



Lake Trail Community Education Society (LTCES) is a registered non-profit working with community partners and facilitators to offer educational, recreational and cultural programs for children, youth, adults and seniors out of Lake Trail Community Middle School.

## COMMUNITY PROGRAMS FALL 2019

At Lake Trail Community Middle School

Visit [www.LTCES.ca](http://www.LTCES.ca) for full program descriptions and **online registration**, or complete the registration enclosed and drop off at the Lake Trail school office.

### "In the Know" with Family Smart

Sept. 17, Oct. 15, Nov. 19, Dec. 17

6:00 - 7:30 pm. Free Drop-in.

'In the Know' is a free monthly networking and information sharing session that provides parents and caregivers education about various child and youth mental wellness topics. Sessions are provided in a group webinar viewing format with experts sharing what parent / caregivers really want to know. Visit [www.LTCES.ca](http://www.LTCES.ca) for each month's 'In the Know' topic. All welcome.

### FoodSafe Level 1

Saturday, September 28

9:00 am - 5:00 pm. \$80

\* Register at [www.LUSHValley.org/events/](http://www.LUSHValley.org/events/) or call 250-218-4952

Join LUSH Valley Food Action Society as they host Chef Gaetane Palardy to offer the one-day certification course for FOODSAFE Level 1. Following the completion of the class, and a passing grade on the written exam, participants receive a certificate attesting to their successful completion of the program.



### Lake Trail Community School Garden

The community garden provides a learning space for students and the community with drop-in programs, workshops, and special events. A significant amount of food is produced from the garden for our weekly salad bar program. Those interested in learning the basics of organic gardening are welcome to join volunteer sessions with LTCES's *Garden Coordinator, Elaine Codling*, a permaculture design consultant and teacher with over 30 years of experience.

For more information, email: [laketraillgarden@gmail.com](mailto:laketraillgarden@gmail.com)

Stay tuned to at [www.LTCES.ca](http://www.LTCES.ca) for additional programming and community potlucks, and follow us on Facebook @LakeTrailCommunityEducationSociety

### More Than a Red Door: Feng Shui for Outdoor Spaces

Thursday, October 10. 6:30 - 8:00 pm. \$15

\* Register at [www.LUSHValley.org/events/](http://www.LUSHValley.org/events/) or call 250-218-4952

Join LUSH Valley Food Action Society for an informative and engaging 90-minute mini workshop on how you can not only create beautiful gardens but ones that will nurture your spirit and could change your life! Special guest speaker Terri Perrin, Fine Art of Intention Feng Shui, will speak on the topic of More Than a Red Door: Feng Shui for Outdoor Spaces.



LUSH VALLEY

Lake Trail Community Middle School is pleased to host many LUSH Valley programs. Discover their offerings by searching @lushvalleyfood on Facebook.

## OUR CONNECTION TO WATER

### Watershed 101

Saturday, November 2

1:00 - 2:00 pm. Free to attend.

The Connected by Water Team presents "Watershed 101", an engaging conversation about the Comox Lake Watershed - what is it and why is it important to our community. Learn about the history of the watershed, changes the watershed and is facing, and steps each of us can take to support watershed protection and water conservation in our community!

### Watershed Mapping

Saturday, November 30

1:00 - 2:00 pm. Free to attend.

Join the Connected by Water team in a fun and interactive community mapping project. Come find your place among the water systems in the Comox Valley, and be part of a discussion about why they're important to the past and future of our community.

### Morrison Creek Streamkeepers Guided Walking Tours

Saturday, November 2 AND Saturday, November 30

2:15 - 4:00 pm. Free to attend.

Following the Connected by Water presentations, join the Morrison Creek Streamkeepers on guided walking tours of the Roy Morrison Park near Lake Trail Community Middle School. Dress for the weather and wear sturdy shoes as there are a few slopes and tree roots in Roy Morrison Park when starting the walk from the school.

While we have switched over from *Lake Trail Neighbourhood Connections* to our legal name, *Lake Trail Community Education Society*, we are still doing the same work creating connections at Lake Trail Community Middle School!

### Nia - Dance Workout

**Tuesdays: November 5 - December 10**

5:30 - 6:45 pm. \$50 / 6 sessions.

\* Pre-Registration Required

This FUN holistic class combines dance, martial arts, yoga and healing arts. It's for any skill level and there are no wrong moves! Nia integrates movement and concepts from the East and West to deliver cardiovascular, whole body conditioning, mental focus, and body awareness. [www.movetobe.ca](http://www.movetobe.ca)

### Nutrition for The Family

**Thursday, November 14**

6:30 - 8:00 pm. By Donation.

\* Pre-Registration Preferred

Join Dietitian Erin Roman for an overview of nutrition, the physiology of how food breaks down in our body, and how we can help our families and ourselves with energy and overall wellbeing. Erin will bring some easy, nutritious recipes and share tips on increasing nutrient-dense foods in our daily lives.



LTCES works with community members and organizations to provide free after school programs for students of Lake Trail Community Middle School.

Download the after school program registration form or register online at [www.LTCES.ca](http://www.LTCES.ca). Printed forms are also available at the LTCES office at Lake Trail

## AFTER SCHOOL PROGRAMS FALL 2019

At Lake Trail Community Middle School

### REGISTRATION DETAILS

\* Drop at Lake Trail school office, or mail to:

Lake Trail Community Education Society  
805 Willemar Avenue, Courtenay, BC  
V9N 3L7

\* OR Register ONLINE at [www.LTCES.ca](http://www.LTCES.ca)

We accept cash or cheques payable to:  
Lake Trail Community Education Society

**PLEASE NOTE: Register early to avoid disappointment.**

Classes must meet a minimum number of participants. In the event that numbers are not met, LTCES reserves the right to cancel. Registrants will be notified and issued a refund for class fees.

### LTCES COMMUNITY PROGRAMS - REGISTRATION FORM

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ DATE: \_\_\_\_\_

While pre-registration is preferred for the Nutrition for the Family workshop, drop-ins are welcome!

#### NIA Fitness Class:

\$50 / 6 session

#### Optional LTCES 2019 / 2020 Membership:

By Donation (Suggested \$10) \$\_\_\_\_\_.

#### Nutrition for the Family:

By Donation \$\_\_\_\_\_.

Would you like to join our e-newsletter for programming and events info? Y / N

**Thank you for your support!**

### Mentor Club - Homework and Project Support

**Wednesdays: September 18 - December 11.**

3:15 - 4:30 pm DROP IN. Registration not required.

A quiet drop-in workspace for students to progress on projects and homework with support from community mentors. Art supplies will be on hand and snacks provided. Come by and enter your name to win a great prize in our weekly draw.

A partnership with the CV Lifelong Learning Centre.



### Try Disc Golf!

**Wednesdays: October 2 to October 30.**

3:30 - 5:00 pm. \* Registration required.

A new disc golf course was recently built in the forest behind Lake Trail. Join the Comox Valley Disc Golf Club for five fun, energetic sessions. Learn the basics of disc golf and become acquainted with the course. Maximum of 10 kids, so register early!



### Mic Drop - Rap Writing Workshop Series

**Tuesdays: November 5 to December 10.**

3:30 - 4:30 pm. \* Registration required.

Join this six - week rap writing workshop series to gain performance skills, improve your flow, and learn tips and techniques to become a better rapper. Have fun with wordsmith games, and learn sweet skills from special guests.

A partnership with the CV Lifelong Learning Centre.



Support LTCES by donating your used sporting goods to the "Lake Trail Community Education Society" account at Blue Toque Sport Swap. Sales of these items help towards covering supplies and instructor wages for after school programs!