We're one year old and excited to start the Fall with something new - check out the Signature Arts activities, new leaders, and community events! But the I Belong Centre vision remains the same: to be a place where you can grow in the wellness of body, mind and spirit that comes from belonging in community. Join us!

Registration opens August 20 on a first-come, first-serve basis - people of all ability welcome! Challenge your creative side, nurture your spirit, make new friends - the I Belong Centre is the place to make it happen!
The folks at the I Belong Centre are excited to introduce a collection of new art activities for fall that will challenge you! You can explore with awesome leaders who are well-known in the community for their work in the drama, music, story-making and visual art - and participation is free! Donations to support these activities are welcome!

THEATRE GAMES
Explore creatively through movement, drama and improv - build confidence and practice social-emotional skills through trust-building, team-building and cooperative games.
Leader: Steve Hill

Fridays, 1:00-2:30pm
September 28 - November 2
6 week session
No cost!

TELLING STORIES, MAKING STORIES
Use props, pictures & imagination stones, to write stories collectively. Collective work will be 'published' with a copy for everyone!
Leaders: Pam Wilkinson, Tony Reynolds

Mondays, 3:30-5:00pm
October 15 - November 26
(No class November 12)
6 week session
No cost!

Steve Hill worked as an actor in Canada and the UK, but has also worked with L’Arche, studied theology, and been part of a palliative care ministry. Most recently, Steve wrote and produced When I’m 64, which was staged at the Sid Williams Theatre.

SOUND OF BELONGING ENSEMBLE
There is music in you - join Yulia and share your love of music. Play as a group for L’Arche community prayer nights. Some musical experience preferred.
Leader: Yulia Grynchshyn

Tuesdays, 4pm - 6pm
September 12 ongoing
No cost!
ALL ABILITIES CREATIVE DANCE
...is allowing yourself to be who you are, through expressive movement that comes from your heart. We will explore finding ways to communicate with each other without words. Everyone has something to say, and we will say it with our bodies in movement.
Co-leaders: Angel Lion & Jo Lechay

Tuesdays, 1:30-2:30PM
September 25 - October 30
6 week session
No cost!

Jo Lechay has been a dancer and teacher for more years than she can remember. She has directed dance companies and schools in Honolulu, Iowa City and Montreal, and toured North America and Europe with her work. Angel Lion, her daughter, has danced since she was a little girl and can't get enough of it! Creativity in dance expresses her inner beauty.

ART FROM THE HEART
April Dyck will lead you on an art journey exploring from the inside out. Meet new people, have fun and learn art and brushwork skills. Everyone will go home with their own masterpiece.
Register for one or more. Best-suited for those who can work semi-independently; one-on-one support is not provided. Please bring a painting shirt.
Saturdays, 1:00-3:30PM
Sept 15, Oct 20, Nov 17
$5 materials fee

SHARING SIDE BY SIDE
If you want to record the joys, events and achievement of your life, this is for you!
Compile a book, record a video or create an audio recording to share with family and friends. You will be matched with a partner-biographer to support you in the process. All ages welcome.
Leader: Rachel Amaral
Group Gathering November 14
Only cost is materials
WAXWORX
Learn the art of candle-making and produce candles that will be sold at local craft fairs. Creativity, fun and the possibility of earning money are all part of this unique L'ArcheWorx Collective activity.
Leader: Hervé Monier

Thursdays 10:00-11:30am or 1pm-2:30pm
September ongoing
$5 to register

SOUP CONE ASSEMBLY
Have fun measuring out spices and grains to make soup cones for sale at local craft fairs.
Leader: Karin Holland

Tuesdays
10am-12pm
September 11 - October 30
$5 to register

MORE THAN INCLUSION
Check out what else we are doing at L'Arche! Our More Than Inclusion activities invite folks to participate in scheduled, meaningful activities at the I Belong Centre and out in the community. To participate in these activities, individuals or their caregivers need to first speak with Lana, the Outreach Manager to determine if the activity is a good fit.

EXPLORING ART TOGETHER
Explore colour and texture using acrylics, watercolour and other mixed media. All levels of ability welcome!
Leader: Debby Howard

Wednesdays, 1pm-2:30pm
September 5 ongoing
$5/class

BIRDHOUSES WITH BOB THE BUILDER
Leader: Bob Rasmus
Use a hammer, get to know nails! In just two sessions you can build your very own birdbhouse!
October 10, 17 & November 4, 14
$5/class + materials

...also
- Chair Yoga (Thursday, 10am-11am),
- Scrap-booking (Monday, 1:00-2:30)
- Shredding
- Craft Patch
L'ARCHE COMMUNITY CIRCLE
This is a friendly way to spend a Tuesday evening - once a month the L'Arche community gathers over a meal. Bring food to the feast and share in a prayer of thanks before the meal.

First Tuesdays, 5:00PM
Sept 4, Oct 2 & Dec 4
Bring food to share

PEAS & POTATOES CAFÉ
Drop by for the cheapest lunch in town and sample the efforts of the Peas & Potatoes crew. Call early to reserve your seat at the table.

WEDNESDAYS, 12:00PM
Sept 19, Oct 17,
Nov 21 & Dec 19
$5

L'ARCHE DROP-IN COFFEE
Every Friday, rain or shine! Stop in and share a cup of joe with friends, play a game, celebrate the artist or volunteer of the month, or participate in a group art project!

Fridays, 10:00-11:30AM
September 1 ongoing
No cost!

SENIORS CIRCLE
Conversation, laughter, friendship and food - join other seniors for a delightful Monday lunch provided by Hervé.

Mondays, 11:00-1:30PM
September 11 ongoing
$5
Introducing our new IBC Program Coordinator... Naomi Hoffart!
Naomi is a woman of all trades, having worked at many different jobs in her 31 years, including childcare, service industry, catering, admin, and support work. She's spent the last 6 years of her life living and working in L'Arche Belfast. She is an avid baker, loves sharks, and adores spending time with her nieces and nephews. Welcome, Naomi!

The I BELONG CENTRE is...
- a place of respect where all, regardless of ability, are welcomed befriended and encouraged,
- a place where people’s creative gifts are revealed and celebrated
- a place where all can learn skills for individual growth
- a place where all can pursue wellness of mind and spirit and the wholeness that comes from belonging in community

Join us on Tuesday, November 6 at the Mex Pub for a L’Arche Solidarity fundraiser. All money raised goes to L’Arche communities in developing countries!

L’Arche Comox Valley AGM takes place Wednesday, October 24, 7pm at the I Belong Centre - anyone is welcome to attend!

ENTER TO WIN A RETURN TRIP FOR TWO WITH WESTJET
Support L’Arche Comox Valley and the I Belong Centre

CHANCES ARE 1 IN 500!
Draw Date: September 22, 2018
@ Christ the King Church
1599 Tunner Dr Courtenay, BC
FMI: 250.334.8320

TICKETS just $20

知 your limit, play within it. 19+
### I Belong Centre Fall Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Seniors’ Circle</strong></td>
<td><strong>Soup Cone Assembly</strong></td>
<td><strong>Building with Bob</strong></td>
<td><strong>Wax Worx</strong></td>
<td><strong>Drop-In Coffee</strong></td>
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<tr>
<td>11:00-1:30PM Hervé Monier</td>
<td>10-12PM Karin Holland</td>
<td>10:30-12:00PM Bob Rasmus</td>
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<td><strong>Scrap-booking</strong></td>
<td><strong>Creative Dance</strong></td>
<td><strong>Peas &amp; Potatoes Cafe</strong></td>
<td><strong>Chair Yoga</strong></td>
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<td>1:00-2:30PM</td>
<td>1:30-2:30PM Angel Lion &amp; Jo Lechay</td>
<td>12:00PM, third Wednesday of the month</td>
<td>10:00-11:00AM</td>
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<td><strong>Telling Stories, Making Stories</strong></td>
<td><strong>Sound of Belonging</strong></td>
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<td>3:30-5:00PM Pam Wilkinson &amp; Tony Reynolds</td>
<td>4:00-6:00PM Yulia Grynchynshyn</td>
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<td><strong>L’Arche Community Circle</strong></td>
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<td><strong>Wax Worx</strong></td>
<td><strong>Theatre Games</strong></td>
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<td>5:00PM, first Tuesday of the month</td>
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<td>1:00-2:30PM Hervé Monier</td>
<td>1:00-2:30PM Steve Hill</td>
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<td><strong>Saturday</strong></td>
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<td>Art from the Heart</td>
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<td>1:00-3:30PM April Dyck</td>
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### How to Register

Visit the I Belong Centre for registration forms (address below) or download from our website, larchecomoxvalley.org. Submit your form in person or by mail. Fees should be paid in full, by cash or cheque, at the time of registration. For information or registration, contact Lana at 250.871.6288 or svtvana@larchecomoxvalley.org.

L’Arche Comox Valley I Belong Centre  
100-1465 Grieve Avenue  
Courtenay, BC V9N 2W1

### Cancellation & Refunds

Sometimes, activities need to be cancelled. It might be because an activity does not have enough people registered or perhaps the activity leader falls ill. A full, or prorated refund will be given, and every effort will be made to notify all registered participants.

Refunds will also be given for withdrawal due to medical reasons. There are no refunds for withdrawal from an activity after the start date unless it is for medical reasons or extenuating circumstances.

Activities will not take place on statutory holidays.
8th Annual L'Arche Comox Valley
Saturday, September 22

Pig Roast

Succulent Roasted Pork
Live Music & Dancing
Dessert Auction
Cash Bar
Doors Open 6pm

Tickets: The Laughing Oyster
1599 Turner Drive, Courtenay

$20/person
($50/family
(2 adults, 2 children)
Add children under 12 $10)
Registration Form for Participants

Date ______________________

Name ______________________

Address ______________________ Postal Code ______________________

Home Tel ______________________ Cell ______________________

Day Program ______________________ Day Program Tel ______________________

ACTIVITY CHOICE(S)

Activity 1 ______________________ Day/Time ______________________

Activity 2 ______________________ Day/Time ______________________

Activity 3 ______________________ Day/Time ______________________

IF YOU HAVE A SUPPORT WORKER DURING THE DAY, HE/SHE WILL NEED TO ATTEND WITH YOU.

Support worker’s name ______________________

Telephone ______________________ Email ______________________

Will support be needed to help you participate fully in this activity? YES NO

If yes, what support will be needed?

________________________________________________________________________

Transportation Home (Please circle) Regular Bus Walk Pick-up

Is there anything else we should know to help make your participation as positive as possible?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
**HEALTH**  Please provide brief details that will be kept confidential.

Allergies  ___Bees  ___Food  ___ Other  ___ (Please describe ________________________ )

Diabetes  YES  NO

Seizures  YES  NO

Other relevant health issues

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Doctor ___________________________  Tel. ___________________________

**IN CASE OF EMERGENCY, PLEASE NOTIFY:**

1. Name ___________________________  Telephone:_____________  Cell_________
   Relationship to Participant ___________________________

2. Name ___________________________  Telephone:_____________  Cell_________
   Relationship to Participant ___________________________