

Adapted Programs

for Youth & Adults with Diverse Abilities



Summer 2024 Newsletter



SPRING INTO SUMMER DANCE

Come together with the Adapted Crew and dance yourself into Summer! There will be music, dancing, and treats!

#13523 Friday June 28
1:00 - 2:30 pm
Lewis MP Hall
\$3



ADAPTED SIZZLIN' SUMMER DANCE

It's time for our tropical summer time dance! Get dressed in your tropical or Hawaiian clothes, and get out your dancing shoes, and get excited for a super fun time with the Adapted Crew. You'll meet new people and try out your dance moves!

#13930 Monday August 12
1:30 - 3:30 pm
Lewis MP Hall
\$3



Adapted Summer Registration
starts on Monday April 15 at 8:30 am



Courtenay Recreation

Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5
phone: 250-338-5371 courtenay.ca/adapted

PICNIC PARTY & TALENT SHOW

It's time to show us your stuff! Have you been working on a new talent? Maybe a dance, joke, song or magic trick? Pack a picnic lunch, register with your friends and get ready to share your talents in the summer sun. A cool summer treat included.

#13931 Thursday July 25
11:30 am - 1:00 pm
Lewis Outdoor Stage
\$3



TIE DYE SOCIAL

Join us this week to create a totally terrific tie-dye shirt that you can make your own! All supplies and treat included.

#13922 Friday August 2
1:00 - 3:00 pm
Lewis Tsolum Building
\$5



ICE CREAM SOCIAL

Come out and enjoy a beautiful summer evening! We'll keep you busy with awesome out trips and activities. Join us this week to enjoy a cool treat with friends, old and new! We will meet at the Outdoor Stage to have ice cream and enjoy a summer evening together.

#13927 Friday August 23
1:00 - 2:30 pm
Lewis Outdoor Stage
\$3



All Adapted Programs
Proudly Sponsored by:



SUNNY DAYS BINGO

Grab your sunscreen, hat and sunglasses and get ready for some fun in the sun! Join us for a spirited game of BINGO, a universal favourite that's exciting and easy to play. Prizes for everyone!

- #13924 Monday July 15
- #13925 Monday August 19
- #13929 Friday August 23
10:00 - 11:00 am
Simms Park Pavillion
\$3



MCFD SUMMER CAMP SUPPORT

(6 - 18 years)

Families who have children getting services through the Ministry of Children and Family Development (MCFD) are eligible for support in our Summer Camp Programs. These programs are for children/youth who have additional support considerations and are wanting to attend camp. Please contact the local Children and Youth with Special Needs (CYSN) office at 250-334-5820 to see if your child/youth is eligible. A letter from CYSN is required for registration.

Leisure Buddies:

The Leisure Buddy provides 1:1 support to a program participant in an effort to create an inclusive recreation environment. This can include, but is not limited to participants living with physical, cognitive, behavioral or developmental barriers. Leisure buddies are available all throughout summer!

Please contact Zach, the Adaptive & Inclusive Program Supervisor to ask how we can help!
250-338-5371 or
zandres@courtenay.ca

ADAPTED YOGA

Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

No class July 30 & August 6.

- Instructor:** Susan Obieglo
Tuesdays
1:15 - 2:00 pm
#13932 July 2 - August 27
Lewis Activity Room
\$35/7



TEEN ODYSSEY

(11 - 20 years)

Back and better than ever! This camp is specifically for teens with support needs and diverse abilities. It is a place where they can get the chance to explore new activities, learn new skills, meet friends, and have tons of fun in a supportive environment. The Teen Odyssey crew will take part in all sorts of interactive games, crafts, beach days, out trips, swimming and more!

- Monday - Friday
#13625 July 15 - 19
#13626 July 22 - 26
#13627 August 12 - 16
#13628 August 19 - 23
9:00 am - 3:00 pm
LINC MP Room
\$80/5

ADAPTED CHAIR FIT

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome. **No program August 2.**

- Instructor:** Nancy Victoria
Fridays
#13928 July 5 - August 16
10:30 - 11:30 am
Lewis Centre Gym
\$45/6



FUN DROP IN AT THE LINC

(19 years & over)

The Building Friendship Program invites you to come and play pool, foosball, board games, make crafts or just hang out. Everyone is welcome! **No program on STAT holidays or July 15 & July 22.**

- Mondays
April 8 - July 29
2:30 - 5:00 pm
The Linc Youth Centre
300 Old Island Hwy
FREE

*For more info., please call and ask for Building Friendships
250- 338-5371*

We are looking for experienced and fun individuals for our Summer Inclusion Program!
Contact Zach at zandres@courtenay.ca or go to courtenay.ca/inclusion

