

# Adapted Programs

for Youth & Adults with Diverse Abilities



## Winter 2025 Newsletter



### 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 Young Adults 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 January 7th.

**#15111** Tuesdays  
January 7 - March 18  
6:00 - 8:00 pm  
Lewis Craft Room A  
\$30/11

**Adapted Winter  
Registration  
begins Monday  
November 25 at  
8:00 am**

## Adapted Special Events

### St. Patrick's Day Bingo

(18 years & over)

Do you have the Luck of the Irish? Wear your green and bring good luck for our afternoon bingo session! Lucky charms for everyone!

**#15115** Tuesday March 18  
1:00 - 2:00 pm  
Lewis MP Hall  
\$3



### St. Patrick's Day Dance

(18 years & over)

An aft of jigs, reels, and then some! Wear green and shamrocks, join us for an afternoon of step dancing... even if you aren't Irish!

**#15116** Friday March 14  
12:30 - 2:30 pm  
Lewis MP Hall  
\$3

### Valentine's Day Dance

(16 years & over)

Celebrate Valentine's Day with all your friends at our annual Valentine's Day Dance. Be ready to spread the love and don't forget your dancing shoes for an afternoon of music and treats!

**#15117** Friday February 14  
12:30 - 2:30 pm  
Lewis MP Hall  
\$3



### 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.

**#15106** Wednesdays  
January 8 - March 12  
1:15 - 2:00 pm  
Lewis MP Hall  
\$50/10



**Courtenay  
Recreation**

### Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5  
phone: 250-338-5371 [courtenay.ca](http://courtenay.ca)

*All Adapted Programs  
Proudly Sponsored by:*



COMOX VALLEY  
COMMUNITY  
FOUNDATION  
Enriching Life in the Comox Valley Forever





# Adapted Special Interest

## Adapted Art Cards

(18 years & over)

Let's get creative! 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.

Mondays

January 6 - March 10

#15102 10:00 - 11:00 am

#15103 1:00 - 2:00 pm

Lewis Craft Room A

Free

## Adapted Art in the Afternoon

Get creative with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#15274 Wednesdays

January 8 - March 12

2:30 - 4:00 pm

Lewis Salish Building

\$45/10

**DROP-IN**

## 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 February 18.**

#15108 Tuesdays

January 14 - March 11

10:30 - 11:30 am

Lewis Craft Room A

\$35/8

**DROP-IN**

## 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.

#15118 Wednesdays

January 15 - March 12

10:00 - 11:00 am

Lewis Craft Room A

\$45/9

## Adapted Neuro-Wonderful Social

This biweekly group has been curated to enhance the social fabric of those living with neurodiversities. Folks of all ages can come together in solidarity to participate in gentle activities like, art, guest speakers, mindfulness, resource sharing, games nights, movie nights, and more! Drop in or sign up for the full schedule.

#15281 Wednesdays

January 8 - March 19

6:00 - 7:30 pm

Lewis Craft Room B

\$30/6

**DROP-IN**

## Adapted Spoonie Social

This bi-weekly group has been curated to enhancing the social fabric of those living with persistent pain and illness. Folks of all ages can come together in solidarity to participate in gentle activities like, art, guest speakers, mindfulness, resource sharing, games nights, low-impact exercises and more! Drop in or sign up for the full schedule. All ages welcome.

#15280 Wednesdays

January 8 - March 12

3:30 - 5:00 pm

Lewis Meeting Room

\$30/6

**DROP-IN**

## 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! After you enjoy your meal, play some games and socialize in the LINC's games room.

Mondays

#15113 January 13 - February 3

#15114 February 10 - March 10

10:30 am - 12:00 pm

The LINC Kitchen

\$35/4

**Adapted Winter  
Registration begins  
Monday, November 25  
at 8:00 am**

Adapted Youth Programs are growing! Come join us for Art, Sports, and much more! If you have any questions, please reach out to the Adapted & Inclusive Program Supervisor at 250-338-5371.

If you are interested in the Adapted Youth Programs, but require some support, check out our Leisure Buddies program to see what kind of support options are available.



# Adapted Get Active

## 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. **No program February 14.**

#15112 Fridays

January 10 - March 7

12:30 - 1:30 pm

Lewis MP Hall

\$40/8

## Adapted Basketball

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!

#15275 Thursdays

1:00 - 2:00 pm

January 9 - March 13

Lewis Centre Gym

\$40/10

## Adapted Indoor Soccer

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!

#15276 Mondays

1:30 - 2:30 pm

January 6 - March 10

Lewis MP Hall

\$36/9

## 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.

#15110 Tuesdays

January 7 - March 25

1:30 - 2:15 pm

Lewis Activity Room

\$65/12

## 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.

#15104 Fridays

January 10 - March 28

10:30 - 11:30 am

Lewis MP Hall

\$85/12

## Adapted Dance Class

(13 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!

#15105 Thursdays

January 16 - March 13

1:10 - 2:00 pm

Lewis Activity Room

\$45/9

## Adapted Diverse Sports

(16 years & over)

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

#15107 Wednesdays

January 8 - March 12

10:00 - 11:15 am

Lewis Centre Gym

\$50/8

## Challenger Baseball

Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#15273 Thursdays

January 16 - March 6

10:30 - 11:30 am

Lewis Centre Gym

\$32/8



## Adapted Winter 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)?!

#15109 Wednesdays

January 8 - March 26

3:00 - 4:00 pm

Codes Country Bowling

\$5/12



# Community

## Building Friendships

The Building Friendship Program invites you to come and play pool, foosball, board games, make crafts or just hang out. Everyone is welcome!  
Mondays 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

## 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)