

# Adapted Programs for Adults with Disabilities

Spring 2020  
Newsletter



## 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!

**Instructors:** Sebastien Braconier & Tammy Jones

**#5333** Tuesdays

April 14 - June 16

6:00 - 8:00 pm

Craft Room A

\$30/10 weeks plus activity costs

Introducing...

## WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day.

Ask us how it works or visit [www.courtenay.ca/reconline](http://www.courtenay.ca/reconline) to see the video.

## Spring Special Events:

### ST PATRICK'S DAY DANCE

Wear green and come have fun!

**#5336** Friday March 13  
12:30 - 2:30 pm  
MP Hall  
\$2 Drop-in

### ST PATRICK'S DAY BINGO

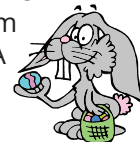
Wear green and come have fun! Prizes for all players.

**#5335** Monday March 16  
12:45 - 2:00 pm  
MP Hall  
\$2 space is limited,  
pre-registration required

### EASTER CHOCOLATES

Prepare a decadent box of chocolates for your favourite somebunny!

**#5337** Thursday April 9  
1:00 - 2:15 pm  
Craft Room A  
\$5



### SPRING BINGO

Spring has Sprung! Prizes for all participants.

**#5338** Wednesday April 22  
1:00 - 2:15 pm  
MP Hall  
\$2 space is limited,  
pre-registration required

### CINCO DE MAYO CELEBRATION

Join Juan at our second Cinco De Mayo Celebration! Over two hours jam packed with games, prizes and piñatas!

**#5030** Friday May 1  
10:30 am - 1:00 pm  
Native Sons  
Grand Hall  
\$4/Drop-in

### TALENT SHOW & DANCE

Sing, dance, act or magic tricks, you're the star of our show!

**#5339** Friday May 22  
12:30 - 2:30 pm  
MP Hall  
\$2/Drop-in

Spring Registration begins  
Monday, March 9!

Online Registration is now  
available at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)



## Adapted Programs

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

phone: 250-338-5371 [Ineville@courtenay.ca](mailto:Ineville@courtenay.ca)

[courtenay.ca](http://courtenay.ca)





## Sports & Fitness

### FITNESS

Adapted conditioning exercises for the whole body & mind. Includes a gentle cardio component.

**Instructor:** Heidi Fordham

#5324 Wednesdays

Drop-in

April 8 - June 24

10:30 - 11:30 am

Lewis Activity Room

Free Drop-in

### ZUMBA

Contagious energy and fun. All abilities and levels welcome for this hot dance party.

**Instructor:** Tammy Jones

#5334 Tuesdays

April 14 - June 9

1:00 - 2:00 pm

Lewis Activity Room

\$45/9

### KARATE

Learn the basics of kicks, punches and moves in this karate class adapted to each participant's needs and mobility issues. **No class May 1.**

**Instructor:** Sebastien Braconnier

#5329 Fridays

April 17 - June 12

10:15 - 11:45 am

Lewis MP Hall

\$48/8

### LINE DANCING

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

**Instructor:** Joan Wydenes

#5330 Thursdays

April 16 - June 11

10:30 - 11:30 am

Lewis MP Hall

\$45/9

### CHAIR FIT

An upbeat and gentle workout class for those who need to walk or sit and a nice relaxing stretch at the end. All ages welcome. Note: No cardio component. **No classes May 1 or 22.**

#5325 Fridays

April 17 - June 19

10:45 - 11:45 am

Lewis MP Hall

FREE Pre-registration required

### ARCHERY

Step by step instruction for learning to draw a bow and shoot arrows. More experienced archers practice aim and accuracy. **No class May 1 or 22.**

#5326 Fridays

April 24 - June 14

12:30 - 2:00 pm

Lewis MP Hall

\$36/6

## Art & Leisure

### MONDAY

### MORNING

### RECONNECT

Participate in therapeutic group activities. Connect brain and body with relaxation and stretching. Join in with gentle music and movement.

**No class May 18.**

#5320 Mondays

April 20 - June 15

10:30 - 11:30 am

Lewis Activity Room

Limited spaces,

FREE Pre-registration required

### CELEBRATION

### CIRCLE

This Friday afternoon hour will be a chance to wrap up the week, celebrate successes and have some social fun! Participatory music and movement like the Banjo Song and other action and participation songs.

**No class Friday May 15.**

#5321 Fridays

April 17 - June 13

1:00 - 2:00 pm

Lewis Craft Room A

FREE Pre-registration required

### SEWING

Join us for another session of sewing creativity.

**Instructor:** Samm Bodkin

#5331 Tuesdays

April 14 - May 26

12:30 - 2:30 pm

Lewis Craft Room B

\$65/7 (includes supplies)

### TGI . . . THURSDAY!

Enjoy fun, low-impact exercises and games. Increase your muscular strength and range of movement using a variety of equipment including pilates balls, bean bags & TRX. Adaptable and gentle physical activity.

**Instructor:** Tammy Jones

#5540 Thursdays

April 16 - June 11

1:00 - 2:00 pm

Lewis Activity Room

\$45/9

## CHEF SPECIALTIES

Healthy food prep starts here! Join Cathy in an all new beginner's level cooking class.

**Instructor:** Cathy Nelson

**#5327** Thursdays

May 7 - 28

12:30 - 2:30 pm

Lewis Craft Room B

\$32/4

## ART CARDS

Make beautiful cards to sell. One hundred percent of the proceeds from the sales are given to the artists. **No classes April 13 & May 18.**

Mondays

April 6 - June 22

**#5322** 10:00 - 11:00 am or

**#5323** 1:00 - 2:00 pm

Craft Room A

Limited spaces,

FREE Pre-registration required

## BOWLING

Strike up some new friendships at our fun bowling leagues on Tuesday and Wednesdays.

Tuesdays &/or Wednesdays

3:00 - 4:00 pm

Codes Country Lanes

finishes April 28 & 29

will restart leagues in Fall 2020

\$5/reg + 3.50/weekly dues

## FUN DROP-IN @ THE LINC

(19 years & over)

You are invited to come, play and meet people! Family, friends, and caregivers welcome to join this **Building Friendships** Programs.

Closed stat holidays, **April 13 & May 18.**

Mondays

2:30 - 5:00 pm

The LINC Youth Centre

Free

FMI: Karen 250-338-5371

Spring  
Registration  
begins Monday,  
March 9!

## BOWLING BANQUET

All bowlers receive a plaque or trophy, guests welcome. More info to come at leagues.

**#5340** Friday May 8

6:00 - 8:30 pm

Comox Legion

\$8/person

Register by May 1

## 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 April 13 & May 18.**

**#5290** Mondays

April 6 - June 22

3:30 - 4:30 pm

Lewis Centre MP Hall A

\$2.50/Drop-in

**NEW!** We are pleased to now offer **The Leisure Buddies** program so that children (ages 5+) can participate and thrive in our programs! Contact us to find out how we can help you! Thank you to the generous funding from the Comox Valley Community Foundation.



# Access Awareness Day 2020

Celebrated annually on the first Saturday in June, Access Awareness Day is a comprehensive campaign to raise awareness about disability, accessibility, and inclusion.

Access Awareness Day has been made possible because of dedicated and inspired individuals who understand the importance of inclusion; the recognition that both the right and the opportunity to participate in all aspects of human life enable individuals and communities to celebrate their diversity and recognize their responsibilities.

Access Awareness Day is ultimately about more than just one day a year. It is a call to respond creatively and purposefully to build a society where barriers to inclusion are removed, and to ensure the independence, self-esteem, dignity, and security of all citizens.

## Community

### Lewis Centre Open Gym

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

250-338-5371

### Agency Membership

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

### CVRD PLAY Program

Providing Leisure Access For You Through our PLAY program we offer financial assistance to qualifying residents who would like to participate in CVRD recreational activities but find it difficult to do so due to financial limitations. Call 250-334-9622 for more information.

## Community

### Comox Recreation Spring Fling Dance

12 years & up  
Celebrate Spring by dancing the afternoon away!

Friday, April 7

12:30 - 2:30 pm

Comox Recreation MP Hall

\$2 admission

includes pop and chips.

### Wheelchair Basketball

All Inclusive: No disability needed  
Tuesdays, 7:00 - 9:00 pm

Comox Rec Centre

CV Wheelchair Sports Society

cvwssdocs@gmail.com

250-897-6082 (coach)

### 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.

## Community

### Special Olympics

- Swimming • Bowling
- Rhythmic Gymnastics
- FUNdamentals • And more!

[www.cvso.ca](http://www.cvso.ca) 250-897-1828

### NIC Access for Students with Disabilities

adapted courses & services

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

### L'Arche I Belong Centre

1465 Grieve Ave in Courtenay

Open Monday-Friday

Pick up an I Belong Centre

Activity Guide at our Front Desk.

Phone: 250-871-6288

### Therapeutic Riding

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

IT'S TIME TO APPLAUD  
THIS COUNTRY'S VOLUNTEERS



NATIONAL VOLUNTEER WEEK 2020  
APRIL 19-25

## Registrations & Refunds Notes

**Register: Come in** to the Lewis or Filberg Centre, **Call** 250-338-5371 or 250-338-1000 or **Click** [courtenay.ca/reconline](http://courtenay.ca/reconline).

**Please be sure all health & emergency contact 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.

**Installments:** you may also pay by installments, however full payment must be made prior to end of current session.

**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. If extra assistance is needed, please have a caregiver attend class(es).