

# Adapted Programs

for Youth & Adults with Diverse Abilities

 Fall 2024  
Newsletter



## Adapted Special Events

### ADAPTED

#### HALLOWEEN BINGO

(18 years & over)

Dress up and get ready for a spooooooky game of bingo with all your friends! Tricks & Treats for all!

#14361 Tuesday October 29

1:00 - 2:15 pm

Lewis MP Hall

\$3



### ADAPTED

#### HALLOWEEN DANCE

(18 years & over)

Dress up and get ready for a spooooooky take on the Monster Mash with all your friends!

#14362 Thursday October 31

12:30 - 3:00 pm

Lewis MP Hall

\$3



### ADAPTED

#### HARVEST DANCE

Come together with the Adapted Crew to get down to some sick 'beets'. There will be music, dancing, and treats!

#14360 Friday September 6

1:00 - 2:30 pm

Lewis MP Hall

\$3



### ADAPTED

#### PUMPKIN CARVING

(18 years & over)

Back by popular demand - pumpkin carving at the Lewis Centre! Join the crew for carving, treats, and singing along to Halloween tunes. Pumpkins provided!

#14359 Wednesday October 30

11:15 am - 1:30 pm

Lewis Craft Room A

\$4



### ADAPTED BINGO WITH SANTA

(18 years & over)

Pull out your holiday sweater and get ready for some festive fun! Bingo with Santa is sure to be a merry treat. Prizes for all participants.

#14357 Wednesday December 18

10:00 - 11:00 am

Lewis MP Hall

\$3



### ADAPTED WINTER WONDERLAND DANCE

Kick off the holiday season with the Adapted Crew at our annual Winter Wonderland Dance. Treats and drinks provided and a visit from a special guest!

#14358 Friday December 20

12:30 - 2:30 pm

Filberg Conference Hall

\$3



### ADAPTED CHRISTMAS ART CARDS

It's a Christmas Miracle! This specific Art Card session is open for individuals to create their own Christmas Card for a family member. Limit 1 card per participant.

#14745 Monday December 2

2:00 - 3:30 pm

Lewis Craft Room A

Free



Adapted Fall  
Registration  
begins Monday  
August 19 at  
8:30 am

All Adapted Programs  
Proudly Sponsored by:



Courtenay  
Recreation

#### Adapted Programs

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

phone: 250-338-5371 [courtenay.ca](http://courtenay.ca)



# Adapted Special Interest

## TEEN ODYSSEY

(11 - 17 years)

This camp is specifically for teens with support needs and diverse abilities and is a place where they can get the chance to explore new activities, learn new skills, meet friends, and have tons of fun, all while in a supportive environment. Interactive games, crafts, out trips, and much more!

#14747 Friday December 27  
Lewis Craft Room A

#14748 Monday December 30  
LINC Multipurpose Room  
\$20/each

## ADAPTED CREATIVE ADVENTURES

(11 - 15 years)

Have you got a creative side, and always wanted to explore? Felt the desire to express yourself through art? This adapted program is opening up the space for you to try new things, and learn a little about how we express ourselves through art. **No class September 30, October 14 & November 11.**

#14796 Mondays  
September 16 - December 9  
4:30 - 6:00 pm  
Lewis Craft Room B  
\$45/10

## ADAPTED ART CARDS

(18 years & over)

Each week we'll work together and make beautiful cards to sell in the community. **No class September 30, October 14 & November 11.**

Mondays  
September 9 - December 16

#14279 10:00 - 11:00 am

#14278 1:00 - 2:00 pm  
Lewis Craft Room A  
Free

## KITCHEN CREW

(14 years & over)

Join the kitchen crew! Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! **No class September 30 & October 14.**

Mondays

#14283 September 16 - October 28

#14346 November 18 - December 16  
10:30 am - 12:00 pm  
The LINC Kitchen  
\$35/5

## ART IN THE AFTERNOON

(14 years & over)

Get creative with mixed media projects in: drawing, painting, sculpture and mixed media!

#14280 Wednesdays  
September 11 - December 11  
2:30 - 4:00 pm  
Lewis Salish Building  
\$45/14  
\$5/drop-in

## ADAPTED ESPRESSO YOURSELF

(16 years & over)

Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley.

#14282 Tuesdays  
September 10 - December 10  
10:30 - 11:30 am  
Lewis Craft Room A  
\$35/14  
\$3/drop-in

## ADAPTED BOARD GAME CAFE

(13 years & over)

Ever find yourself 'board'? Well do we have the cafe for you! Welcome to this new social, full of fun games and activities.

#14736 Fridays  
October 18 - December 6  
1:30 - 3:00 pm  
Lewis Craft Room B  
\$24/8

## ADAPTED YOUNG ADULT CLUB

(18 years & over)

Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on September 10.

#14355 Tuesdays  
September 10 - December 17  
6:00 - 8:00 pm  
Lewis Craft Room A  
\$30/15

## ADAPTED SING-ALONG

(18 years & over)

Introducing our Adapted music group! This program meets weekly to sing all the greatest hits and play instruments like tambourines and maracas. Come join along with our sing-a-long! No previous musical experience needed.

#14351 Wednesdays  
September 11 - December 18  
10:00 - 11:00 am  
Lewis Craft Room A  
\$45/15

# Adapted Get Active

## ADAPTED FALL BOWLING LEAGUE

(18 years & over)

Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

#14352 Wednesdays

September 11 - December 4

3:00 - 4:00 pm

Codes Country Bowling

\$5/13

## ADAPTED ARCHERY

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve.

#14277 Fridays

September 13 - December 13

12:15 - 1:30 pm

Lewis MP Hall

\$45/14

## DIVERSE SPORTS

(16 years & over)

You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive fun way.

#14350 Wednesdays

September 11 - December 18

10:00 - 11:15 am

Lewis Centre Gym

\$40/15

## ADAPTED DIVERSE SPORTS: YOUTH

(12 - 18 years)

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favorite sports into something accessible for everyone!

#14795 Tuesdays

September 10 - December 3

4:30 - 5:30 pm

Lewis MP Hall

\$50/13

## ADAPTED DANCE CLASS

(16 years & over)

Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

#14348 Thursdays

September 12 - December 19

1:10 - 2:00 pm

Lewis Activity Room

\$45/15

## ADAPTED YOGA

(16 years & over)

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.

#14354 Tuesdays

September 10 - December 10

1:30 - 2:15 pm

Lewis Activity Room

\$65/14

## ADAPTED INDOOR SOCCER

(14 years & over)

Dribble, pass, and shoot your way to the goal of having fun while playing Soccer. Begin every session with some basic skills work, and end every session sliding into game play and showcasing your ability! **No program October 31.**

#14281 Thursdays

September 12 - December 5

10:00 - 11:00 am

Lewis Centre Gym

\$40/12

## ADAPTED CHAIR FIT

(18 years & over)

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching.

All ages & abilities welcome.

#14347 Fridays

September 13 - December 13

10:30 - 11:30 am

Lewis MP Hall

\$85/14

## ADAPTED DANCE PARTY

(18 years & over)

Let's get the wild spring dance party started! Register with your friends and join us for this fitness inspired class that is sure to put that spring in your step! All abilities and levels welcome.

#14349 Wednesdays

September 11 - December 11

1:15 - 2:00 pm

Lewis MP Hall

\$50/14

## ADAPTED BASKETBALL

(14 years & over)

Are you ready to ball? In this Intro-Level program, you will learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games! **No program October 31.**

#14356 Thursdays

September 12 - December 12

12:45 - 1:45 pm

Lewis Centre Gym

\$35/13

*Please check receipts for important program information.*





# Community

## **COURTENAY RECREATION:**

250-338-5371

[www.courtenay.ca/rec](http://www.courtenay.ca/rec)

### **Recreation Access Program**

Provides opportunities for healthy lifestyle choices to residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply - 250-338-5371.

### **LINC Youth Centre Outdoor Basketball Court**

Basketballs are available for use from The LINC when the facility is open.

### **Agency Memberships**

Courtenay Recreation has an agency membership to help agencies provide clients with a variety of recreational experiences including use of the wellness centre, squash courts and gym time. For more information, please call The Lewis Centre at 250-338-5371.

## **CV REGIONAL DISTRICT:**

250-334-9622

[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)

## **COMOX RECREATION:**

250-339-2255

[www.comox.ca/recreation](http://www.comox.ca/recreation)

### **TRIP (Town of Comox Recreation Inclusion Program)**

Free and low-cost recreation opportunities are available to Comox residents on a limited income. Call the Community Centre at 250-339-2255 to find out more.

### **Financial Access Programs:**

Apply for discounts that provide healthy lifestyle opportunities.

#### **Recreation Access Program**

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

#### **LEAP**

Regional program open to anyone in the Comox Valley and provides 52 free admissions to drop-in activities.

Ask us how to apply!

250-338-5371 or 250-338-1000

## **Comox Valley Therapeutic Riding Society**

250-338-1968

[www.cvtrs.com](http://www.cvtrs.com)

## **Comox Valley Special Olympics**

250-897-1828

[www.cvso.ca](http://www.cvso.ca)

## **L'Arche Comox Valley I Belong Centre**

250.871.6288

[www.larchecomoxvalley.org](http://www.larchecomoxvalley.org)

Arts, crafts & recreational programs for adults with and without disabilities. FMI call or email

[herve@larchecomoxvalley.org](mailto:herve@larchecomoxvalley.org)

## **Comox Valley Wheelchair Sports Society**

250-897-6082

[cwssdocs@gmail.com](mailto:cwssdocs@gmail.com)

All-inclusive (no disability required) Wheelchair basketball. Please email for more info.

## **North Island College Accessible Learning**

250-334-5078

[www.nic.bc.ca/programs-courses/accessible-learning/](http://www.nic.bc.ca/programs-courses/accessible-learning/)

Featuring adapted courses and services.

## **Program Registration & Refund Notes**

**Registration:** All participants must register individually for their programs to prevent duplicate accounts. Day programs or caregivers assisting participants can call the Lewis Centre for help with account creation and to make this transition easier. All participants must make sure their accounts are in good standing before registering in new programs.

**Register by telephone:** You may register by telephone by calling The Lewis Centre (250-338-5371) or Filberg Centre (250-338-1000).

**Register online:** Visit [www.courtenay.ca/reconline](http://www.courtenay.ca/reconline) to create your account or call The Lewis Centre or Filberg Centre for assistance.

**Cancellation:** Please register early if you are interested or programs will be cancelled if minimum numbers are not met.

**Withdrawal/Refunds:** A full or pro-rated refund will be given if class is cancelled or for medical reasons. Refunds will not be approved after a program has ended.

**Away:** If you have a planned absence, please contact the Lewis or Filberg Centre office so we know not to expect you.

**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.

For full registration policies please visit [www.courtenay.ca/rec](http://www.courtenay.ca/rec)