

Adapted Programs for Adults with Disabilities

Spring 2018
Newsletter



Sewing

Join us for another session of sewing creativity! Projects: Crafts or Spring wear
Tuesdays, April 17 - May 29
12:30 - 2:30 pm, Craft Room B,
\$65/7 weeks, includes supplies

Volunteers Wanted!



Adapted Programs 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!

Spring Events:

St Patrick's Day Bingo

Thurs, March 8
1:00 - 2:15 pm
MP Hall \$2 Limited spaces

St. Patrick's Day Dance

Friday, March 16
12:30 - 2:30 pm
MP Hall \$2

Spring Craft

Tues, March 20
1:00 - 2:15 pm
MP Hall \$5 Limited spaces



Egg Decorating & Cupcake Walk

NEW!

Hop on over for our Easter activities! Eggspress yourself creatively decorating eggs and take home a treat.

Thurs, March 29
1:00 - 2:15 pm
MP Hall \$4 Limited spaces





Spring Bingo

Wed, April 11
1:00 - 2:15 pm
MP Hall \$2 Limited spaces

Spring
Registration
begins Monday,
March 12



Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5
phone: 250-338-5371 Ineville@courtenay.ca
courtenay.ca  



Chef Specialties

This is the perfect pizza party! Bring your enthusiasm and your appetite.... come out & build your favourite Personal Pan Pizza and whip up a tasty smoothie.

Thursday April 19
11:30 am - 1:30 pm
Craft Room B
\$6



and/or

Grab your apron and come to learn how to cook and prepare foods independently while socializing with new friends. The last class will be an extra hour long to enjoy a Strawberry Shortcake Picnic in the park!!!

Thursdays
May 24 - June 14
12:30 - 2:30 pm
Craft Room B
\$24/4 weeks

Sports & Fitness

Karate

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

Fridays
April 20 - June 15
10:00 - 11:30 am
Gym
\$45/9 weeks

Chair Fit

An upbeat and gentle workout class for those who need to walk or sit. All ages welcome.

Note: No cardio component
Fridays
April 20 - June 15
10:30 - 11:30 am
Activity Room A
FREE - registration required

Arts & Leisure

Art Cards

Make beautiful cards to sell. All proceeds from sales are distributed to artists. **No class May 21.**

Mondays

April 16 - June 18
10:00 - 11:00 am *or*
1:00 - 2:00 pm
Craft Room A
Free

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 for a social time!

Tuesdays

April 17 - June 12
6:00 - 8:00 pm
Craft Room A
\$25/9 weeks + activity costs

Registration begins
Monday, March 12

Archery

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

No class May 25.

Fridays
April 20 - June 15
12:30 - 2:00 pm
MP Hall
\$40/8 weeks

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.

Thursdays
May 3 - June 14
1:00 - 2:30 pm
Sunnydale Golf & Country Club
\$50/5 weeks

Active Music

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

Wednesdays

April 11 - June 13
10:30 - 11:30 am
Tsolum Building
FREE - registration required

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

April 16 - June 18
3:30 - 5:00 pm
Craft Room A

FREE!

Please note: If you need extra support, please come with a worker. Any questions, call Lydia 250-338-5371



Fitness

Join us for fun and fitness!

No class May 21.

Mondays
Apr 16 - June 18
10:30 - 11:30 am
Activity Room
Free!



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
 April 19 - June 14
 10:00 - 11:00 am
 MP Hall
 \$45/9 weeks



Talent Show & Dance

Sing, dance, act or magic tricks; you've got the spotlight! Pre-registered participants will receive a certificate. Inclusive group performances are encouraged.

NEW!

Friday May 25
 12:30 - 2:30 pm
 MP Hall, \$2

Stampede Dance

Friday June 22
 12:30 - 2:30 pm
 MP Hall, \$2

Bowling Banquet

Last Bowling:

Tues & Wed, April 24 & 25.

Bowling Banquet:

Saturday May 12
 6:00 - 8:30 pm
 Comox Legion
 \$8/person

Register by Wed, May 2

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 Duwanee, Rick & staff at Codes Country Lanes for their on-going support all year. And of course very special thanks to all the volunteer coaches. We couldn't do it without you!

Fun Drop-In

You are invited to come, play and meet people!

Mondays

2:30 - 5:00 pm
 at The LINC

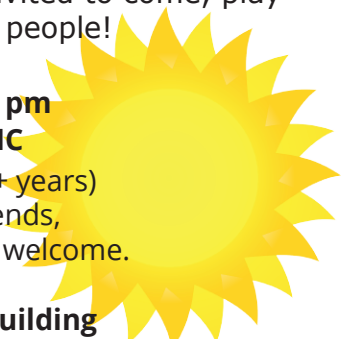
Adults (19+ years)
 Family, friends,
 caregivers welcome.

Free.

With the **Building Friendships** Program.

Closed stat holidays.

FMI: Karen 250-338-5371



Thank you for participating another great year with us! We welcome participants back to our bowling leagues in September.



Other Fun Stuff

- L'Arche
- Special Olympics
- Therapeutic Riding
- Swimming
- FUNdamental Skills
- Comox Recreation and more!



Community

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

Therapeutic Riding

250-338-1968 www.cvtrs.com

NIC Access for Students with Disabilities

Adapted courses & services
250-334-5079 www.nic.bc.ca

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

Special Olympics

250-897-1828

Spring Sports:

- Swimming, Bowling
- Bocce, Softball
- Rhythmic Gymnastics
- Track & Field
- Golf

Comox Recreation

Spring Fling Dance

Celebrate Spring by dancing the afternoon away!

Friday April 13
12:30 - 2:30 pm \$2

Get Active

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

FREE

Age 12 years & older
Thurs, April 12 - June 21
1:00 - 2:00 pm

Tel: 250-339-2255
Comox Community Centre
1855 Noel Avenue, Comox



FUNDAMENTAL SKILLS

(5 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 5-11 years. Create skills in sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as; soccer, basketball, floor hockey and more. The Fundamentals skills will then help children transition into community or traditional Special Olympic Programs. **No class May 19.**

#45439 Saturdays, April 14 - June 23, 9:15 - 10:15 am, Lewis MP Hall, \$25/10, \$2.50/Drop-in

Registration & Refund Notes - Adapted Programs for Adults with Disabilities

AP 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.