

Adapted Programs

for Youth & Adults with Diverse Abilities



Fall 2025
Newsletter



Spoonie Social

(14 years & over)

This group has been curated to enhancing the social fabric of those living with persistent pain and illness. 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.

#17162 Wednesdays

Sept 10 - Dec 17

4:30-6 p.m.

Lewis Meeting Room

\$80/15 or

\$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.

#16944 Tuesdays

Sept 9 - Dec 16

10:30-11:30 a.m.

Lewis Craft Room A

\$45/13

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!

#16947 Wednesday Oct 29

1-2:15 p.m.

Lewis MP Hall

\$5

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!

#16958 Thursday Oct 30

10:30 a.m. - 12:30 p.m.

Lewis Craft Room A

\$5

Adapted Halloween Dance



(18 years & over)

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

#16952 Friday Oct 31

12:30-2:30 p.m.

Lewis MP Hall

\$5

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.

#16937 Wednesday Dec 17

10-11 a.m.

Lewis MP Hall

\$5

Adapted Winter Wonderland Dance



(14 years & over)

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!

#16962 Friday Dec 19

12:30-2:30 p.m.

Filberg Conference Hall

\$5



**Courtenay
Recreation**

Adapted Programs

Lewis Centre, 489 Old Island Hwy, Courtenay
250-338-5371 courtenay.ca/adapted

*All Adapted Programs
Proudly Sponsored by:*



COMOX VALLEY
COMMUNITY
FOUNDATION
Enriching life in the Comox Valley forever



Comox Valley
REGIONAL DISTRICT



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

Sept 15 - Dec 15

#16935 10-11 a.m.

#16934 1-2 p.m.

LINC Multipurpose Room

Free

Christmas Art Cards

(18 years & over)

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 one card per participant.

#17144 Monday, December 1

2-3:30 p.m.

LINC Multipurpose Room

Free

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 September 23.

#16961 Tuesdays

Sept 23 - Dec 16

6-8 p.m.

Lewis Craft Room A

\$30/12

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.

#17145 Wednesdays

Sept 17-Dec 3

10-11 a.m.

Lewis Craft Room A

\$40/12

Art in the Afternoon

(14 years & over)

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

#16936 Wednesdays

Sept 10 - Dec 10

1:30-3 p.m.

Lewis Salish Building

\$56/14 or

\$5/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

#16953 Sept 15 - Oct 20

\$35/5

#16954 Nov 3 - Dec 8

\$45/6

10:30 a.m. - 12 p.m.

The LINC Kitchen

Adapted Craftastic

(16 years & over)

Join us for epic crafting adventures, where we explore fun and unique ways to get crafty! 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.

#17139 Tuesdays

Sept 9 - Dec 9

1:00-2:30 p.m.

Lewis Craft Room A

\$50/12 or

\$5/drop-in

Adapted Sewing Club

(18 years & over)

Everyone's favorite Adapted Sewing program is back, but with a fresh new twist. Do you like to sew? Would you like to learn how to sew? Join us each week as we explore the basics of sewing and make pumpkins, pillowcases, puppets, potholders and more.

#17232 Thursdays

Oct 16 - Dec 4

1-2:30 p.m.

Lewis Craft Room A

\$90/8

**Adapted Fall
Registration
begins Monday,
August 18 at
8:30 am**

Adapted Get Active

Diverse Sports

(16 years & over)

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

#16942 Wednesdays

Sept 10 - Dec 10

10-11:15 a.m.

Vern Nichols Gym

\$55/14

\$5/drop-in

Adapted Gymnastics

(7 years & over)

Are you interested in exploring the gymnastics equipment? Learn, build strength and have fun! Participants are encouraged to drop-in to one of our Family Gymnastics time slots (page 51) or on Tuesdays!

#17000 Tuesdays

Sept 16 - Dec 16

11:45 a.m. - 12:45 p.m.

Vern Nichols Gymnasium

\$6.50/drop-in

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.

Tuesdays

#16960 Sept 9 - Oct 21

#17220 Oct 28 - Dec 9

1:15-2 p.m.

Lewis Activity Room

\$35/6

Adapted Floor Hockey

(16 years & over)

Hockey season is here! Practice your skills, and have fun. This inclusive environment is a space for everyone, regardless of abilities or skill level. It's your time to showcase your best goal celebration!

#17146 Tuesdays

Oct 21 - Dec 16

1:30-2:45 p.m.

Lewis MP Hall

\$40/8

\$5/Drop-in

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 improves.

#16963 Fridays

Nov 7 - Dec 12

12:15-1:30 p.m.

Lewis MP Hall

\$45/6

Adapted Dancercise

(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. **No class Oct 29.**

#17039 Wednesdays

Oct 22 - Dec 10

1:15-2 p.m.

Lewis MP Hall

\$45/8

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!

#16939 Thursdays

Sept 11 - Dec 11

1:10-2 p.m.

Lewis Activity Room

\$70/14

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)?!

#16946 Wednesdays

Sept 10 - Dec 3

3-4 p.m.

Codes Country Bowling

\$5/13 *plus* \$4 *bowling*

dues each week

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.

Fridays

10:40-11:30 a.m.

#16938 Sept 12 - Oct 24

Vern Nichols Gym

\$60/7

#17214 Nov 7 - Dec 12

Lewis MP Hall

\$55/6



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

COMOX RECREATION:

250-339-2255
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

Comox Valley Special Olympics

250-897-1828
www.cvso.ca

L'Arche Comox Valley I Belong Centre

250.871.6288
www.larchecomoxvalley.org
Arts, crafts & recreational programs for adults with and without disabilities. FMI call or email
herve@larchecomoxvalley.org

Comox Valley Wheelchair Sports Society

250-897-6082
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/
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 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