

Summer 2015



Newsletter

Summer Fun!

Fun Bingo #1: Fri, July 10

Lewis Centre
10:00 - 11:15 am
\$2
Everyone wins a prize!

Fun Bingo #2 : Fri, July 24

Lewis Centre
1:00 - 2:15 pm
\$2
Everyone wins a prize!

Fun Softball: Thurs, Aug 6

Tsolum Bldg 10:00 - 11:15 am
Free
Join us for our Annual Softball Challenge! Cold treats included. Everyone Welcome.

Coffee House & Show & Tell: Fri, Aug 14

Lewis Centre 1:00 - 2:15 pm
Free
Enjoy gourmet coffee & bring something to "show & tell".

Registration: Please register by the week prior to the event so we can arrange supplies and volunteers.



Scarecrows - Our group entry for the Fall Fair! Check out Explore Nature!

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!

Days: Tues, Wed, Thurs
Aug 25, 26, 27

Time: 1:00 - 2:15 pm

Place: Lewis Centre

Cost: \$15 includes supplies

Registration: begins June 8

Special Needs Recreation

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

phone: 250-338-5371

fax: 250-338-8600

specialneedsrecreation@courtenay.ca

www.courtenay.ca/specialneedsrec



Registration begins Monday, June 8





Archery

Join us and try this great sport.

Dates: T, W, Th

July 28, 29, 30

10:00 - 11:30 am *or*

1:00 - 2:15 pm

Cost: \$15/3 classes

Place: Lewis Centre

Registration:

begins June 8



A bulls eye! Your turn next!

Hawaiian Dance



Come celebrate summer!

Bring your favourite music and dress Hawaiian!

Thurs, July 16

12:30 - 2:30 pm

Lewis Centre \$2

Bring your favourite music.

Drinks & snacks included.

Please let us know you are coming.

Creative Dance



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

- Ballet technique combined with gentle stretching
- Mild-moderate cardio
- Encourages balance, coordination, flexibility.

Date W, Th, Fri, July 22-24

10:00 - 11:00 am

Place: Lewis Centre

Cost: Free

Registration: begins June 8



Street Feet

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



- Hip Hop technique combined with Jazz and Funk

- Mild-moderate cardio

Dates: W,Th,Fri, Aug 12-14

Time: 10:00 - 11:00 am

Place: Lewis Centre

Cost: Free

Registration: begins June 8

Music in the Park

Celebrate summer! Fun activities with lots of "picking & choosing". Singing, shakers, scarves let everyone participate at their own pace. This is a drop-in program. If you need extra support, please come with a worker.

Days: Mon and/or Wed

July 6 - July 29

Time: 10:30 - 11:30 am

Place: Simms Park

Cost: Free



Clay Works

Join Heili & explore clay through a variety of projects.

Dates: July 7, 8, 9 &

July 15

1:00-2:15 PM

Place: Lewis Centre

Cost: \$15 / 4 classes includes supplies

Registration: begins June 8

Sadie says try clay, it's fun!



Tuesday Evening Socials

Registration: Please register by the week prior to the event so we can arrange supplies and volunteers. Drop-ins may be possible but call to check.

July 7 Bingo

Lewis Centre 6-8 pm
\$2 - includes snacks



July 14 Movie Night

Lewis Centre 6-8 pm
\$2 - includes snacks



July 21 Longlands Golf

Longlands Golf 6-7:30 pm
\$16-includes equipment rental

- meet & pick-up at Longlands
- register by **Fri, July 17**
- bring extra money for a drink if you wish

July 28 Karaoke

Lewis Centre 6-8 pm
\$2 - includes snacks

- sing your favourite songs!



Aug 4 Rock & Roll

Lewis Centre 6-8 pm
\$2 - includes snacks

- rock the night away!!



August 11 Bingo

Lewis Centre 6-8 pm
\$2 - includes snacks



August 18 Dinner Out

White Spot 6-8 pm
bring \$20 for your meal

- any food allergies?
- register by Fri, Aug 14



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 Duwanee & Rick at Codes Country Lanes for their invaluable work and support.

Thanks again to everyone!

More thanks - please turn over!



Community Notes



Free gym time: drop-ins possible at the Lewis Centre, call to check **250-338-5371**. Available to borrow: volleyball & basketballs, boccie balls, and horseshoes.

L'Arche Outreach Centre 1001B Fitzgerald Ave

Monday - closed
T, W, Th: open 9-3
F: open 9-12
Seniors Circle: Mon, 11-1:30
Candle Making: Tues, 9:30-11
Painting: Wed, 10-11:30 *or* 1-2:30
Beading: Thurs 1-2:30
Activity fee: \$40/2 months
Drop-in coffee: Fri, 10-11:30
To register call
Svetlana 250-871-6288
www.larchecomoxvalley.org

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.
Roland 250-338-5371

Lewis Park Outdoor Pool:

SN Swim - Tues & Thurs
12-1:30, June 29-Aug 23

Check out the lift at the Outdoor Pool & the Family / Handicapped Change Room at the Lewis Centre!

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 other more. Thanks also to the Comox Legion Ladies Auxiliary, the Royston Cumberland Lions & the Pythian Sisters for their donations to the sewing class; thanks to the Knights of Columbus and the Monarch Lions for their support for 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.

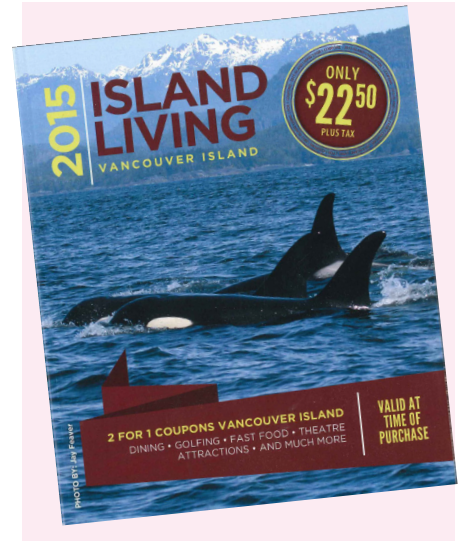
Young Adult Club: the Club is taking a break in the summer. Meanwhile, check out our Summer Tuesday Evening Socials!

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, and 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.