Adapted Programs

for Youth & Adults with Diverse Abilities

Winter 2027 Newsletter



Special Events

Adapted Sweetheart Soirée Dance

16 and up

Join us for the Sweetheart Soirée, a Valentine's Day celebration filled with music, dancing and fun. Dress up if you like, hit the dance floor and enjoy a memorable afternoon with friends.

Friday Feb 11
#20398 12:30-1:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Adapted March Madness Bingo

16 and up

Join us for a fun afternoon of bingo, laughter and friendly competition. Enjoy good company, games and chances to win fun prizes.

Friday Mar 12
#20447 12:30-1:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Gingerbread House Social

Ages 16 and up

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

Thursday Dec 3
#19422 10-11:30 a.m. | $10
Register or drop-in | Location: Lewis Craft Room A

Adapted Snow Day Bingo

16 and up

Join us for a fun afternoon of bingo, laughter and friendly competition. Enjoy good company, games and chances to win fun prizes.

Friday Jan 29
#20465 12:30-1:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Deck the Halls Dance

Ages 16 and up

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

Friday Dec 11
#19387 1-2:30 p.m. | Filberg Conference Hall
$5/pre-registration | **$6 drop-in**

Bingo with Santa

Ages 16 and up

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.

Friday Dec 18
#19657 10-11 a.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Adapted Winter Registration begins Monday, November 23 at 8:30 a.m.

Courtenay Recreation

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

All Adapted Programs Proudly Sponsored by:

Comox Valley Community Foundation

Comox Valley Regional District



Special Interest

Adapted Kitchen Crew
16 and up

Create tasty treats and meals as part of this kitchen crew. Mix, toss and bake delicious food, then enjoy your meal. Afterward, play games and socialize.

Mondays
#20392 Jan 4-Feb 1 | 10:30 a.m. - 12 p.m. | $40/5
#20393 Feb 8-Mar 8 | 10:30 a.m. - 12 p.m. | $32/4
Location: The LINC Youth Centre Kitchen

Adapted Garden Stone Mosaic Workshop NEW!
16 and up

Create a beautiful mosaic garden stone in this fun, hands on workshop! Choose from colourful tiles, glass, and decorative pieces to design your own unique stepping stone or garden accent.

Tuesday
#20475 Mar 23 | 10 a.m. - 12 p.m. | $10
Instructor: Wendie Matte | Location: Craft Room A

Adapted Indoor Movie NEW!
16 and up

Enjoy an afternoon of movies, friends and fun at our adapted indoor movie program. Bring your own chair and blanket, settle in and enjoy the show!

Fridays
#20399 Feb 26-Feb 26 | 12:30-2:30 p.m. | $5
#20400 Jan 22-Jan 22 | 12:30-2:30 p.m. | $5
Location: Lewis MP Hall

Adapted Music & Mingle
16 and up

Get ready to sing, move your body, play instruments and learn sign language. This joyful adapted sing-along encourages fun, music and participation for everyone. **No class Feb 15.**

Mondays
#20395 Jan 4-Feb 1 | 1-2 p.m. | $20/5
#20396 Feb 8-Mar 8 | 1-2 p.m. | $16/4
Instructor: Tammy Jones | Location: Craft Room A

Adapted Espresso-Yourself
16 and up

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
#20470 Jan 5-Feb 2 | 10:30-11:30 a.m. | $20/5
#20471 Feb 9-Mar 9 | 10:30-11:30 a.m. | $20/5
Location: Lewis Craft Room A

Adapted Young Adults Club
18 and up

Let's get social! Plan fun activities together, from crafts and movie nights to game nights, dinner outings and more.

Tuesdays
#20472 Jan 5-Feb 2 | 6-8 p.m. | $35/5
#20473 Feb 9-Mar 9 | 6-8 p.m. | $35/5
Instructor: Tammy Jones and Findlay Day
Location: Evergreen Lounge

Adapted Kids Krew
Ages K-9

An inclusive and welcoming space where children and youth with divers abilities can connect, create and have fun through games, crafts, activities and social time.

Saturdays

#20449 Jan 9-Feb 6 | 9-10 a.m. | $35/5
#20450 Feb 13-Mar 13 | 9-10 a.m. | $35/5
Location: Lewis Craft Room A

Adapted Weight Room Orientation
16 and up

This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level. Maximum 2 participants. Pre-registration required.

Fridays
#20225 Jan 8 | 11 a.m. - 12 p.m. | Free
Location: Lewis Wellness Centre

Get Active

Adapted Diverse Sports DROP-IN
16 and up

Try a variety of adapted sports in a friendly, non - competitive environment. Have fun, stay active and enjoy playing with friends.

Wednesdays
#20425 Jan 6-Feb 3 | 10:30-11:30 a.m. | $25/5
#20426 Feb 10-Mar 10 | 10:30-11:30 a.m. | $25/5
Location: Vern Nichols Gym | $5/drop-in

Adapted Winter Bowling League
16 and up

Get ready for spares, turkeys, strikes and a few gutter balls as you improve your bowling skills.

Wednesdays
#20451 Jan 6-Mar 10 | 3-4 p.m. | $5/10
Instructor: Tammy Jones and Findlay Day
Location: Codes Country Lanes

Adapted Indoor Curling
Indoor Adapted Floor Curling is an inclusive program where participants use specially designed curling stones to develop coordination, strategy, and teamwork while enjoying a fun, accessible, ice free version of curling. **No class Jan 29.**

Fridays
#20748 Jan 15-Mar 5 | 12:30-1:30 p.m. | $35/7
Location: Lewis MP Hall

Adapted Chair Fit
Ages 16 and up

Enjoy an upbeat workout using Bender Balls and a variety of props, followed by a cool-down with gentle stretching. All ages and abilities are welcome.

Fridays
#20439 Jan 8-Feb 5 | 10:30-11:30 a.m. | $25/5
#20440 Feb 12-Mar 12 | 10:30-11:30 a.m. | $25/5
Instructor: Wendie Matte | Location: Lewis MP Hall

Low Sensory Gymnastics DROP-IN
Ages 7 and up

Low Sensory Gymnastics offers a calm, welcoming environment with reduced noise and distractions. Participants can explore gymnastics equipment at their own pace through mostly unstructured, self-directed play, movement and social interaction.

Tuesdays
#20751 Jan 12-Mar 9 | 11:45 a.m. - 12:45 p.m. | $6.50
Location: Lewis Vern Nichols Gym

Adapted Dance Party
16 and up

Get ready for a wild spring dance party. Register with your friends and join us for this fitness-inspired class that will have you moving to the music. All abilities and experience levels are welcome.

Wednesdays
#20402 Jan 6-Feb 3 | 1:15-2 p.m. | $25/5
#20403 Feb 10-Mar 10 | 1:15-2 p.m. | $25/5
Instructor: Tammy Jones | Location: Lewis MP Hall

Adapted Dance Class
16 and up

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
#20404 Jan 7-Feb 4 | 1:15-2:15 p.m. | $25/5
#20405 Feb 11-Mar 11 | 1:15-2:15 p.m. | $25/5
Instructor: Leigha Wald | Location: Activity Room

Adapted Yoga
16 and up

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
#20429 Jan 5-Feb 2 | 1:15-2 p.m. | $25/5
#20431 Feb 9-Mar 9 | 1:15-2 p.m. | $25/5
Instructor: Susan Obieglo | Location: Activity Room

Adapted Winter Registration begins Monday, November 23 at 8:30 a.m.



Creative Pursuits

Creative Hands Collective
18 and up

This inclusive craft program encourages creativity, connection and self-expression for artists of all abilities. Participants create unique handmade pieces in a supportive environment and every purchase supports the artists. One hundred percent of proceeds go directly to the creators.

Mondays
#20394 Jan 4-Mar 8 | 10 a.m. - 12 p.m. | Free
Instructor: Wendie Matte | Location: Craft Room A

Adapted Craft Club
16 and up

Explore your creativity through fun, hands-on art projects! This welcoming program encourages creativity, confidence, and connection as you create something uniquely your own.

Tuesdays
#20453 Jan 5-Feb 2 | 1-2:30 p.m. | $30/5
#20454 Feb 9-Mar 9 | 1-2:30 p.m. | $30/5
Instructor: Wendie Matte | Location: Craft Room A



Adapted Sewing Club: Beginner
18 and up

New to sewing and ready to learn? Join us each week as we explore the basics of sewing in a project-based class. Build confidence, develop new skills and create simple sewing projects in a supportive and inclusive environment.

Wednesdays
#20460 Jan 6-Mar 3 | 12:30-2 p.m. | $81/9
Location: Lewis Craft Room A

Adapted Sewing Club: Intermediate
18 and up

This sewing class takes your skills to the next level as you tackle more challenging projects using new techniques and designs. Join us each week to develop your skills, try new projects and have fun.

Thursdays
#20461 Jan 14-Mar 11 | 1-2:30 p.m. | $81/9
Location: Lewis Craft Room A

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**