

Summer 2016



Newsletter

Summer Fun!

Fun Bingo

Date: Wednesday July 13

Time: 1:00 - 2:15 pm

Place: Lewis Centre MP Hall

Cost: \$2

Everyone wins a prize!

Coffee House & Games

Chess, checkers or charades and gourmet coffee - we're sure to have fun!

Date: Wednesday July 20

Time: 1:00 - 2:15 pm

Place: Lewis Centre

Cost: \$2

Rock Painting

Bring your creative ideas and create a work of 'heart'!

Date: Friday August 5

Time: 10:00 - 11:30 am

Place: Lewis Centre Craft Room A

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: Friday August 19

Time: 1:00 - 2:15 pm

Place: Lewis Centre Meeting Room

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



(Join us at the Hawaiian Dance. See page 2 for details.)

Upcoming Dates

Stampede Dance & Talent Show

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

Date: Friday June 10

Time: 12:30 - 2:30 pm

Place: Lewis Centre

Cost: \$2

Includes drinks & snacks, plus our very own Talent Show!

*All performers must register in advance.

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 following fishing.

Date: Tuesday June 14

Time: 10:00 am - 12:00 pm

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

FREE!

Registration deadline

Friday June 10



FMI call Lydia @ the Lewis Centre.

Registration begins Monday June 6



Explore Nature

Join us to explore the wonders of nature through a new project each day; projects may include planting mini-gardens, bird cookies, group scarecrow, and more! Includes supplies.

Date: Tues, Wed, Thurs
Aug 23, 24, 25

Time: 1:00 - 2:15 pm

Place: Lewis Craft Room A

Cost: \$15/3 classes

Archery

Join us and try this great sport.

Date: Tues - Thurs July 5, 6, 7

Time: 10:00 - 11:30 am

Place: Lewis Centre

Cost: \$15/3 classes

Beginner's Golf

Beginners can come join Bryan, on Sunnydale's beautiful 18 hole golf course and learn the game of golf from beginning to end!

All equipment will be provided, as well as refreshments will be served.

Dates: Thurs, July 7 - Aug 25

Time: 1:00 - 2:30 pm

Place: Sunnydale Golf and Country Club

Cost: \$80/8 classes



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: Mon, July 11, 18 & 25

Time: 1:00 - 2:00 pm

Place: Lewis, Activity Room A

Cost: \$15/3 classes

Clay Works

Join Heili & explore clay through a variety of projects.

Date: Tues, Wed, Thurs

July 26 - 28 & Wed Aug 3

Time: 1:00 - 2:15 pm

Place: Lewis Centre

Cost: \$20/4 classes

includes supplies

Creative Dance

Join Jenna and have fun exploring basic dance moves with all kinds of music.

Date: Wed, Thurs, Fri,

Aug 10, 11, 12

Time: 10:30 - 11:30 am

Place: Lewis Centre

Cost: \$15/3 classes



Aqua Fitness

Tammy will guide you through fun and energetic water exercises in the outdoor pool, followed by 15 minutes to splash around.

Dates: Tues & Thurs, June 7-30

Time: 7:30 - 8:30 pm

Cost: \$40/8 classes

or

Dates: Mon & Fri

August 15, 19 & 22

Time: 7:00 - 8:00 pm

Cost: \$15/3 classes

Place: Outdoor Pool Lewis Park

Registration begins June 6

Special Event

Hawaiian Dance

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

Date: Friday July 22

Time: 12:30 - 2:30 pm

Place: Lewis Centre

Cost: \$2

Drink & snack included.

Please let us know you are coming.



Art Exploration



Explore line, shape and colour. Sketch and paint your own project to take home.

Date: Mon & Tues, Aug 8 & 9

Time: 1:00 - 2:30 pm

Place: Lewis Craft Room A

Cost: \$10/2 classes

includes supplies

Music in the Park

Celebrate summer! Enjoy the beautiful shady park setting and fresh air along with your favourite summer songs.

Date: Tues & Thurs,
July 5 - Aug 4

Time: 10:30 - 11:30 am

Place: Simms Park

Free!



Community Notes

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, boccie balls, horseshoes.

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 days

Contact our Summer Inclusion Coordinator, Danielle for details.



Ed loves the pool lift!

Sunnydale Golf & Country Club

5291 North island Highway

Join Bryan on the greens for an introduction to the fun game of golf!

Thursday June 23 - Chipping and Putting

Thursday June 30 - Driving range

Time: 1:00 - 2:30

FREE!

- Meet and pick-up at Sunnydale
- All equipment provided
- Register at Lewis Centre by Friday June 17
- FMI Call Bryan 250-334-3232



L'arche Outreach Center

1001B Fitzgerald Ave

Monday - closed,

Tuesday - Friday 9:00am - 3:00pm,

Senior Circle: Mon 11-1:30

Candle making: Tue & Thurs 9:30-11:00

Painting: Wednesday 10-11:30 or 1-2:30,

Beading: Thursday 1-2:30

Register: call Svetlana

250-871-6288 www.larchecomoxvalley.org

Transitioning from school life to adult life?

Looking to learn life skills?

Are you between the ages of 16 - 24?

Join us Fridays from 9:30-2:30

Contact Erica 250-334-8320

Tuesday Evening Socials

Registration: Please register by the week prior to the event so we can arrange supplies & volunteers. Drop-ins may be possible but call to check. Please note that we are unable to provide one-on-one support.

July 5 BBQ & Outdoor Games Simms Park 6-8 pm, \$2 - includes hot dog, drink & chips. Good food, good friends, good times!!

July 12 Goose Spit Beach Meet us at the accessible fire pit (last one at end of road) 6-8pm, \$2 - includes fixin's for sticky smores and water.

July 19 Karaoke Lewis Centre 6-8 pm, \$2 - includes snacks. Sing your favourite songs with friends!

July 26 Bingo Lewis Centre 6-8 pm, \$2 - includes snacks and prizes!

August 2 Badminton Lewis Centre 6-8 pm, \$2 - includes a cold treat.

August 9 Bingo Lewis Centre 6-8 pm, \$2 - includes snacks and prizes!

August 16 Movie Night Lewis Centre 6-8 pm, \$2 - includes snacks.

August 23 Dinner Out White Spot 6-8 pm, bring \$20 for your meal. Any food allergies? Register by Fri, Aug 19.

For All Programs:

- please be sure your registration information is current • allergies: let us know!

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.

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!

Thanks!

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 and more. Thanks also to the Comox Legion Ladies Auxiliary & the Royston Cumberland Lions for their donations to the sewing & bowling class; thanks to the Knights of Columbus and 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.