Fitness

Join Janice for a fitness workout for those who are more active.

Days: Mon, Sept 14 - Dec 14
Time: 10:30 - 11:30 am
Place: Lewis Centre
Cost: FREE - Drop In
No classes: Oct 12

Fit Over 40

A fun and safe class for those

who need to walk or sit.

Note: does not include cardio.

Days: Fri, Sept 18 - Dec 18

Time: 10:30 am - 11:30 pm

Place: Upper Native Sons Hall

Cost: FREE - but please register

No Class: Oct 2, Oct 9, Dec 11.

Sewing

Join us and make your choice of a craft project or fall clothing.

Note: as we have a waiting list for this class, we are trying a new format: each session will now be 5 weeks; in this way we can have 2 sessions and serve more people!

Days: Tues, Sept 15 - Oct 13 or

Tues, Oct 27 - Nov 24

Time: 12:30 - 2:30 pm **Place:** Lewis Centre

Cost: \$55/5 weeks, includes

supplies





Pumpkin Carving - always spooooktacular fun!!

Karate

Enjoy moving and action? Join
Sebastien and learn basic moves, plus get a great workout!

Note: Please dress in loose clothing.

Days: Oct 9 - Dec 4

Time: 10:00 am - 11:30 am **Place:** Lewis Centre Gym

Cost: \$45/9 classes

Registration: begins Aug 17

Special Needs Recreation

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

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

email: specialneedsrecreation@

courtenay.ca

www.courtenay.ca/specialneedsrec



Registration begins August 17



Young Adult Club

If you are between the ages of 18 to 35 and like to have fun, then this club is for you!

Activities, times and locations vary; activities are decided at the first meeting. Join us for fun and fellowship!

Days: Tues, Sept 15 - Nov 10

Time: 6:15 - 8:15 pm **Place:** Lewis Centre

Cost: \$25/9wks + activity

costs

*If space, young adults over the age of 35 may be eligible; please call.

Creative Dance

Join Jenna and learn basic dance moves to all kinds of music.

Ballet and Modern Dance moves combined with gentle stretching.

Mild-moderate cardio.

Days: Thurs, Sept 17 - Oct 15

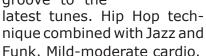
Time: 10:30 - 11:30 am

Place: Lewis Centre **Cost:** \$25/5 weeks

Registration begins Aug 17

Street Feet

Join Jenna & get your funk on! Move and groove to the



Days: Thurs, Oct 22-Nov 19 **Time:** 10:30 - 11:30 am **Place:** Lewis Centre **Cost:** \$25/5 weeks

Registration begins Aug 17

Pickin' & Choosin'



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

Days: Wed, Sept 16 - Dec 16 Time: 10:30 - 11:30 am Place: Tsolum Building

No Class: Nov 11 Cost: Free

Please note: this is a drop-in program; if you need extra support, please come with a worker.

Tuesday & Wednesday Bowling



The ever popular Tuesday and Wednesday Bowling Leagues are back again!

The Tuesday League is for those who wish a quieter pace; the Wednesday League is for those who enjoy a busy, noisier atmosphere.

• Sept 22 & 23 - Dec 1 & 2

• Jan 5 & 6 - Apr 26 & 27/2016

The registration form is attached or can be picked up at the Lewis Centre.

Weekly fee: \$3.00

We bowl 1 game a week.

Registration fee: \$5/year



Artisan Christmas Bread



Kris says - sooo fun! Sooo yummy!

Join Marianne and learn to bake festive bread for Christmas. We will use a very easy no knead method. It's fun, easy, healthy and tasty!

Days: Tues, Dec 8: 12:15-1:45 & Wed, Dec 9: 12:15-2:15

Place: Lewis Centre Cost: \$15/2 days

First you will learn how to prepare this easy bread. While you bake and sample some pre-mixed bread, you will make your own dough for baking the next day.

The second day, while you bake your bread to take home, we will bake cookies and have a tea party!

Note: please eat your lunch before you come to class.

Art Cards

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

Days: Mon, Sept 14 - Dec 7 10-11 am or 1-2 pm

Place: Lewis Centre

Cost: Free

No Classes: Oct 12

Registration begins Aug 17

Special Events

Harvest Dance

Help us celebrate 30 years of Special Needs Recreation!

Drinks & snacks included.

Friday, Sept 25 12:30 - 2:30 pm Lewis Centre Free!

Pumpkin Carving

Carve a pumpkin to bring home!

Friday, October 30 1:00 - 2:15 pm

Lewis Centre Register by Mon, Oct 26

Christmas Dance

Enjoy live music! Snacks & a visit by Santa!

Fri, Dec 4, 7 - 9 pm Florence Filberg Centre

Winter Wonderland Dance



Drinks & snacks included. And a visit by Santa!

Candy Houses



Making Candy Houses is a

Make a candy house to bring home!

Tues, Dec 15 1:00 - 2:15 pm Lewis Centre \$4

Register by Mon, Dec 7

Other Fun Stuff



Don't forget to check out on the last pages other Community Programs offered by your favourite groups!

- Comox Recreation
- Get Active
- Operation Highjump
- Hallowe'en Dance
- L'Arche
- Special Olympics
- and more!



Community

L'Arche Outreach Centre

1001B Fitzgerald Monday: closed Tues, Wed, Thurs: 9-3

Friday: 9-12

Seniors Circle: Mon 11-1:30 Painting: Wed 10-11:30 or

1-2:30

Candle Making: Thurs 9:30-11 Beading: Thurs 1-2:30 Activity fee: \$40/2 months Drop-in coffee: 10-11:30 Fri

To register call 250-871-6288

www.larchecomoxvalley.org

Lewis Centre Open Gym

Basketballs are available to borrow for indoor or outdoor fun. Free, but call to check availability. 250-338-5371

Vancouver Island Society for Adaptive Snow Sports

250-334-5755 www.visasweb.ca

Agency Membership

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.

Community

Comox Recreation

Get Active

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

Age 12 years & older

Thursdays: 11:30 - 12:30

Sept 10 - Dec 10

Operation Highjump

Our yearly "just for fun" track meet. Free

Fri, Sept 11

10 am - 3 pm, Vanier Track Registration required.

Deadline September 3rd.

Tel: 250-339-2255

Hallowe'en Dance

Wear a costume & enjoy great music!

Age 12 years & older

Fri, Oct. 30 6:45-8:30 pm

Tel: 250-339-2255

Community

PLAY Passes

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

- FUNdamentals youth program for ages 7-11 years
- Floor Hockey
 Swimming
- Bowling
 Curling
 Skiing
- Rhythmic Gymnastics
- And more!

www.specialolympics.bc.ca

Programs with Special Needs Recreation

At Special Needs Recreation we aim to have a mixture of activities that encourage health and wellness and those that are for fun and socializing.

If you have ideas for new programs or any other suggestions, contact the co-ordinator 250-338-5371 or specialneedsrecreation@ courtenay.ca

Bad Weather

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 250-338-5371. Or www.courtenay.ca/specialneedsrec.

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 contact the Lewis Centre at 250-338-5371, specialneedsrecreation@courtenay.ca.

