

Summer 2017



Newsletter

Summer Fun

BINGO

Everyone wins a prize!

Dates: Thursdays

July 13, August 10 & 24

Time: 1:00 - 2:15 pm

Place: MP Hall

Cost: \$2

LAUGHTER WELLNESS

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

Date: Friday Aug 18

Time: 1:30 - 2:30 pm

Place: Activity Room A

Cost: \$2

KINDNESS ROCKS

Join in on the pursuit of inspiring others! Paint a few rocks with bright pictures or words to pass on to others or keep as a treasure for yourself.

thekindnessrocksproject.com

Date: Friday July 7

Time: 1:00 - 2:15 pm

Place: MP Hall

Cost: \$2



COFFEE HOUSE & ADULT COLOURING

Nature, animals, mandalas - a variety of designs to choose from. Colouring promotes relaxation, creates focus, coordination and more!

Date: Monday August 21

Time: 1:00 - 2:15 pm

Place: MP Hall

Cost: \$2

Special Needs Recreation

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

phone: 250-338-5371 **fax:** 250-338-8600

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

And more . . .

FISHING FOREVER

This program provides an opportunity for people with disabilities to learn to fish and enjoy the outdoors. Everything is supplied by the facilitator. Bring a picnic lunch to enjoy on the lawn afterwards.

Dates: Monday June 12 or

Thursday June 15

Time: 10:00 am - 12:00 pm

Place: Courtenay & District Fish and Game Club, Comox Lake

FREE! But Please pre-register



FUN DROP-IN

(19+ years)

Join SN Rec & Building Friendships this July for pool, ping pong and popsicles! An inclusive social gathering amongst friends.

Date: Mondays, July 10 - 31

Time: 2:30 - 5:00 pm

Place: The LINC

FREE!

PARK PICNIC PARTY

A favourite Summertime festivity! Bring your lunches and try horse-shoes, bocce and other outdoor games. Cold treat included.

Date: Monday August 14

Time: 11:30 am - 2:00 pm

Place: Lewis Tsolum Building

FREE!

Register by Friday August 11



Registration begins Monday June 19



Tuesday Evening Socials

Please register one week in advance so we can arrange supplies & volunteers. Drop-ins may be possible but call to check.

Dates: Tuesdays July 4 - August 22

Time: 6:00 - 8:00 pm

Place: locations vary

July 4 *BBQ & Outdoor Games* Simms Park, \$2
- includes hot dog, drink & chips.

July 11 *Bowling* Codes Country Lanes, \$4/game,
pay at bowling alley please

July 18 *Goose Spit* Meet at the accessible fire pit
(last one at end of road), \$2 includes
fixin's for sticky smores & water.

July 25 *Karaoke* Lewis Centre, \$2 - sing your favourite songs!

August 1 *Movie Night* Lewis Centre, \$2 - includes a snack.

August 8 *Gym Games* Lewis Centre, \$2 - includes a cold treat.

August 15 *Bowling* Codes Country Lanes, \$4/game,
pay at bowling alley please

August 22 *Dinner Out* Boston Pizza, bring \$20 for your meal.
Any food allergies? Register by Fri, Aug 18.



*For All Programs: • please be sure your registration information is current • allergies: let us know!
Please note that we are unable to provide one-on-one support.*

BLUES BROTHERS IN THE PARK

Celebrate summer in a musical way with good friends & good times, inspired by the fun music of the Blues Brothers.

Dates: Wednesdays July 5 - 26

Time: 10:30 - 11:30 am

Place: Simms Park

FREE! No registration, but please sign in at program.

SIZZLIN' SUMMER ZUMBA

More Zumba with Tammy and a workout on the Spin bikes. Bands and stability balls will also be used to learn beginner exercises.

Date: Thurs, Aug 10, 17 & 24

Time: 10:30 - 11:30 am

Place: Lewis, Activity Room A

Cost: \$15/3 classes



Join us for a free dip in the Lewis Park Memorial Outdoor Pool. Tammy will lead you in some fun pool games!

Date: Thurs July 20 &
Tues Aug 22

Time: 12:00 - 1:30 pm

Please register!

CIRCUIT TRAINING

Join Tammy in a healthy exercise routine, exploring fun stations designed to increase strength, stamina and stability.

Date: Friday Aug 11, 18 & 25

Time: 10:15 - 11:15 am

Place: Activity room A

Cost: \$15/3 classes

CLAY WORKS

Join Heili & explore clay through a variety of projects.

Date: Tues, Wed, Thurs

Aug 15 - 17 & Wed Aug 23

Time: 1:00 - 2:15 pm

Place: Craft Room B

Cost: \$25/4 classes
includes supplies



Registration begins June 19

Summer Activities

Lewis Park Outdoor Pool: SN Swim Tues & Thurs 12-1:30 pm begins July 4. If needed, check out the lift at the Outdoor Pool & the large Family/Handicapped washroom at the Lewis Centre.



Free gym time: drop-ins possible at the Lewis Centre, call to check availability 250-338-5371. Available to borrow: volleyball & basketballs for outdoor use, bocce balls, horseshoes. **FREE!**

Riverside Fit Park: Try the Riverside Fit Park on Anderton Avenue, beside the river near the Filberg Centre. Gain the benefits of being active while enjoying the outdoors! **FREE!**

Teen Odyssey: (12 - 18 years) We do it all! Teens with special needs team up with friends for all sorts of fun in the sun! Games, crafts, drama, outdoor adventures and daily swims make for an exciting summer. Monday - Friday \$70/5 days or Tuesday - Friday \$56/4 Contact our Summer Inclusion Coordinator, Danielle for details.

Special Events

STAMPEDE DANCE & TALENT SHOW

Join us for our annual, year end get-together, country - style! (dress western)

Date: Friday June 16

Time: 12:30 - 2:30 pm

Place: MP Hall

Cost: \$2

Includes drink & snack, plus our very own Talent Show!

*All performers must register in advance.

HAWAIIAN DANCE

Unpack your favourite Hawaiian print shirts & shorts and Hula your way in!

Date: Friday July 28

Time: 12:30 - 2:30 pm

Place: MP Hall

Cost: \$2

Drink & snack included.

Please let us know you are coming.



Bowling Thanks

Bowling happens because of so many contributions.

Many thanks to the Comox Legion for donating its facility free of charge for the Banquet; bouquets also go to the Comox Legion Ladies Auxiliary for their fine catering and wonderful support. Also to the Comox Valley Community Foundation for contributing to weekly dues and the banquet. Thanks to everyone who helped with the trophies, and BIG thanks to the volunteers who coach all year. Special thanks and bouquets also go to Duwane, Rick and staff at Codes Country Lanes for their invaluable work and support.

Thanks again to everyone!



Community Events

GOLF

Come join Bryan on Sunnydale's beautiful 18 hole golf course. The first two sessions are free of charge, but please pre-register.

Final session will be a charity scramble Tournament. An inclusive finale for all to participate and support a great cause!

Dates: Thurs, July 6 - Sept 21

Time: 1:00 - 2:30 pm

Place: Sunnydale Golf & Country Club

5291 North Island Highway

Cost: \$100/10 classes

- Meet & pick-up at Sunnydale
- All equipment provided
- FMI Call Bryan 250-334-3232

Please note that we are unable to provide one-on-one support.

L'arche Outreach Center

Monday - closed,

Tuesday - Friday

9:00 am - 3:00 pm,

Senior Circle: Mondays

11:00 am - 1:30 pm

Candle making: Tue & Thurs

9:30 - 11:00 am

Painting: Wednesday

10 - 11:30 am or 1 - 2:30 pm

Beading: Thursday 1 - 2:30 pm

Register: call Svetlana

250-871-6288

www.larchecomoxvalley.org

Did You Know?

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

In Appreciation . . .

Special Needs Recreation is fortunate to have many long time supporters.

Thanks: many many thanks go to the Comox Valley Community Foundation - Developmental Disabilities Fund for support for Fitness Programs, Art Cards, Weekly Bowling and the Banquet, Dances, Bingos and more. Thanks also to the Comox Legion Ladies Auxiliary, the Royston Cumberland Lions & Pythian Sisters for their donations to the sewing, bowling & golf; thanks to the Monarch Lions for their support to the Young Adult Club and summer programs. You are all wonderful friends and sponsors!

And to all our dedicated staff and wonderful volunteers - thank you so much for all your work and dedication all year.

Young Adult Club: the Club is taking a break in the summer. Meanwhile, check out our Summer Tuesday Evening Socials!

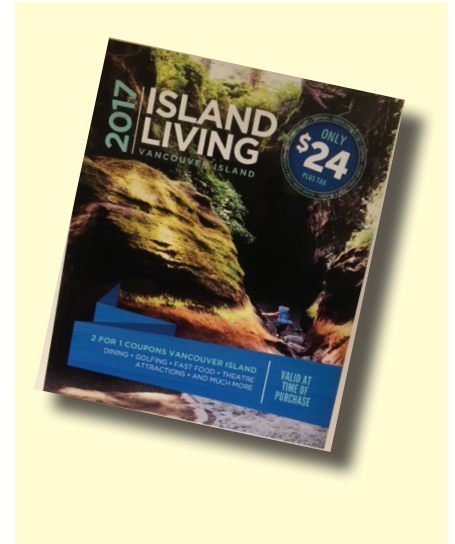
SN Fitness & Fit Over Forty: are also taking a summer break but try out the fun and free Riverside Fit Park by the Filberg Centre.

As always, thanks to Courtenay Recreation & the Courtenay Recreational Association for their on-going sponsorship, and the CV Regional District for its support. Thanks to all the staff & caregivers in the community who do so much. You are all a great team & a pleasure to work with!

Have a great summer everyone!



Island Living Books



Island Living Books, with coupons for dining, hotels etc, are available at the Lewis Centre. Proceeds go to Special Needs Recreation 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.

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: 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 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.