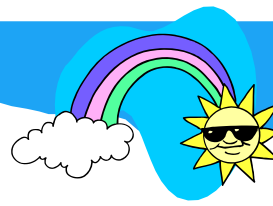


Spring 2015



# Newsletter

## Art Cards

Join Michelle & make beautiful cards to sell. All proceeds from sales are distributed to artists.

**Days:** Mon, Apr 13 - June 8  
10-11 am or 1-2 pm

**Place:** Lewis Centre

**Cost:** Free

**No Classes:** May 18

**Registration:** begins March 9

## Sewing

Join us for a fun session of sewing.

*Projects: crafts or spring wear*

**Days:** Tues, Apr 14 - May 26

**Time:** 12:30 - 2:30 pm

**Place:** Lewis Centre

**Cost:** \$65/7 weeks, includes supplies

**Registration:** begins March 9

## Nia

Nia is a fun exercise class where you move at your own pace. If you like to listen and dance to all kinds of music, then come try Nia!

**Days:** Thurs, Apr 16 - June 11

**Time:** 10:30 - 11:30 am

**Place:** Lewis Centre

**Cost:** \$45/9 weeks



Archery - back by popular demand! Join us!

## Archery

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

**Days:** Thurs, Apr 23 - May 28

**Time:** 12:45 pm - 1:45 pm

**Place:** Lewis Centre

**Cost:** \$30/6 weeks

**Registration:** begins Mar 9

## 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**



**Bad Weather  
Cancellations -  
Check last page!**



Registration begins Monday, March 9



## Pick & Choose

Fun activities repeated weekly, with lots of "picking & choosing".

Singing, shakers, scarves let people participate at their own pace. Everyone welcome.

**Days:** Wed, Apr 15 – June 10

**Time:** 10:30 - 11:30 am

**Place:** Tsolum Building

**Cost:** FREE

**No Class:** May 27



**Drop In:** we are very happy to now have sponsorship for this class. Any punch cards not used can be used for credit to any Special Needs Rec program, or reimbursed for cash at the Lewis Centre office 8:30-4:30 Mon-Fri.

**Please note:** individuals needing extra support must be accompanied by staff. Any questions, call Heather 250-338-5371. Thanks!

## Fit Over 40

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



**Note:** no cardio component.

**Days:** Fri, May 15 - June 26

**Time:** 11:30 am - 12:30 pm

**Place:** Upper Native Sons Hall

**Cost:** FREE - but register

**Registration:** begins Mar 9

**NO Class:** May 29

## Lunch Fun

Bring some finger food lunch and join us every Friday for Lunch Fun!

Games, movies, karaoke... you choose!

**Days:** Every Friday

**Dates:** Apr 17-June 12

**Times:** 11:45 - 1:45

**Place:** Lewis Centre

**\$2 drop-in**

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



## Young Adult Club

**ages of 18-35**

Plan what you want to do!

Activities can include crafts, dinner out, the movie theatre, games nights, and more.

Join us!

**Days:** Tues, Apr 14 - June 9

**Time:** 6:00 - 8:00 pm

**Place:** Lewis Centre

**Cost:** \$25/9wks + activity costs

**Registration:** begins Mar 9

**Note:** if space, young adults over the age of 35 may join.



## Fitness

Join us for fun and fitness!

**Days:** Mondays

Apr 13 - June 29

**Time:** 10:30 -

11:30 am

**Place:** Lewis Centre

**Cost:** Free!

**No Classes:** May 18

**Please note:** individuals needing support must be accompanied by staff. And please sign the attendance form.

Thank you!



## 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 17 - June 12

**Time:** 10:00 am - 11:30 am

**Place:** Lewis Centre

**Cost:** \$45/9 weeks

**Registration:** begins Mar 9



## Easter Chocolates

Bring home a box of chocolates!

**Fri, March 27**

**1:00-2:15 pm**

**Lewis Centre**

**\$5**

**Food allergies:** please let us know.



*Thanks to volunteers - who make great things happen!*

## Active Living Conference 2015



**Wednesday, June 17**

This is your chance to try something new!

Join us for this all-day event, with 8 choices of activities in each of 3 hour-long sessions. Finish with a grand finale and our Annual Talent Show!

Information and registration packages will be available in May.

*Save that date!*



## Basic Online Safety



Do you go online a lot?

Join us to review basic online safety. Learn about the dos and don'ts of social media, privacy settings in Facebook, and tips for online bullying.

**Day:** Wed, Mar 4

**Time:** 10:00 - 11:30 am

**Place:** Lewis Centre

**Cost:** FREE - but register

**Registration:** for this program is now open; call any time!

This class is presented by Kim & Jill, CAP\* interns with Courtenay Recreation's The Linc Youth Centre.

*\*Community Access Programs, funded by Industry Canada*

\* \* \* \* \*

## Comox Recreation

### Spring Dance

Apr 17

12:30-2:30

\$2

Join us for a fun time!



### Get Active

Foosball, dancing, table tennis, racquet sports available.

Free

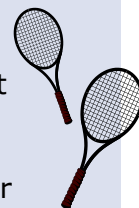
Age 12 years & older

Thurs, April 9 - June 18

1-2 pm

**Tel: 250-339-2255**

Comox Community Centre  
1855 Noel Avenue, Comox



## Bowling Banquet



### Last Bowling:

Tues & Wed,  
April 28 & 29.

### Bowling Banquet:

Friday, May 8  
6 - 8:30 pm  
Comox Legion  
\$8/person

**Register** by Fri, May 1

All bowlers receive a trophy. Guests welcome.

NOTE: If you have special diets please let us know.

**Please note:** while we do our best to meet your needs, please note that we are unable to provide one-on-one support.

### Thanks:

A big thanks 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.

Thanks also go to the CV Community Foundation for supporting the weekly bowling and the banquet.

Special thanks also go to Duwane, Rick, & Lori 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!



## Fun Drop-In

**Mondays 2:30-5:00 pm**  
**Lewis Centre or The Linc**

Adults (19+ years)

Family, friends, caregivers welcome. Free.

With the CRA Building Friendships Program, and the Friendship Project.

Karen 250-338-5371

## Other Fun Stuff

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



## Other News

### C.R.A. Annual General Meeting



The Courtenay Recreational Association, a nonprofit society, sponsors many different projects including Special Needs Recreation and Building Friendships.

The Annual General Meeting of the C.R.A. will be held in the Spring; information will be available on our website.

Everyone is invited to attend. Your participation is very valuable and appreciated.

FMI Heather 250-338-5371  
[www.courtenay.ca/specialneedsrec](http://www.courtenay.ca/specialneedsrec)

## Community

### Swim Passes

CV Sports Centre  
Cindy 250-334-9622 ext. 221  
[www.comoxvalleyrd.ca](http://www.comoxvalleyrd.ca)

### Therapeutic Riding

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

### NIC Access for Students with Disabilities

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

### Special Olympics

250-897-1828

- Floor Hockey • Swimming
- Bowling • Curling • Skiing
- Rhythmic Gymnastics
- And more!

[www.specialolympics.bc.ca](http://www.specialolympics.bc.ca)

## Community

### L'arche Outreach Centre

1001B Fitzgerald Ave

Monday - closed

Tues, Wednesday 9-3

Thursday 12-3

Friday 9-12

Senior Circle: Mon 11-1.30

Candle Making: Tues 9:30-11

Painting: Wed 10-11:30 or 1-2:30

Beading: Thursday 1-2.30

Activity fee: \$40/2 month session

Drop in tea/coffee: Fri 10-11:30

Register: call Svetlana

**250-871-6288**

[www.larchecomoxvalley.org](http://www.larchecomoxvalley.org)

## Bad Weather

Reminder re 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. Check the radio for school closures, or call the Lewis Centre fmi.

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: 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.