowling Banquet:

Friday May 12

6 - 8:30 pm

Comox Legion

\$8/person

Register by Wed, April 26

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!



Golf

Join Bryan on the greens for an introduction to the fun game of golf! The first two weeks are free of charge but please pre-register.

Days: Thurs, May 4 - June 15

Time: 1:00 - 2:30 pm

Place: Sunnysdale Golf & Country Club

Cost: \$50/5 weeks

Stampede Dance & Talent Show

Join us for our annual, year end get-together, country-style! Includes drink & snack, plus our very own Talent Show! (dress western)

Day: Fri, June 16

Time: 12:30 - 2:30 pm

Place: MP Hall

Cost: \$2



Remember:

- All performers must register in advance, please do so through your program
- Group performances are encouraged as we have a limited amount of time for performances.

Drama Club

Theatre Games

Have fun and increase self-awareness. We will learn drama games and improvisation. **Days:** Fri, April 21 - June 9

Time: 1:00 - 3:00 pm

Place: Meeting Room

Performance

A chance to be in the spotlight! We will work on acting skills as we work towards a performance.

Days: Thurs, April 13 - June 8

Time: 10:30 - 11:30 am

Place: MP Hall

A joint partnership with L'Arche Comox Valley.

FREE!

Special Needs Recreation Spring 2017 250-338-5371

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

Comox Recreation

Spring Fling Dance

Celebrate Spring by dancing the afternoon away!

Friday April 7

12:30 - 2:30 pm \$2

Get Active

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

FREE

Age 12 years & older

Thurs, April 6 - May 22

1:00 - 2:00 pm

Tel: 250-339-2255

Comox Community Centre
1855 Noel Avenue, Comox



courtenay.ca/specialneedsrec

Community

P.L.A.Y. Program

Free swimming, skating & weightroom programs
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

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

The Friendship Project
Presents... *A chance for everyone to shine at the*

Talent Showcase

When: March 18, 2017

Where: Little Red Church in Comox

Time: 1:00 - 4:00 pm

What to show: Anything!

Whether you can cook or

do a headstand or dance

Show us: What makes you

unique!

Register: Call Erica

250-703-6075 or email

thefriendshipproject@gmail.com

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.

Register 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 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.