

Adapted Programs

for Youth & Adults with Diverse Abilities


Fall 2026
Newsletter



Adapted Special Events

Halloween Bingo

(18 years & over)

Join us for a spooky and fun-filled Halloween Bingo! Enjoy exciting games, prizes, treats, and plenty of Halloween spirit. Participants are encouraged to wear their favourite costumes and come ready for a frightfully good time!

#19625 Thursday, October 29
10:30-11:30 a.m.
Lewis MP Hall
\$5/pre-registration
\$6/drop-in

Bingo with Santa

Wear your favourite holiday sweater and join us for some festive fun! Enjoy a cheerful game of Bingo with Santa, share in the holiday spirit, and take part in a lively, welcoming celebration filled with laughter, music and seasonal cheer for all participants.

#19657 Friday, December 18
10-11 a.m.
Lewis MP Hall
\$5/pre-registration
\$6/drop-in

Halloween Dance

Put on your costume and join us for a Halloween Dance full of spooooooky fun! Enjoy upbeat music while celebrating the season with friends in a lively, welcoming atmosphere made for dancing, laughing and showing off your best Halloween moves.

#19659 Friday, October 30
12:30-2:30 p.m.
Filberg Conference Hall
\$5/pre-registration
\$6/drop-in

Deck the Halls Dance

(16 years & over)

Celebrate the season with a magical afternoon of music, dancing and holiday cheer!

#19387 Friday, December 11
1-2:30 p.m.
Filberg Conference Hall
\$5/pre-registration
\$6/drop-in

Effective September 2026:
\$6/Drop-in fee for dances & bingos
\$5/Pre-registration for dances & bingos
Pre-register to save and reserve your spot.

Adapted Programs

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

Adapted Pumpkin Carving Social

(16 years & over)

Join us for an adapted pumpkin carving social! Enjoy pumpkins, snacks and welcoming space to connect, carve and celebrate together!

#19613 Thursday, October 22
10-11:30 a.m.
Lewis Craft Room A
\$10

Gingerbread House Social

(16 years & over)

Join us for a sweet afternoon of creativity and holiday fun as we decorate gingerbread houses together! Bring your friends and your holiday spirit!

#19422 Thursday, December 3
10-11:30 a.m.
Lewis Craft Room A
\$10

Turkey Bingo

Gobble up some morning fun at Thanksgiving Bingo! Spend an hour playing festive rounds of bingo, socializing with friends, and enjoying a light-hearted celebration of the Thanksgiving season.

#19809 Thursday, October 8
11 a.m. - 12 p.m.
Lewis MP Hall
\$5/pre-registration
\$6/drop-in

Snowflake Bingo

Bundle up for a frosty hour of Snowflake Bingo! Enjoy classic bingo with a wintery twist, plenty of laughs and a fun way to spend a morning with friends.

#19810 Monday, November 16
11 a.m. - 12 p.m.
Lewis MP Hall B
\$5/pre-registration
\$6/drop-in

*All Adapted Programs
Proudly Sponsored by:*



**Courtenay
Recreation**





Adapted Special Interest

Adapted Fall Wreath Workshop

(16 years & over)

Join us for a fun and creative afternoon as we decorate beautiful fall-inspired wreaths together! Create a unique seasonal piece that will make the perfect addition to your front door.

#19572 Friday, September 25
1-2:30 p.m.
Lewis Craft Room B
\$10

Adapted Sewing Club: Beginner

(18 years & over)

New to sewing and ready to learn? Join us each week as we explore the basics of sewing in a fun, project-based class. Build confidence, develop new skills, and create simple sewing projects in a supportive and inclusive environment. **No class Sept 30.**

Wednesdays
12:30-2 p.m.
#19489 Sept 23 - Nov 4
\$59/6
#19490 Nov 18 - Dec 16
\$49/5
Lewis Craft Room A

Adapted Music & Mingle

(16 years & over)

Get ready to sing loudly, move your body, play instruments and learn some sign language! This joyful adapted sing along is all about fun, music and participation for everyone. **No class Oct 12. Instructor:**

Tammy Jones
Mondays
1-2 p.m.
#19339 Sept 21 - Nov 2
#19340 Nov 9 - Dec 14
Lewis Craft Room A
\$27/6

Adapted Sewing Club: Intermediate

(18 years & over)

This sewing class is a step beyond, where we tackle more challenging projects with fresh takes on your classic designs. Join us each week as we advance your skills, try new projects and most importantly: have fun! **No class Nov 19.**

Thursdays
1-2:30 p.m.
#19492 Sept 17 - Oct 29
\$69/7
#19493 Nov 5 - Dec 17
\$59/6
Lewis Craft Room A

Creative Hands Collective

(18 years & over)

This inclusive craft program celebrates creativity, connection, and self-expression for artists of all abilities. Participants create unique handmade pieces in a supportive environment, and every purchase directly supports the artists. 100% of proceeds going straight to the creators themselves!

No class Oct 12.

Mondays
10 a.m. - 12 p.m.
#19233 Sept 21 - Nov 2
#19236 Nov 9 - Dec 14
Lewis Craft Room A
Free

Adapted Kids Krew

(10-16 years)

An inclusive and welcoming space where kids and youth with diverse abilities can connect, create and have fun together. Through games, crafts, activities and social time, participants build friendships, confidence and community in a supportive and engaging environment.

Sundays
10:30 a.m. - 12 p.m.
#19592 Sept 27 - Oct 25
#19593 Nov 1 - 29
Lewis Craft Room A
\$35/5

Teen Odyssey: Christmas Break

This camp is specifically for teens with support needs and diverse abilities. This 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, outings and much more!

#19811 Monday - Wednesday
Dec 21 - 23
9 a.m. - 3 p.m.
Lewis Tsolum Building
\$75/3

Adapted Get Active

Adapted Chair Fit

(18 years & over)

An upbeat workout class that uses bender balls and a variety of props followed by a nice cool down with gentle stretching. All ages & abilities welcome.

Instructor: Wendie Matte

Fridays

10:30-11:30 a.m.

#19241 Sept 25 - Oct 30

#19610 Nov 6 - Dec 11

Lewis MP Hall

\$30/6

Adapted Weight Room Orientation

(16 years & over)

New to the weight room or looking for a little extra support getting comfortable with the space? This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level. Max. 2 participants.

Fridays

11 a.m. - 12 p.m.

Lewis Wellness Centre

Free

Accessible Strength Training

(16 years & over)

Designed for individuals with limited mobility who want to confidently navigate the weight room and build strength. All mobility devices are welcome. Max. 4 participants.

Instructor: Sarah Kendall

Fridays

1:45-3 p.m.

#19692 Sept 25 - Oct 30

\$90/6

#19398 Nov 6 - Dec 18

\$105/7

Lewis Wellness Centre

**Registration for
adapted programs
starts Monday,
August 17 at
8:30 a.m.**

Diverse Sports

(16 years & over)

You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive fun way. **No class**

Sept 30 & Nov 11.

Wednesdays

10:30-11:30 a.m.

#19412 Sept 23 - Oct 28

#20017 Nov 4 - Dec 9

Lewis Vern Nichols Gym

\$25/5

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. **No class Sept 30 & Nov 11.**

Instructor: Tammy Jones

Wednesdays

1:15-2 p.m.

#19385 Sept 23 - Nov 4

\$30/6

#19386 Nov 18 - Dec 16

\$25/5

Lewis MP Hall

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

Tuesdays

1:15-2 p.m.

#19389 Sept 22 - Nov 3

\$35/7

#19397 Nov 10 - Dec 15

\$30/6

Lewis Activity Room

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!

Thursdays

1-2 p.m.

#19244 Sept 24 - Nov 5

\$28/7

#19245 Nov 12 - Dec 17

\$24/6

Lewis Activity Room



More Adapted Special Interest

Adapted Kitchen Crew

(14 years & over)

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. **No class Oct 12.**

Mondays

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

#19399 Sept 28 - Nov 9

\$48/6

#19401 Nov 16 - Dec 14

\$40/5

LINC Kitchen

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! **No class October 13.**

Tuesdays

6-8 p.m.

#19238 Sept 22 - Nov 3

#19240 Nov 10 - Dec 15

Evergreen Lounge

Filberg Centre

\$42/6

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.

Tuesdays

10:30-11:30 a.m.

#19223 Sept 22 - Nov 3

\$30/7

#19231 Nov 10 - Dec 15

\$26/6

Lewis Craft Room A

Adapted Craft Club

(16 years & over)

Explore your creativity through fun, hands-on art projects! Experiment with a variety of crafting techniques and materials while discovering new ways to express yourself. This welcoming program encourages creativity, confidence, and connection as you create something uniquely your own.

Tuesdays

1-2:30 p.m.

#19246 Sept 22 - Nov 3

\$42/7

#19388 Nov 10 - Dec 15

\$36/6

Lewis Craft Room A

Fall Bowling League

(18 years & over)

Strike up new friendships at our fun bowling leagues on Tuesdays or 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)?! **No class Sept 30 & Nov 11.**

#19624 Tuesdays

Sept 22 - Dec 15

#19491 Wednesdays

Sept 23 - Dec 16

3-4 p.m.

Codes Country Lanes

\$5

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

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