

Adapted Programs

for Youth & Adults with Diverse Abilities



Summer 2025 Newsletter



Adapted Sunny Days Bingo

(18 years & over)



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 favorite that's exciting and easy to play. Prizes for everyone! Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost.

#15775 Tuesday July 15

#15774 Tuesday August 12

10:00 - 11:30 am

Lewis Outdoor Stage

\$5

Registration for Summer
Adapted Programs
starts Monday April 28 at
7:15 am

Spring into Summer Dance

(15 years & over)



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

#15476 Friday June 27

1:00 - 2:30 pm

Lewis MP Hall

\$5

Adapted Sizzlin' Summer Dance

(16 years & over)



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

#15771 Friday August 15

12:30 - 2:30 pm

Lewis MP Hall

\$5

Adapted Picnic Party & Talent Show

(18 years & over)



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. Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost!

#15770 Thursday July 17

11:30 am - 1:00 pm

Lewis Outdoor Stage

\$5

Adapted Talent Show and Social

(18 years & over)



Have a hidden talent that should be shared? A great singing voice or a magic trick? Sign up to perform and support all of our pals.

#15477 Tuesday May 20

12:45 - 2:15 pm

Lewis MP Hall

\$5

#15778 Wednesday July 30

12:45 - 2:00 pm

Lewis Outdoor Stage

\$5

All Adapted Programs
Proudly Sponsored by:



Adapted Programs

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

phone: 250-338-5371 courtenay.ca/adapted



Courtenay
Recreation

Adapted Summer Camps

Odyssey Junior

(6 - 10 years)

This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more! There is no online registration for this program, please contact the Adapted & Inclusive Program Supervisor for registration.

Wednesday - Friday

#16455 July 2 - 4

\$60/3

Monday - Friday

#16456 July 7 - 11

#16457 July 28 - August 1

9:00 am - 3:00 pm

Lewis Craft Room B

\$100/5

Teen Odyssey

(11 - 20 years)

Teen Odyssey is back and better than ever! 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. The Teen Odyssey crew will take part in all sorts of summer activities - interactive games, crafts, beach days, out trips, swimming and much more!

Monday - Friday

#15779 July 14 - 18

#15780 July 21 - 25

#15781 August 11 - 15

9:00 am - 3:00 pm

LINC Multipurpose Room

\$100/5

#15782 Tuesday - Friday

August 5 - 8

9:00 am - 3:00 pm

LINC Multipurpose Room

\$80/4

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. **No program August 12.**

#16452 Tuesdays

July 15 - August 26

9:00 - 10:00 am

Lewis Meeting Room

\$25/8

Adapted Art Cards

(18 years & over)

Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists. **No program August 4 or 11.**

#15465 Mondays

July 14 - August 25

9:00 - 10:00 am

Lewis Meeting Room

Free

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.

Instructor: Susan Obieglo

#15479 Tuesdays

July 8 - August 19

1:15 - 2:00 pm

Lewis Activity Room

\$40/7

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. **Instructor:** Nancy Victoria

#15468 Fridays

July 4 - August 1

10:30 - 11:30 am

Lewis MP Hall

\$50/5

Adapted Diverse Sports

(16 years & over)

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

#16453 Wednesdays

July 16 - August 27

10:00 - 11:00 am

LINC Basketball Court

\$33/8

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

