

Fall 2017



Newsletter



Fall Special Events

Harvest Dance

Celebrate the Fall season!
Drink & snack included.

Date: Fri, Sept 22

Time: 12:30 - 2:30 pm

Place: Lewis Centre \$2



Halloween Bingo

Spaces limited, register early.

Date: Thurs, Oct 19

Time: 12:30 - 2:00 pm

Place: Lewis Centre \$2

Register by Fri Oct 13



Pumpkin Carving

Carve a pumpkin to bring home!

Date: Thurs October 26

Time: 1:00 - 2:15 pm

Place: Lewis Centre, MP Hall \$2

Register by Mon Oct 23



Fall registration begins Monday August 21!

Laughter Wellness Yoga

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

Days: Mondays

Oct 23 - Nov 27

Time: 1:30 - 2:30 pm

Place: Activity Room A

Cost: \$25/5 weeks

Fall bowling leagues begin this September. Look for registration sheet inside!



Line Dancing

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

Days: Thursdays

Sept 14 - Nov 9

NEW!

Time: 10:30 - 11:30 am

Place: MP Hall

Cost: \$36/9 weeks

Choir: The Sound of Belonging

Sing specially chosen songs that line up with the theme of belonging, inclusion and acceptance. Have tea and treats afterward!

Days: Monday, Sept 11 - Dec 4

Time: 4:00 - 5:30 pm

Place: Craft Room A

FREE!

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





Bouquets to Heather Thomson!

Her love of sewing, caring and welcoming personality has made our class so inviting over the years. Participants completed many wonderful projects they are so proud of! Special Needs Recreation wishes her all the best. We extend a warm welcome to Samm Bodkin who is joining our team as an instructor for this Fall session.

Sewing

Practice your sewing skills and see what you will make with Samm this session.

Days: Tues, Sept 12 - Oct 24

Time: 12:30 - 2:30 pm

Place: Craft Room B

Cost: \$65/7 weeks (includes supplies)

Archery

Step by step instruction for learning to draw a bow and shoot arrows. More experienced archers practice aim and accuracy.

Days: Fri, Sept 29 - Dec 1

Time: 12:30 - 2:00 pm

Place: Lewis Centre, MP Hall

Cost: \$50/10 weeks

Karate

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

Note: Please dress in loose clothing.

Days: Fri, Sept 22 - Dec 1

Time: 10:00 am - 11:30 am

Place: Lewis Centre Gym

Cost: \$55/11 weeks

Fit Over 40

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

Note: Does not include cardio.

Days: Fri, Sept 22 - Dec 8

Time: 10:30 - 11:30 am

Place: Activity Room

Cost: FREE - please pre-register

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, space, times and locations vary; activities are decided at the first meeting. Join us for a fun and social time! **No class Oct 31.**

Days: Tuesdays
Sept 12 - Dec 5

Time: 6:00 - 8:00 pm

Place: Lewis Craft Room A

Cost: \$35/12 wks + activity costs

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

Active Music

Fun activities repeated weekly, with lots of participation options. Singing, shakers & scarves let people join in at their own pace. Everyone welcome.

Days: Wednesdays
Sept 13 - Dec 13

Time: 10:30 - 11:30 am

Place: Tsolum Building

Cost: Free

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

Fitness

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

No class Oct 9 & Nov 13.

Days: Mon, Sept 11 - Dec 11

Time: 10:30 - 11:30 am

Place: Lewis Gym

Cost: FREE - Drop In

Circuit Training

Join Tammy in a healthy exercise routine, exploring fun stations designed to increase strength, stamina and stability. **No class Oct 19, 26 & Nov 9.**

Date: Thurs, Sept 14 - Dec 7

Time: 1:00 - 2:00 pm

Place: Activity Room A

Cost: \$50/10 classes

Zumba

Love music and movement? Get ready to get your Zumba on!

Our instructor Tammy has an infectious energy that you're sure to catch. Come shake your hips in this energetic class! **No class Oct 31 & Nov 7.**

Days: Tues, Sept 12 - Nov 28

Time: 1:00 - 2:00 pm

Place: Activity Room

Cost: \$50/10 weeks

Registration begins Monday August 21

Challenge Skates

(all ages)

Bring your mitts, helmet, friends and come give skating a try! This program is open to everyone with physical and developmental disabilities.

Dates: Tuesdays

Session 1: Sept 5 - Dec 19

Session 2: Jan 9 - Mar 20

Times: 10:00 - 11:00 am

Cost: \$70/session, free skate rentals

Comox Valley Stars Hockey League (15+)

This is a great program for all athletes aged 15+ with developmental disabilities. We will help you work on your skating and hockey skills - it doesn't matter if you have never played or skated before. This season we will play at least 1 game against another diverse ability hockey team. Sign up this fall for some fun on the ice. Full gear required.

Dates: Thursdays

Session 1: Sept 7 - Dec 14

Session 2: Jan 11 - Mar 22

Times: 10:00 - 11:00 am

Cost: \$70/session



CVRD Sports & Aquatic Centres
250-334-9622



PLAY Passes

The PLAY program is for residents living within the regional district who live below Statistics Canada low income thresholds. Coupons can be used at the CVRD Sports and Aquatic Centres. Call or visit the CVRD website for more info.

Cindy 250-334-9622 ext.221 www.comoxvalleyrd.ca



Art Cards

Join us & make beautiful cards to sell. All proceeds from sales are distributed to the artists. **No class Oct 9 or Nov 13.**

Days: Mon, Sept 11 - Dec 4
10:00 - 11:00 am or
1:00 - 2:00 pm

Place: Lewis Craft Room A

Cost: Free

Winter Special Events

Christmas Dance

Enjoy live music!

Snacks & a visit from Santa!

Date: Friday Dec 1

Time: 7:00 - 9:00 pm

Place: Filberg Centre

FREE!

Gingerbread Houses

Decorating Gingerbread Houses is a favourite festive activity!

Date: Wednesday Dec 6

Time: 1:00 - 2:15 pm

Place: Craft Room A

Register by Thurs Dec 1

Cost: \$5



Winter Wonderland Dance

Date: Friday Dec 15

Time: 12:30 - 2:30 pm

Place: MP Hall

Cost: \$2

Drink & snack included.

And a visit from Santa!

Bingo with Santa!

Spaces limited, register early.

Date: Tuesday Dec 12

Time: 12:45 - 2:15 pm

Place: Meeting Room

Register by Fri Dec 8

FREE!

Registration begins Monday August 21

Community

Fun Drop-In

You are invited to come, play and meet people!

Mondays

2:30 - 5:00 pm

at The Linc

Adults (19+ years)
Family, friends,
caregivers welcome.

Free.

In Partnership with the CRA
Building Friendships Program.
FMI: Karen 250-338-5371

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: 1:00 - 2:00 pm

Sept 7 - Dec 14

Operation Highjump

Our yearly "just for fun" track meet.

Free

Fri, Sept 15

9 am - 3 pm, Vanier Track

Registration required.

Deadline September 2nd.

Tel: 250-339-2255

Hallowe'en Dance

Wear a costume & enjoy great music!

\$2

Age 12 years & older

Fri, Oct. 27

12:30 - 2:30 pm

Tel: 250-339-2255

Community

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 5-11 years
- Floor Hockey • Swimming
- Bowling • Curling • Skiing
- Rhythmic Gymnastics
- Power Lifting
- And more!

www.cyso.ca

L'Arche I Belong Centre

1465 Grieve Ave in Courtenay

Open Monday-Friday

- Drama
- First Nations Crafts
- Scrap-booking
- Fabric Arts
- Candle-making

...and so much more!

Pick up an I Belong Centre Activity Guide at our Front Desk.

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 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.