

# I Belong! CENTRE



VISIT US!

January - April 2024

Make new friends, move around, get crafty, nurture your creative spirit!  
The I Belong Centre is the place to make it happen! Registration is open -  
people of all ability welcome!

## ART OF BELONGING

It's that time again - rev up your creative and artistic juice with artist Dean Bauche! Sign up for the always fantastic Art of Belonging workshop. This year's medium will be fun Gelli printing. As always, the art workshops will culminate in an art exhibit mid-March.

Leader: Dean Bauche

### Session 1 Thursday, 10:00-11:30

Feb 1 - Mar 7

### Session 2 Thursday, 1:00-2:30

Feb 1 - Mar 7

Cost \$25



## HELLO HOMEMADE!

It's back - a class for people who cook for themselves and want to improve their skills in the kitchen. Three sessions where you will learn to cook a great meal and serve it, and a final session where you will be able to invite 2 friends for a wonderful meal!

Leaders: Linda, Debby & Valerie

### Monday 3:00-4:30PM

Session 1 Jan 8, 15, 22, 29

Session 2 April 8, 15, 22, 29

Cost \$50

Volume 8 | Issue 1



L'ARCHE  
Comox Valley



L'Arche Comox Valley I Belong Centre  
1465 Grieve Avenue • Courtenay, BC 250.871.6288  
herve@larchecomoxvalley.org

## GROUPIES

Are you in your twenties or thirties and interested in meeting weekly to do activities with other people? Do you like, board games, bowling, watching movies, going out for coffee or ice cream, hiking, or biking? Then join Groupies and enjoy hanging out and having fun together!

Leaders: Rita, Maïke

**Wednesday 1:30-3:00**

Jan 10 ongoing

**All classes  
Just \$10 unless  
otherwise  
noted!**

## GET SOCIAL WITH RANDY!

Join host Randy for an afternoon chill session at the IBC on Saturday. Games & movies are part of the plans.

RSVP [herve@larchecomoxvalley.org](mailto:herve@larchecomoxvalley.org) so Randy knows who's coming!

**Saturday 1:00-3:00PM**

Jan 6, Feb 3, Mar 2, April 6

No cost!

## EXPLORING **ART** TOGETHER

Explore colour and texture with collage, using acrylics, watercolour and other mixed media. All levels of ability welcome!

Leaders: Debby, Jenny & Sandy

**Thursdays, 1:00-2:30PM**

#1 Jan 4 - 25

#2 March 4 - Apr 25

## VALENTINE ART CARDS

Express your love with scissors and glue - take advantage of this IBC activity to make beautiful cards to be sold.

Leader: Mary Anne

**Monday 1:00-2:30**

January 8, 15, 22, 29

## WAXWORX

Learn the art of candle-making and produce candles that will be sold in local shops! Creativity, fun and the opportunity to earn money are all part of this unique L'ArcheWorx Collective activity.

Leader: Cesar

**Wednesday 1:00-2:30PM**

Jan 3 - April 24

**Thursday 10:00-11:30AM**

Jan 4 - April 25



## SOUP FACTORY

It's back! Have fun measuring out spices and grains to make our delicious soup cones for sale at local shops and markets.

Leader: Cesar

**Tuesday 10:00-11:30AM**

Jan 9 - April 30

## MUSIC & MOVEMENT

Sing, dance, drum, stretch - relax! Try some yoga, sing a song - it's all about having fun together!

Leader: Deirdre

**Tuesday, 1:15-2:15PM**

Jan 9 ongoing



## SOLIDARITY CAFÉ

Drop by once a month for the friendliest lunch in town! Our guest cooks are always surprising us with delicious food from different culinary traditions. Call early to reserve your seat at the table and support L'Arche communities in Haiti and the Ivory Coast!

**Wednesday 12:00PM**

Jan 31, Feb 28, April 24

\$10

## SENIORS CIRCLE

Conversation, laughter, friendship and food are important to our mental and emotional well-being. The Seniors Circle offers it all! Choose Monday for a tasty lunch with friends at the IBC, or Thursday when the group meets up for coffee at Rhodos. Please register ahead by calling the IBC office.

Leader: Rita

Session 1 (IBC)

**Monday 12:00-1:30PM**

Jan 8 - April 29

\$8

Session 2 (Rhodo's, last Thursday of the month at Benino Gelato in Comox)

**Thursday 2:00-3:00PM**

Jan 4 - April 25

Purchase your own beverage



## COMMUNITY CIRCLE POTLUCK

Join us once a month when the L'Arche community gathers over a meal. What will you bring to the feast? Call the office to RSVP!

**Wednesday 5:00-7:30PM**

Jan 3, Feb 7, Mar 6, April 3

Bring food to share.

## HAPPY BIRTHDAY TO YOU!

Each month we'll be celebrating everyone who's having a birthday. Come join hosts Deirdre and Daniel and eat some cake!

**Thursday 12:20-1:00PM**

Jan 4, Feb 1, Mar 7, April 4



# Thank You

to our Sponsors!



Scan here to  
read about  
Activities & Events!



Nutella hot chocolate, anyone? During the chilly days of February, warm up with a delicious cup of hot chocolate at your fav restaurant or coffee shop.

LCV's first ever Comox Valley Hot Chocolate Fest will partner with local businesses to offer unique twists on an old favourite. Watch for more info to follow!



## SIGN UP!

for our monthly  
newsletter to find out  
what's happening at  
L'Arche. Call us or  
visit our website.

# From Drawing to Water Colour,



## **DRAWING A PORTRAIT – Learning to See Saturday Feb 16 9:30 am to 4:30 pm cost \$75.00**

This workshop examines **why most people cant draw** and what they can do about it  
Using simple, fun approach to portraits as subject matter, we open up the world of how we can draw anything. Workshop includes basic and advanced concepts good for **beginners** and **intermediate**

## **DRAWING TO PAINT – Saturday Feb 23 9:30 am to 4:30 pm cost \$75.00**

Advanced concepts in drawing, design, and doing colour preliminaries in order to begin a painting.  
Includes foundational concepts in ghosting, thumbnails, value studies  
Good for the intermediate to advanced

## **WATERCOLOUR Saturday March 2 9:30 am to 4:30 pm cost \$75.00**

A guided, affirming exploration of the joys and perils of water colour, for new-comers and experienced water colourists, including foundational and advanced concepts

## **ALL THREE CLASSES! Cost for three \$200.00**

These three classes are designed to work together seamlessly moving you from drawing to painting

**SUPPLIES:** Participants should bring their own supplies if they have them.

**le:** Drawing pads /mixed media pads, drawing pencils, charcoal, etc.

**Watercolour** bring your own supplies A few basic supply kit are available to participants for an additional \$50.00( It includes a Yarka Water colour kit plus high quality #11 brush and w/c pad)

**LOCATION:** L'Arche Comox Valley, I Belong Centre, 1465 Grieve Ave.

To register or questions: contact Dean Bauche

[dbauche@sasktel.net](mailto:dbauche@sasktel.net)

<https://www.facebook.com/deanbauchear/>

## **Instructor Dean Bauche**

Dean Bauche is a highly respected artist, educator and adjudicator with 40 years of advanced teaching experience. Dean's work has won many awards and can be found in national publications as well as private and public collections across Canada. [Google Dean Bauche](#)

Dean acts as an adjudicator, art educator and Guest Artist/ Artist in Residence across Canada including the annual **"L'Arche Art of Belonging"** in **Comox Valley**. His award winning Allen Sapp Gallery educational publications are now recommended by Saskatchewan, Manitoba and Alberta Learning.

## All activities start the week of January 1

Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>Soup Factory</b> 10:00-11:30PM Jan 9 - Apr 3		<b>WaxWorx</b> 10:00-11:30AM Jan 4 - April 25	
<b>Seniors Circle 1</b> 12:00-1:30PM Jan 8 - Apr 29		<b>Solidarity Cafe</b> 12 Noon Jan 31, Feb 28, Ap 24	<b>Birthday Party!</b> 12:20-1:00PM Jan 4, Feb 1, Mar 7, April 4	
<b>Valentine Art Cards</b> 1:00-2:30PM Jan 8, 15, 22, 29		<b>Waxworx</b> 1:00-2:30PM Jan 3 - April 24	<b>Art of Belonging</b> #1 10:00-11:30 Feb 1 - Mar 7 #2 1:00-2:30 Feb 1 - Mar 6	<b>Get Social with Randy!</b> 1:00-3:00PM Jan 6, Feb 3, Mar 2, April 6
<b>Hello Homemade!</b> 3:00-4:30PM #1 Jan 8, 15, 22, 29 #2 April 8, 15, 22, 29	<b>Music &amp; Movement</b> 1:15-2:15PM Jan 9 ongoing	<b>Groupies</b> 1:30-3:00 Jan 10 ongoing	<b>Exploring Art Together</b> 1:00-2:30PM Jan 4 - 25 Mar 14 - Apr 25	
		<b>Community Circle Potluck</b> 5:00-7:30PM Jan 3, Feb 7, Mar 6, April 3	<b>Seniors Circle 2</b> 2:00-3:00PM Jan 4 - April 25	

### How to Register

Visit the I Belong Centre for registration forms (address on cover), then call or submit your form in person. Fees are payable by cash, debit or cheque at time of registration. If you are new to IBC programs, please call or visit before registering so we can make sure our programs are a good fit. Contact Hervé at 250.871.6288 or [herve@larchecomoxvalley.org](mailto:herve@larchecomoxvalley.org).

### Cancellation & Refunds

Sometimes, activities need to be cancelled. A full, or pro-rated 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. In the event of extreme weather (following SD71's bus service cancellation), activities will be cancelled with no refund. Activities will not take place on statutory holidays.