

EDMONTON



# Inclusive Recreation for People with Disabilities

An activity guide for Edmonton and surrounding areas

Fall 2017 – Summer 2018 Edition





## Introduction

Take time to enjoy many of the leisure opportunities available throughout Edmonton. Get fit, enjoy a new outdoor activity, be creative, meet new friends, have fun and keep active!

This annual guide, produced by the City of Edmonton's Citizen Services Department, lists recreation opportunities throughout Edmonton for individuals with disabilities.

This guide provides a summary of specialized programs and other valuable contacts. Some programs are designed specifically for individuals with disabilities, however many programs are open to everyone. If you require further information about a specific program, **please call the organization**

**directly.** The City of Edmonton offers this guide as a list of resources only and is not necessarily associated with the organization that submitted the advertisement.

If you require any further information about opportunities for persons with disabilities, should you wish to be added to our mailing list or if you would like to let us know about any new programs, please call 780-496-4917, TTY 780-944-5555 transfer code DISREC, fax 780-577-3525, or e-mail [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca).

If you prefer, this flyer can be accessed on the City of Edmonton's website at [www.edmonton.ca/disability](http://www.edmonton.ca/disability)

Alternative formats available on request.

<b>LEISURE PROGRAMS AND GROUPS .....</b>	<b>6</b>
Community Services Department, City of Edmonton.....	6
A.C.T Aquatic and Recreation Centre.....	6
River Valley Programs.....	9
Pools/Leisure Centres.....	9
Red Cross Swim Adapted.....	9
Hardisty Leisure Centre.....	10
Central Lions Senior Citizens Recreation Centre.....	10
Northgate Lions Senior Citizens Recreation Centre.....	11
Kinsmen Sports and Fitness Centre.....	11
Chair Yoga.....	11
Commonwealth Community Recreation Centre.....	12
Millwoods Recreation Centre.....	12
Fort Edmonton Park.....	12
John Walter Museum.....	13
John Janzen Nature Centre.....	15
Muttart Conservatory.....	16
Valley Zoo.....	17
Alberta Abilities Lodges Society.....	21
Alberta AdaptAbilities Association.....	22
Alberta Cerebral Palsy Sports Association.....	24
Alberta Northern Lights Wheelchair Basketball Society.....	25
Alberta Sports and Recreation Association for the Blind (ASRAB).....	25
Art Gallery of Alberta.....	26
The Arthritis Society.....	27
Autism Society of Edmonton Area.....	27
Braille Tone Music Society of Canada.....	30
Brain Care Centre.....	31
Camp Health, Hope and Happiness (Camp He Ho Ha).....	32
Canadian Association of Disabled Skiing (CADS).....	32
Canadian Mental Health Association.....	33
Catch the Wave Water Fitness.....	34
Centre for Autism Services Alberta.....	34
Cerebral Palsy Association in Alberta.....	40
Choral Morphosis.....	46
CNIB.....	47



Community Linking Program .....	49
Dreamcatcher Nature-Assisted Therapy Association.....	54
Edmonton Down Syndrome Society.....	54
Edmonton Epilepsy Association.....	55
Edmonton Public Library.....	56
Edmonton Sled Hockey Club.....	57
Elves Special Needs Society .....	57
Gateway Association for Community Living .....	58
Jurassic Forest and Learning Centre .....	58
Little Bits Therapeutic Riding Association (LBTRA) .....	59
Mira Facilitation Centre .....	59
Multiple Sclerosis Society of Canada .....	60
Networks Activity Centre.....	61
Nina Haggerty Centre for the Arts.....	61
Paralympic Sports Association .....	62
Pathways Day Program (Regional Mental Health).....	66
Qi Creative .....	67
Robin Hood Association.....	68
Rocky Mountain Adaptive Sports Centre.....	69
Soccability .....	70
Solidance Inclusive Recreation Society.....	70
Special Olympics Alberta & Alberta Schools' Athletic Association .....	71
Special Olympics Edmonton.....	72
Spina Bifida and Hydrocephalus Association of Northern Alberta .....	72
Spinal Cord Injury Alberta .....	74
Steel Wheels Wheelchair Rugby .....	74
Steadward Centre for Personal & Physical Achievement .....	75
Wheelchair Sports Alberta Association.....	77
YMCA.....	79
You Can Ride 2.....	80
<b>ACCESSIBILITY INFORMATION .....</b>	<b>80</b>
<b>OTHER VALUABLE LEISURE RESOURCES.....</b>	<b>80</b>
<b>OTHER RESOURCES/NEW INITIATIVES.....</b>	<b>81</b>
<b>UPCOMING FESTIVALS AND SPECIAL EVENTS .....</b>	<b>83</b>
<b>INDEX .....</b>	<b>84</b>

# LEISURE PROGRAMS AND GROUPS

## Citizen Services Department, City of Edmonton

Box 2359  
Edmonton, AB T5J 0J4

**Contact:** 311

**Website:** [www.edmonton.ca](http://www.edmonton.ca)

Swim, visit the Muttart Conservatory, enjoy the river valley, learn about nature, skate outdoors or at an arena, cross-country ski or attend a special event. These are some of the many activities available through the Citizen Services Department.

Inclusion is encouraged and individuals with special needs will be accommodated whenever possible, into all department-sponsored programs, facilities and special events. Individuals with mild to moderate special needs can most often be included. Anyone requiring closer supervision or additional assistance an attendant. Attendants can attend at no additional cost when assisting an individual to attend our facilities, services or programs.

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## A.C.T. Aquatic and Recreation Centre

2909 – 113 Avenue  
Rundle Park  
Edmonton, AB T5W 0P3

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### Water Works

Water Works is an aquatic exercise program specifically for people with joint and mobility problems. A trained instructor takes participants through soothing movements accompanied by soft music. Water Works is safe, easy and is perfect for people with arthritis or fibromyalgia.

**Fall dates/Times:** Monday, Wednesday and Friday from 12:00 – 1:00 pm.

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### Specialized Programs at ACT

The following programs are specifically designed for individuals with disabilities. Individuals with medical needs or who require supervision must provide their own attendant. No fee is charged for attendants.

## **Multi-Sensory Environment**

We are excited to announce new equipment in the sensory room.

Great for all ages and abilities – especially those who like to stimulate or relax their senses. Our Multi-Sensory Environment includes a bubble tube, fiber-optics, light machines and much more. Benefits of usage can include: leisure and relaxation, stimulation and interactive development of motor skills. Call 311 for more information.

**Locations:** ACT Aquatic and Recreation Centre

**Details:** Up to 5 people can use the equipment at a time plus attendant/parents. The Multi-Sensory Environment is booked on a first come, first served basis, when the room is available. Please call the Program Coordinator for more information.

**Dates:** Weekdays, September to June

**Times:** 9:00 am – 4:00 pm, drop-in or quick reservation bookings are available to hold a spot in the room.

## **Adult Senior Leisure Dance**

Come out for an afternoon of toe-tapping music provided by a live band and light refreshments. This is a City of Edmonton Senior Leisure Program designated for older adults aged 55+. This is both a pre-registered and a drop-in program. Those who require DATS to attend this program must pre-register. Participants using DATS for transportation are responsible for booking and cancelling their DATS rides. Those who require DATS to attend this program must pre-register and must complete the online form at: [www.edmonton.ca/surf](http://www.edmonton.ca/surf). Participants using DATS for transportation are responsible for booking and cancelling their DATS rides. People who use their own transportation to and from the dance do not need to register. Participants have the option of paying the full amount in advance, or paying \$3.50 at the front desk each week. Please call the Program Coordinator for more information or go to [www.edmonton.ca/surf](http://www.edmonton.ca/surf)

**Location:** ACT Centre

**Dates:** Wednesdays Fall/Winter/Spring Sessions

**Times:** 1:00 – 2:30 pm



## **Rockin' In Rundle**

Rockin' In Rundle is a leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances and request days throughout the session with beverage refreshments.

This is both a pre-registered and a drop-in program. Those who require DATS to attend this program must pre-register and must complete the online Participant Information form at: [www.edmonton.ca/surf](http://www.edmonton.ca/surf). Participants using DATS for transportation are responsible for booking and cancelling their DATS rides. People who have their own transportation to and from the dance do not need to register. Participants have the option of paying the full amount in advance, or paying \$4.00 at the front desk each week. Please call the Program Coordinator for more information or go to [www.edmonton.ca/surf](http://www.edmonton.ca/surf)

**Location:** ACT Centre

**Dates:** Tuesdays and Thursdays Fall/Winter/  
Spring Sessions

**Times:** 12:30 – 2:30 pm

## **Fitness on Fridays**

Fitness on Fridays is a drop-in gym use time for person with disabilities, alls and gym equipment are available for use. This is an open activity time. Participants who require supervision must provide their own attendant. No fee is charged for attendants.

**Location:** ACT Centre

**Dates:** Fridays, September to June

**Times:** 12:30 – 2:30 pm

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## **City of Edmonton S.U.R.F. Programs (Social, Unique, Recreational, Fun)**

The SURF programs are designed for adults with developmental or other disabilities. Participants who require close supervision, individual attention, or who have medical needs must come with a personal care attendant. Programs include crafts, fitness, cooking, social dance, outing clubs, Zumba and more. Please call the Program Coordinator for more information or go to [www.edmonton.ca/surf](http://www.edmonton.ca/surf)

**Location:** City of Edmonton Recreation Facilities

**Contact:** S.U.R.F. Program Coordinator,  
780-414-8650

**Website:** [www.edmonton.ca/surf](http://www.edmonton.ca/surf)

**Dates:** Fall/Winter/Spring/Summer Classes

**Target Audience:** Adults with  
Developmental Disabilities



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## River Valley Programs

**Phone:** 311 to register

**Fax:** 780-496-2955

**Website:** [www.edmonton.ca/rivervalleyprograms](http://www.edmonton.ca/rivervalleyprograms)

We provide inclusive programming for multiple ages and abilities throughout Edmonton's beautiful river valley. To learn more, please go to [www.edmonton.ca/rivervalleyprograms](http://www.edmonton.ca/rivervalleyprograms)

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## Pools/Leisure Centres

**Phone:** 311

Many pools have additional amenities such as whirlpools and exercise areas. Try the accessibility features which are available at most pools: easy ladders and wider stairs to enter the pool, wheelchair accessible pool lifts, accessible change rooms or unisex change rooms and power doors. Please see the "Community Facilities and River Valley Parks Accessibility" Brochure for more detailed accessibility information.

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## Red Cross Swim Adapted

**Contact:** 311 to register

This course is offered at ACT Recreation Centre, Mill Woods Recreation Centre, Jasper Place Fitness & Leisure Centre and Terwillegar Community Recreation Centre. This course is designed for children with limited mobility, physical impairments or other disabilities. A parent or attendant must accompany students in the water for all levels.

Red Cross Swim Adapted Levels 1 & 2 is for children 4 years or older. It introduces movement in the water, assisted and unassisted front and back floats, glides, front and back swim.

Red Cross Adapted Levels 3 & 4 is for children 6 years or older. It further enhances their unassisted floats, glides, front and back swim and introduction to deep water. Pre-requisite for Level 3 & 4 is completion of Level 2.



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## Hardisty Leisure Centre

### Water Works

Water Works is for persons suffering from arthritis or other joint mobility problems. Program consists of mild exercises and slow movements. Open to swimmers and non-swimmers comfortable in shallow or mid-pool.

Tuesdays and Thursdays, 3:00 – 4:00 pm

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## Central Lions & Northgate Lions Senior Recreation Programs

Central Lions Seniors Association (CLSA) and North Edmonton Seniors Association (NESA) provide daytime recreation programs, social activities and events for older adults (55+). Community programs are offered in the evening. Both buildings are accessible and senior-friendly and have state of the art fitness centres with equipment specifically designed for older adults.

Both Centres offer a large variety of programs throughout the year including: computers and devices, crafts and hobbies, dance, drawing and painting, fitness classes, general interest and language courses, health, wellness and clinics, music, social outings and offsite adventures, drop-in activities and clubs (non-instructional, groups of interest). While most programs are inclusive (in part at the instructor's discretion), not all programs or clubs are adaptable to various ability levels. Where needed, participants must supply their own personal aide. Programs are offered at both member and non-member rates.

## Central Lions Seniors Association (CLSA)

11113 – 113 Street NW  
Edmonton, AB T5G 2V1

**Phone:** 780-496-7369

**Email:** CLSAinfo@clsaedmonton.ca

Newsletter: CLSAnews@clsaedmonton.ca

**Website:** www.CLSAedmonton.ca or  
www.edmonton.ca/eReg (for online  
registration)

“Come for the programs, stay for the people!” CLSA works in partnership with the City to provide three seasonal program guides a year. Participants may register for programs in person (cash, cheque, debit or credit), online (via [www.Edmonton.ca/eReg](http://www.Edmonton.ca/eReg) – programs under ‘Seniors’ section) or by phone (call 311 locally; 780-442-5311 if outside Edmonton). Memberships (\$30 per year) must be purchased in person at Central Lions Recreation Centre. Visit CLSA's website or call 311 for more information.



## Northgate Lions (NESA)

7524 – 139 Avenue  
Edmonton, AB T5C 3H7

**Phone:** 780-496-6969

**Email:** info@nesa1.ca

**Website:** www.nesa1.ca Seasonal Program Guides and Newsletters

“The PLACE for Laughter, Learning and Living!” North Edmonton Seniors Association (NESA) is the largest seniors’ organization in Edmonton, responsible for providing Edmonton’s most comprehensive older adult recreational and social programs. For more information, visit our website or call to obtain a detailed program brochure.

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## City of Edmonton — Chair Yoga

In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor. In addition to a healthy stretch, benefits of chair yoga include: improved muscle tone and range of movement in the joints, better breathing habits and stress reduction.”

Available at Clareview Recreation Centre, Kinsmen Sports Centre, Terwillegar Recreation Centre and The Meadows Recreation Centre. Visit Edmonton.ca or contact 311 for program times

**Fees:** Drop-in admission or valid City of Edmonton membership

## Kinsmen Sports and Fitness Centre

9100 Walterdale Hill  
Edmonton, AB T6E 2V3

**Phone:** 311

**Website:** www.edmonton.ca/activities\_parks\_recreation/kinsmen.aspx

The Kinsmen Sports Centre is a multi-amenity fitness and high performance sport facility featuring a four pool aquatic complex, weight room and cardio spaces, squash/racquetball/handball/walley ball courts, badminton/pickle ball, tennis and volleyball courts, portable basketball backstops, indoor playground, child care services and a full indoor field house with two running tracks. Both dryland and aquatics drop-in and registered programs are offered for anyone interested in improving fitness levels. Sports facilities and multi-use spaces are also available for rental.

Access for all is enhanced by reserved parking, main entrance ramping, automatic main entrance doors, an elevator, fully-accessible washrooms and change rooms in the pool and central core areas and large corridors. A pool lift allows easy access to the pools. The facility also features a cafeteria, private physiotherapy clinic, a Running Room outlet and a private massage therapy clinic.

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## Commonwealth Community Recreation Centre

11000 Stadium Road NE  
Edmonton, AB T5H 4E2

**Phone:** 311

The fitness pool, leisure pool and hot tub all have barrier free zero step in entries accessible by wheelchair. In addition the building, locker rooms and washrooms are barrier free.

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## Mill Woods Recreation Centre

7207 – 28 Avenue  
Edmonton, AB T6K 3Z3

**Phone:** 311

The main pool at Mill Woods is designed with an accessible zero depth shallow area. A wheelchair is available to assist with entry into the pool and there are accessible washrooms. For more information on accessibility please visit the following link. [www.edmonton.ca/attractions\\_recreation/sport\\_recreation/mill-woods-accessibility.aspx](http://www.edmonton.ca/attractions_recreation/sport_recreation/mill-woods-accessibility.aspx)

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## Fort Edmonton Park

7000–143 Street (corner of Whitemud Freeway and Fox Drive)  
Edmonton, AB T6H 4P3

**Phone:** 311

Fort Edmonton Park has partial accessibility with ramps and washrooms available at many locations throughout the Park. However, due to the historic nature of the facility, there are a number of buildings that would be challenging for persons with limited mobility and impassable for wheelchairs.

The Park is situated on 158 acres and although period transportation is available only the stream train is equipped for wheelchairs, and the physical demands of walking the site are considerable.

Programs offered at the Park accommodate special needs wherever possible. Notification of any special need requirements must be identified at the time of registration. Personal Care Attendants are admitted free of charge.

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## John Walter Museum

9180 Walterdale Hill NW  
Edmonton, AB

**Contact:** 311

**Website:** [www.edmonton.ca/johnwalter](http://www.edmonton.ca/johnwalter)

John Walter Museum displays the three original homes of John Walter, one of Edmonton's early entrepreneurs. Here you will learn not only about John Walter, but also about the changing fortunes of Edmonton's river valley communities.

The museum is partially accessible. Paved walkways and boardwalks connect the houses and the public parking lot. John Walter's Third House, completed in 1901, is accessible by ramp. Accessible washrooms are found in the Visitor Orientation Building. The museum is open Sundays (March through November) and Saturdays (July through September) from 1:00 to 4:00 pm and admission is free of charge.

Programs accommodate special needs wherever possible. To book a program, please call 780-442-1442 or e-mail: [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca).

Please note at the time of registration that accommodation may be required. Personal Care Attendants are welcome to attend at no extra cost.

## Summer in the Valley

Join us in the heart of Edmonton's River Valley for some good ol' fashioned summertime fun! In this program, we'll churn our own ice cream and make delicious 'no-bake' truffles. Then we'll head outside to help wash Mr. Walter's wool socks and play a lively round of croquet.

**Phone:** To book a program, please call 780-442-1442 or e-mail [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca). At time of booking, please indicate any special needs for which accommodation may be required.

**Date:** June through September

**Hours:** Programs can be booked during the day and afternoon

**Target Audience:** Programs can be accommodated to meet a wide range of needs and abilities (Ages 5 and up)

**Cost:** Maximum size 30 individuals; 2 hour program \$165



## ***Hands on History***

Make your field trip go down in history with some hands-on fun. Visit one of the homes, and you can dip candles, help out with some pioneer chores, examine artifacts and cook up a tasty treat to enjoy!

**Phone:** To book a program, please call 780-442-1442 or e-mail [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca). At time of booking, please indicate any special needs for which accommodation may be required.

**Date:** Available year round

**Hours:** Programs can be booked during the day and afternoon

**Target Audience:** Programs can be accommodated to meet a wide range of needs and abilities (Ages 5 and up)

**Cost:** Maximum size 30 individuals; 2 hour program \$165

## ***Heritage Home Skills***

Discover what life was like over a century ago! A home of an early Edmonton settler meant no electricity or access to the types of foods we see on our grocery store shelves today. In this program, you'll make candles, a simple jam, churn butter and make scones on a wood-burning stove.

**Phone:** To book a program, please call 780-442-1442 or e-mail [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca). At time of booking, please indicate any special needs for which accommodation may be required.

**Date:** Available year round

**Hours:** Programs can be booked during the day and afternoon

**Target Audience:** Programs can be accommodated to meet a wide range of needs and abilities (Ages 9 and up)

**Cost:** Maximum size 30 individuals; 2 hour program \$165

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## John Janzen Nature Centre

7000 – 143 Street NW  
(next to Fort Edmonton Park)  
Edmonton, AB T5J 2R7

**Phone:** 311

**Website:** [www.edmonton.ca/johnjanzen](http://www.edmonton.ca/johnjanzen)

A gateway to the heart of Edmonton's River Valley, the John Janzen Nature Centre takes visitors for a walk on the wild side with programs, events and interactive exhibits designed to promote awareness and engagement with nature in an urban setting. John Janzen Nature Centre is fully accessible, including the Tegler Discovery Zone indoor play space. A wheelchair lift provides access to the classrooms which are used during programs and special events.

Programs are adapted to meet participants' special needs wherever possible. Personal Care Attendants are welcome to attend free of charge.

To book a program, please call 780-442-1442 or e-mail [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca). At time of booking, please indicate any special needs for which adaptations to the program may be required.

## Explore the Season

Discover birds, trees, insects and other animals to and learn about their lives. Activities are seasonally based, but can include: bird watching, nature games, insect hunts and more. You can also handle artifacts, visit the honeybee hive and explore the exhibit room.

**Phone:** To book a program, please call 780-442-1442 or e-mail [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca).

**Date:** Available year round

**Hours:** Programs can be booked during the day, afternoon and evenings on weekdays and weekends

**Target Audience:** Programs can be adapted to meet a wide range of needs and abilities (Usually 6 – 11 age group)

**Cost:** Maximum size 30 participants; 2 hour program \$150



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## Muttart Conservatory

9626 – 96 A Street  
Edmonton, AB T6C 4L8

**Phone:** 311

**Website:** [www.edmonton.ca/muttart-conservatory](http://www.edmonton.ca/muttart-conservatory)

What good is having one of the most unique living natural collections of plants, if everyone can't enjoy it? The Muttart Conservatory is committed to providing the best, easiest access possible to all its exhibits. Wheelchair access to the Conservatory is rated as "Very Good." We hope you agree.

Programs accommodate special needs wherever possible. To book a program, please call 780-442-1442 or e-mail [cmschoolbookings@edmonton.ca](mailto:cmschoolbookings@edmonton.ca).

Please note at the time of registration that accommodation may be required. Personal Care Attendants are welcome to attend at no extra cost.

## Ladybug, Ladybug

**Contact:** To book a program, please call 780-442-1442 or e-mail [cmschoolbookings@edmonton.ca](mailto:cmschoolbookings@edmonton.ca)

Get to know a real ladybug before releasing it into one of the pyramids at Muttart Conservatory. Discover the importance of ladybugs through activities, stories and songs. You'll top this fabulous program off by potting a colorful plant to take home in honor of little spotted friends.

Please note at the time of registration that accommodation may be required. Personal Care Attendants are welcome to attend at no extra cost.

**Dates:** September – October /February – June

**Hours:** Programs can be booked during the day, afternoon and evening

**Target Audience:** Program can be accommodated to meet a wide range of needs and abilities (usually 4 – 8 age groups)

**Cost:** Maximum size 30 individuals; 2 hour program \$170

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## Valley Zoo

13315 Buena Vista Road  
Edmonton, AB T5J 2R7

**Phone:** 311

**Website:** [www.valleyzoo.ca](http://www.valleyzoo.ca)

Intimate. Inspiring. Nurturing. Natural. Cool. Nestled on the banks of the North Saskatchewan River, the Edmonton Valley Zoo is a small and intimate zoo that provides authentic and engaging animal experiences. Open year-round, except on Christmas Day.

- Most of the Edmonton Valley Zoo is accessible, including the elephant viewing area and our new Arctic Shores Exhibit and Wander Trail.
- Walkways are a combination of paved and gravel surfaces.
- The outer zoo has some steeper inclines.
- Programs accommodate special needs wherever possible. Personal Care Attendants are welcome to attend free of charge.

### **On Site Group Programs:**

**Program Length:** 1.5 hours; program fee includes admission to the Zoo

**Fees:** \$210

### **How To Book:**

**Email:** [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca)

**Phone:** 780-442-1442

**Online:** Submit your booking request at [edmonton.ca/edprogrambookings](http://edmonton.ca/edprogrambookings)

## **Group Programs:**

### ***Animals Around the World***

Get closer to animals from around the world! Participants will discover exotic animals, as well as some from closer to home, as they go on a globetrotting tour without ever leaving Edmonton. You will meet some of our animals up close, and even get a chance to touch a few, as you learn how the Zoo (and you too) can help animals all over the world.

### ***Animal Senses***

Stimulate your senses at the Zoo! Discover how animals find food, perceive predators and pick a partner using their five (or more!) senses. Students will meet some animals with senses very similar to ours, and some that are very different. Your group will get to look and listen as you tour around part of the Zoo, touch some artifacts and live animals and probably get to experience some rather unique smells.

### ***Northern Safari Tour***

Discover some of the animals that call Canada home! An interpreter will guide your group around the Zoo to meet some of our Canadian animals, as well as ones that live in similar habitats around the world. Learn about diverse ecosystems found in the northern parts of the world and how animals adapt to living in them. You'll have a chance to see some awesome animal artifacts, and meet some of our smaller northern animals up close.

## ***Fur, Feathers, and Scales***

Get closer to the animals at the Edmonton Valley Zoo to see what they have covering their bodies. What can mammals use their fur for? What are birds' feathers made out of? Do animals covered in scales feel slimy? Students will get a chance to see and feel the difference between fur, feathers and scales when we tour the zoo, check out some animal artifacts and even get to touch some live animals.

## ***Night Creatures***

How do whiskers help animals scurry around at night? Can owls see in the dark? Students will discover some of the amazing adaptations of the night-loving animals that live in our nocturnal wing. We'll also visit familiar and exotic animals from around the world that are most active at dawn and dusk. Students will learn about the incredible lives of night creatures as we look at bats, owls and more.

## ***Endangered Species***

Meet some of the world's most endangered species, and discover ways that you and the Zoo can help protect and preserve endangered animals here and around the globe! We'll examine artifacts that come from endangered species, meet some animals up close and personal, and participate in hands-on activities to help your students understand why so many animals are endangered. As we visit the Zoo's endangered animals, students will learn about our Species Survival Plan and the conservation efforts that the Zoo supports.

## ***Be a Zookeeper***

Zookeepers are always busy with making meals, creating enrichments, caring for sick animals and cleaning animal enclosures. Your group will take part in at least one zookeeping activity\* that needs to be done that day. Students will find out first-hand what it's like to be a zookeeper as they go behind the scenes, discover what some of our animals eat and learn more about what enrichments are and why zookeepers provide these to our animals. Your group will also get a chance to meet and touch a few of our smaller animals.

\*Activities may include delivering an animal enrichment, cleaning an enclosure, or preparing an animal diet. Specific activities are dependent on animal health and zookeeper availability, so they cannot be guaranteed in advance.

## Edmonton Valley Zoo Sleepover

This exciting overnight stay at the Zoo will provide your class with an immersive learning experience tailored to meet your classroom learning needs. Check out the animals that are just waking up, as an interpreter guides you around the Zoo after hours. The sleepover program includes two 1.5-hour programs of your choice, time for supper and breakfast\*, and free time for a movie or games. Program can also include an evening campfire (depending on weather conditions).

\*No meals are provided

At time of booking, please indicate which programs you would like included with your sleepover, and if you would like a campfire.

For more information about sleepover programs, including a breakdown of the schedule, visit [edmonton.ca/valleyzoo](http://edmonton.ca/valleyzoo) and click on “Programs, Courses & Camps”

<b>Program Length:</b>	Arrive at 4 pm; depart at 8:30 am the following day
<b>Fees:</b>	\$675 for up to 30 participants

Groups staying later than 8:30 am will be charged an additional \$30/hr. or part thereof. Those wishing to visit the Zoo on their own after the overnight experience must pay self-guided admission fees for time spent in the Zoo after 9 am.

<b>Available:</b>	Mon. – Thurs., Sep. – Jun.*
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## Travelling Zoo Outreach Programs

If you aren't able to bring your group to the Zoo, why not invite the Zoo to YOU? An interpreter can bring up to three live animals to your group for a unique, hands-on learning experience!

**NOTE ABOUT CANCELLATION:** The well-being of the animals can be jeopardized if the zoo van encounters road problems in cold temperatures or unsafe driving conditions. For these reasons the Edmonton Valley Zoo reserves the right to cancel Zoo outreach programs if conditions are prohibitive.

For programs outside Edmonton, add \$23/hr (or part thereof) travel time per program staff and \$0.52/km for mileage to your program fee.

## Animal Visit

Invite a few of our smaller Zoo animals to drop by your location for an animal visit! Your group will have a chance to meet, touch, learn about, and get closer to these animals. An interpreter will also bring along some animal artifacts that the group will be able to see and touch. Three animals are included in this visit. Please inquire at the time of booking about the types of animals\* that may be brought for this program.

\*We cannot guarantee encounters with specific animals, as this is dependent on animal health and availability on the day of the program.

<b>Program Length:</b>	45 minutes
<b>Fees:</b>	\$170 (1 group) OR \$230 (for 2 groups in the same day)*

\*An additional interpreter fee of \$23/hour or part thereof will be added to the cost of the programs if the length of time in between the first and second scheduled program exceeds 1 hour.

## Special Events

### Festival of Light

Light is energizing, light is revitalizing. What better way to celebrate light than after dark at the Edmonton Valley Zoo. Bring the whole family down and stroll through the Edmonton Valley Zoo's entry plaza, wander or visit the existing exhibits and experience one artistic display after another.

**Dates:** December 1 – December 31, 2017  
(Fridays, Saturdays, and Sundays ONLY)  
5 – 9 pm

### Dreamnight at the Zoo 2018

Join us at the Edmonton Valley Zoo for our 10th annual Dreamnight at the Zoo! Dreamnight is an international event that began at the Rotterdam Zoo in 1996 with the goal of providing an entirely cost free event for chronically ill and disabled children and their families (18 years and under).

Registration is required and will begin in Spring 2018. For more information please contact the Special Events Coordinator at 780-496-2982 or email [zooexperiences@edmonton.ca](mailto:zooexperiences@edmonton.ca)

**Dates:** First Friday in June

# Alberta Abilities Lodges Society

P.O. Box 4455  
Edmonton, AB T6E 4T5

**Contact:** Ross Wein

**Phone:** 780-436-0141

**Email:** rosswein@shaw.ca

**Website:** www.aals.ca

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## Adapted Outdoor Equipment and Events for Seniors and Persons with a Disability

Alberta Abilities Lodges Society, a registered charity, provides opportunities for seniors and persons with physical or cognitive challenges to enjoy nature. We believe outdoor experiences raises the quality of life, gives respite and breaks isolation. We will partner with any group that has complementary goals and wishes to support financially the direct costs and other resources on a 50:50 basis. We hold special events that depend heavily on our board members and volunteers. We encourage camps, parks and other outdoor facilities in natural areas to work toward universal access and inclusiveness. We own TrailRiders, tandem bicycles, canoes, double kayaks, trekking poles, hockey sledges, sit-skis and other outdoor equipment. Above all, we wish to support families and groups so they can give their loved ones the thrill and the medical/wellness benefits of experiencing nature.

**Location:** Various River Valley locations and in the Coyote Lake area (60 km west of Leduc); all skill levels, all ages, all Target Audiences.

**Cost:** Our lodge operations are modelled after William Watson Lodge in Kananaskis but we are family rather than government funded. We opened for guests on July 1, 2017. Cabins are rented at \$100 per night and sleep four persons. Event and equipment rental costs are negotiated. At present, the society accepts donations for Coyote Lake Lodge development, events and for equipment repairs/replacement.

# Alberta AdaptAbilities Association

Head Office: 10130 – 82 Avenue  
Edmonton, AB T6E 1Z4

**Contact:** Mahalia Coniah / Michelle Hordal

**Phone:** 780-431-8446

**Fax:** 780-669-5762

**Email:** info@adaptabilities.ca

**Website:** www.adaptabilities.ca

AdaptAbilities is a registered charity, providing essential respite care to individuals with special needs, allowing families to pause, take a break and experience positive self-care. AdaptAbilities offers a variety of respite care programs throughout the year, empowering individuals to grow, succeed and belong.

Programming incorporates three components into each day:

- Essential Life Skills
- Expressive Arts and Recreation
- Motor Development.

Our Relief Care and Community Specialists are trained to provide goal-directed respite programs where individuals learn and grow as members of their own community. AdaptAbilities strengthens individuals and families, building a vision of inclusion, one person at a time.

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## Drop-in Respite Centres

Our Respite Centres provide children and their families with the opportunity to receive high-quality care when parents need to run errands, take a break or go to an appointment.

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## Out-of-School Care / High School Transition

AdaptAbilities Out-of-School Care offers a number of structured activities in a safe and supportive environment. Each day, children and youth have the opportunity to do homework, play games and keep active.

High School Transition supports adults who are continuing their high school education by offering a safe and welcoming “home away from home” after school. Individuals will begin to explore what it means to become an independent adult through experiential learning opportunities.



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## Social Nights

Each week we offer youth the chance to hang out and meet new friends. Pre-teens and teens plan a variety of recreational activities and participants are guided in making appropriate and fun choices.

We strive to improve decision making skills, independence and inclusion in the community.

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## In-Home Program

We introduce Community Specialists to individuals and families, and together they develop a personalized plan for success.

Services offered include respite, establishing community connections, finding employment and personal care.

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## Community Connect

Once finished high school, Community Connect supports young adults 18+ to build confidence and autonomy by identifying personal strengths, interests and desires.

Based on their chosen pathway, we will support individuals to volunteer, find employment, connect with community, build meaningful relationships, seek further education and live an active healthy lifestyle.

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## Hearts In Action Camps

Hearts In Action (HIA) Camps are unique day camps providing enjoyable, goal-directed activities during school holidays, exam breaks and professional development days. The small group settings foster the growth of the whole child/youth — socially, physically, mentally and emotionally. HIA offers extra support with daily routines where participants rotate through AdaptAbilities' program components within their designated age group.

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## Inclusive Camp Opportunities

Are you looking for an inclusive camp for your child? AdaptAbilities believes all children should have a memorable summer in a camp where they belong. Trained Community Specialists will support children to participate in a community camp of their choice. The focus is to develop friendships, explore interests and most importantly, have fun in an inclusive setting.

Please visit [www.adaptabilities.ca](http://www.adaptabilities.ca) for more information, program locations, or to register for programs.

# Alberta Cerebral Palsy Sports Association (ACPSA)

Percy Page Centre, 11759 Groat Road  
Edmonton, AB T5M 3K6

**Email:** [contact@acpsa.ca](mailto:contact@acpsa.ca)

**Website:** [www.acpsa.ca](http://www.acpsa.ca)

The Alberta Cerebral Palsy Sports Association is a vibrant community based provincial sport organization that is dedicated to developing and providing sport opportunities for individuals with cerebral palsy and other related conditions.

Our current programs include Boccia, Soccability: Power Chair Soccer and Para Soccer and other adapted programming offered in conjunction with our partners. Through our activities we wish to provide opportunities and support to individuals who wish to lead an active lifestyle.

We offer ongoing programming throughout the year, in both Edmonton and Calgary locations, in the following sports:



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## Boccia

Our program introduces individuals to the sport of boccia in a fun and supportive environment. The sport is easily adaptable for individuals with varying levels of mobility, using equipment such as ramps. Boccia is a tactical and strategic sport that can be played individually or in teams, both recreationally and competitively. Our program is for all ages and ability levels.

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## Soccability: Power Chair Soccer

Power soccer is a competitive team sport played by individuals who use power wheelchairs, with guards attached to pass an enlarged soccer ball. Ages 6+ invited to participate, no experience necessary.

A power wheelchair is required; all other equipment is provided, but limited so register early.

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## Soccability: Para Soccer

The Soccability Para Soccer program is for any individual, ages 6+, with a disability who is interested in developing their soccer skills in a social and supportive environment. We welcome anyone with a physical, cognitive or developmental disability to join our group! To find out further information on our program and dates:

**Website:** [www.acpsa.ca](http://www.acpsa.ca)

**Contact:** [contact@acpsa.ca](mailto:contact@acpsa.ca)

## Alberta Northern Lights Wheelchair Basketball Society

Go Centre, University of Alberta  
Office # 2 – 209, 11610 – 65 Avenue  
Edmonton, AB T6G 2E1

**Contact:** Neil Feser

**Email:** info@albertanorthernlights.com

**Website:** www.albertanorthernlights.com

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## Wheelchair Basketball Open Gym

Alberta Northern Lights welcomes anyone who would like to try the sport of wheelchair basketball. We have athletes of all skill levels who play our sport. If you would like to give it a try, come out to our open gym night and we will provide equipment for you to participate.

**Dates:** Thursday nights

**Times:** 6:00 – 8:00 pm

**Location:** GO Centre – Saville Community Sports Centre

**Target Audience:** All Levels

**Cost:** Free to try

## Alberta Sports and Recreation Association for the Blind (ASRAB)

Percy Page Centre  
11759 Groat Road NW  
Edmonton, AB T5M 3K6

**Contact:** Edmonton Program Coordinator

**Phone:** 780-868-6318

**Email:** program.edmonton@asrab.ab.ca

**Website:** www.asrab.ab.ca

The Alberta Sport and Recreation Association for the Blind (ASRAB) supports Albertans who are blind or visually impaired to live physically active lives and participate in competitive and recreational sport programs. Our association was developed by a group of people who believed that blind and partially sighted individuals should have the same opportunities as their sighted peers to learn, participate and compete in sport and recreation. We do this by:

- Providing developmental and competitive sport programs
- Supporting and encouraging individuals with visual impairments to actively participate in a broad spectrum of sport and recreation opportunities
- Collaborating with others who share our vision
- Promoting the abilities of the blind and visually impaired

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## Goalball

Goalball is a fast-paced team sport developed in 1946 to help in the rehabilitation of blinded war veterans. The game was introduced to the world in 1976 at the Paralympics in Toronto and has been played at every Paralympics since. World Championships are held every four years; the first was in Austria in 1978. Goalball is now played competitively in 85 countries worldwide.

Goalball has three characteristics that distinguish it from all team ball games played by sighted people: (1) it is played with a ball that is audible, so that the player can hear it when it is in motion; (2) it is played on a court with tactile markings so the players can find their positions on the court by checking the markings with their feet or hands; and (3) all players wear blacked out goggles so they have equal vision: none.

ASRAB runs a regular recreational Goalball program in the Fall through Spring. It is open to any age and experience level, and is supported by a group of knowledgeable coaches and volunteers. Goalball demonstrations can be arranged for your school or community group, to learn and experience this unique sport. Contact us to make arrangements.

To stay up to date on ASRAB's programs and events, contact us for information or to join our newsletter list!

## Art Gallery of Alberta

2 Sir Winston Churchill Square  
Edmonton, AB T5J 2C1

**Contact:** Evelyn Liesner

**Phone:** 780-422-6223

**Fax:** 780-426-3105

**Email:** [evelyn.liesner@youraga.ca](mailto:evelyn.liesner@youraga.ca)

**Website:** [www.youraga.com](http://www.youraga.com)

Classes are led by professional artists who have extensive experience working with a wide range of students, including adults with developmental disabilities. Space is limited, register early!

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## Art Express – Special Needs Adult Art Classes

**Dates:** September 14 – October 26 and  
November 2 – December 14, 2017

**Time:** 12:00 – 1:00 pm, Thursdays

**Location:** AGA Education Studios, Lower  
Level 1

**Target Audience:** All welcome, independent  
as well as individuals requiring assistance

**Cost:** \$51 + GST

## The Arthritis Society

Northern Region Office  
#307, 10109 – 106 Street  
Edmonton, AB T5J 3L7

**Phone:** 780-424-1740

**Email:** [info@ab.arthritis.ca](mailto:info@ab.arthritis.ca)

**Website:** [www.arthritis.ca](http://www.arthritis.ca)

Free arthritis information and resource referrals by calling the Arthritis Information Line 1-800-321-1433.

Offering FREE education programs in Edmonton and area including Arthritis 101 & Chronic Pain Management. Please check our website regularly at [www.arthritis.ca](http://www.arthritis.ca) for location, date and time of classes. You can even register directly online. Alternately please call the office at 780-424-1740.

## Autism Society of Edmonton Area

101, 11720 Kingsway Avenue  
Edmonton, AB T5G 0X5

**Contact:** Autism Support Services Team

**Phone:** 780-453-3971,  
PRESS 1

**Email:** [support@autismedmonton.org](mailto:support@autismedmonton.org)

**Website:** [www.autismedmonton.org](http://www.autismedmonton.org)



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## Parents of Adults with ASD

**Contact:** Autism Support Services,  
[support@autismedmonton.org](mailto:support@autismedmonton.org)

This parent group discusses the challenges and the rewards of having adult children with an ASD, as well as how to advocate for the supports and programs they need to live full, healthy lives.

**Dates:** First Wednesday evening of the month

**Times:** 7:00 – 9:00 pm

**Location:** Autism Edmonton

**Target Audience:** For parents of adults with ASD

**Cost:** No cost. Must be a member of Autism Edmonton (FREE)

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## The League of Extraordinary Individuals

**Contact:** theleague@autismedmonton.org

The League of Extraordinary Individuals is a group specifically designed for members age 18 – 24 years old who have a relatively high level of independence. Most are in the process of finishing school, seeking employment/volunteer opportunities and lacking fulfilling social opportunities with peers. Historically, the League has acted as a support group providing facilitated conversations about topics related to this transitional age. Due to members' feedback, the League is working to build strong community through more activity-based meetings, which are chosen by the group.

**Dates:** First and third Wednesdays of the month

**Location:** Various locations

**Target Audience:** For young adults with ASD 18 – 24 years of age, not eligible for PDD funding

**Cost:** TBA – Must be a member of Autism Edmonton (FREE). Activity costs vary for activities.

Requires an intake interview.

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## Adults with Autism

**Contact:** Autism Support Services, support@autismedmonton.org

Adults with an ASD diagnosis get together several times per month for social outings, facilitated discussions and learning topics. Group members have the opportunity to meet other adults with ASD and share tips and tricks for success and learn about new resources in the Edmonton community while expanding their social network. Group members contribute to the direction and plans for this group.

**Dates:** Various

**Location:** Various

**Target Audience:** Adults with ASD, 25 years and older, able to participate in a group setting without staffing support

**Cost:** TBA – Must be a member of Autism Edmonton (FREE). Activity costs vary for community activities

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## Family Connections

**Contact:** Autism Support Services, support@autismedmonton.org

Autism Edmonton Members are invited to family events! Details are sent out in our e-bulletin to members and range from family pool parties to family nights at community attractions.

**Dates:** TBA

**Times:** TBA

**Location:** Various

**Cost:** Must be a member of Autism Edmonton (FREE)



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## Partners of Individuals with Autism

**Contact:** Autism Support Services,  
support@autismedmonton.org

Members will meet to learn about high functioning autism and discuss the challenges and victories associated with having an ASD diagnosis. Focus of the group will also be to expand social network supports in the autism community. (Partners of group members do not need to have an official diagnosis of Asperger's or ASD to be included in this group.)

**Dates:** TBA

**Times:** TBA

**Location:** Autism Edmonton

**Cost:** Must be a member of Autism Edmonton (FREE)

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## Occasio — Social Recreational Respite Program

**Contact:** Autism Support Services,  
support@autismedmonton.org

Occasio is a spectrum-inclusive social recreational respite program for youth and adults ages 10+ (including 18+). Occasio provides families with easy access to respite support in the Edmonton area, while also allowing participants to build relationships with their peers in a safe and supportive environment. Activities range from low key events like games night, video games night or board games to community activities like Galaxyland, Jurassic Forest or the West Edmonton Waterpark. Participants register for activities individually and as interested or as needed, rather than signing up for sessions.

**Dates:** Various

**Times:** Various

**Location:** Various

**Cost:** Must be a member of Autism Edmonton (FREE). Hourly respite rate between \$15.50 – \$24/hour dependent on level of support and funding (can be covered by FSCD respite funding), activity costs (vary with each activity).



## Braille Tone Music Society of Canada

#107, 15207 Stony Plain Road  
Edmonton, AB T5P 3Y4

**Contact:** Fahim Rajabali

**Email:** info@btones.ca

**Website:** www.btones.ca

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### Braille Tone Choir

**Contact:** Susan Farrell (Director)

**Phone:** 780-298-5027

**Email:** choir@btones.ca

The Braille Tone Choir is a safe, fun and enriching choir for adults with all levels of ability, musical and otherwise! Rehearsals are led by our professional conductor and accompanist and the choir sings in four part harmony with the help of section leaders drawn from local choirs in Edmonton.

The choir performs many times a year at various venues around Edmonton. Contact Susan Farrell, our choir director, for more information!

**Dates:** Saturdays from September to June

**Hours:** 10:30 am – 12:00 pm

**Locations:** Kiwanis Place (10330 – 120 Street), Edmonton

**Ages:** All adults with any level of ability and musical experience

**Cost:** Free

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## Semitones Children's Choir

**Contact:** Susan Farrell (Director)

**Phone:** 780-298-5027

**Email:** choir@btones.ca

The Semitones Children's Choir is an integrated and inclusive choir for all children aged 8 – 16. It is made up of children with and without special needs. Professionally directed and accompanied, this choir sings in two part harmony and recruits helpers from local choirs in Edmonton. The choir performs two to three times per year. The choir aims to promote confidence, leadership and building community among its members in a fun, engaging and safe environment! Contact our director, Susan Farrell, for more information!

**Dates:** Saturdays from September to June

**Hours:** 1:00 – 2:00 pm

**Locations:** Kiwanis Place (10330 – 120 Street), Edmonton

**Ages:** Ages 8 – 16 years with all levels of ability

**Cost:** Free

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## Music Lessons

**Contact:** Fahim Rajabali

**Email:** lessons@btones.ca

**Dates:** TBD by student and teacher running from September to June

The Braille Tone Music Society also funds private, individual lessons for students with special needs. We have experienced teachers drawn from many schools in Edmonton and the surrounding area, currently teaching guitar, keyboard/piano, percussion and voice. The society subsidized lessons, making them affordable or in some cases free, depending on the teacher's rates. Students perform twice yearly at the Winter and Year End Recitals. Contact Fahim for more information!

**Hours:** TBD by student and teacher

**Locations:** Various locations in Edmonton and surrounding area

**Ages:** Ages 8 and up, all abilities

**Cost:** Lessons are subsidized; cost depends on teacher's fee

## Brain Care Centre

229 Royal Alex Place  
10106 – 111 Avenue  
Edmonton, AB T5G 0B4

**Phone:** 780-477-7575

**Fax:** 780-474-4415

**Email:** admin@braincarecentre.com

**Website:** www.braincarecentre.com

**Ages:** 18 and up

**Cost:** None

**Target Audience:** Documented mild to severe brain injury

Brain Care Centre (BCC) provides the following services to individuals with acquired brain injury:

- Service coordination
- Counselling
- Occupational therapy
- Concussion Services Program — ImPact testing and education
- Assistive device training
- Caregiver program
- Volunteer program
- Education

In addition to one-on-one service, BCC runs a variety of life skills classes and support groups throughout the year.

## Camp Health, Hope & Happiness (Camp He Ho Ha)

Box 182  
Seba Beach, AB T0E 2B0

**Contact:** Kelly French

**Phone:** 780-429-3277 ext. 240

**Fax:** 780-797-3812

**Email:** [coordinator@camphehoha.com](mailto:coordinator@camphehoha.com)

**Website:** [www.camphehoha.com](http://www.camphehoha.com)

## Summer Camps for People with Disabilities

Camp Health, Hope & Happiness provides adapted summer camp programs for individuals with any type or degree of disability, starting at the age of 6. The fully modern, accessible facility includes a 40-foot climbing wall and ropes course, waterfront activities, indoor swimming pool, arts & crafts programs and much more. Camp He Ho Ha hires approximately 35 post-secondary students each summer from all across Canada to fulfill the roles of counselors, team leaders, lifeguards and resources. There are also two nurses hired each summer to operate the onsite medical centre.

**Dates:** 10 residential camp programs (6 days long) running from May to August

**Location:** Approximately 85 kilometers west of Edmonton on Lake Isle

**Ages:** 6 – 105 years

**Target Audience:** Children, adults, seniors with any type or degree of mental and/or physical disabilities

## Canadian Association for Disabled Skiing – Edmonton (CADS)

P.O Box # 35073  
10818 Jasper Ave  
Edmonton, AB T5J 0B7

**Contact:** Sharon Veeneman

**Phone:** 780-721-7071

**Fax:** 780-400-1731

**Email:** [coordinator@cadsedmonton.ca](mailto:coordinator@cadsedmonton.ca)

**Website:** [www.cadsedmonton.ca](http://www.cadsedmonton.ca)



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## CADS Edmonton Ski & Snowboard Program

CADS Edmonton offers programs in both downhill skiing and snowboarding. Our programs are aimed at instructing individuals in our community with disabilities in the various adapted skiing techniques. Our volunteer instructors are trained in adaptive ski instruction as developed by the CADS national certifying body. CADS Edmonton is dedicated to creating an open community of athletes, instructors and supporters. We continue to celebrate a love of sport in all of its forms.

**Dates:** Monday nights, January 2018 – March 2018

**Times:** 7:00 – 9:00 pm

**Location:** Rabbit Hill

**Target Audience:** Beginner to Advanced

**Cost:** \$200

## Canadian Mental Health Association — Edmonton Region

#300, 10010 – 105 Street NW  
Edmonton, AB T5J 1C4

**Contact:** Youth Transitional Worker

**Phone:** 780-414-6329

**Email:** [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)

**Website:** [www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)

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### Challenge by Choice

Recreation and educational programming focused on wellness and recovery using experiential learning approaches to teach healthy balanced leisure and social interaction skills. Referral forms are available on the website.

**Dates:** Mondays to Fridays

**Time:** 1:00 – 3:00 pm; 4:00 – 5:30 pm;  
4:00 – 8:00 pm

**Location:** Bill Rees YMCA  
10211 – 105 Street

**Ages:** 16 – 30 years

**Target Audience:** Mental health/addictions concerns

**Cost:** Occasional fee up to \$10.00

## Catch the Wave Water Fitness

Edmonton, AB

**Contact:** Susan  
Kisilevich

**Phone:** 780-474-1683 or  
780-915-1132

**Email:**

susan@catchthewavewaterfitness.com

**Website:**

www.catchthewavewaterfitness.com



## Aquatic Personal Training & Rehabilitation

Promoting “Wellness Through Water” one-on-one personal training or rehab conducted in the water. Prior to commencing aquatic personal training or rehabilitation, an in-pool assessment (approximately 1 – 2 hours in length) will be scheduled to establish fitness levels and to develop an appropriate personal training or rehabilitation program. After the in-pool assessment has been conducted, each subsequent session is projected at 60 minutes in length.

In addition, we can conduct a postural assessment. A thorough postural assessment can be added to any in-pool assessment or session. Information from the postural assessment will be used to add to your personal exercise inventory. Specialties include: common movement disorders, arthritis and seniors.

**Dates:** Available upon request

**Times:** Available upon request

**Location:** Any City of Edmonton Pool

**Target Audience:** Various

**Cost:** Initial \$140 in-pool assessment, thereafter \$70 1-hour-in-pool-session, if requested \$70 postural assessment. All fees subject to change without notice please refer to website.

## Centre for Autism Services Alberta

4752 – 99 Street

Edmonton, AB T6E 5H5

**Contact:** Gail Stanford,  
Community and Family Services  
Coordinator

**Phone:** 780-488-6600 Ext: 216

**Fax:** 780-488-6664

**Email:** info@centreforautism.

ab.ca or gstandford@centreforautism.ab.ca

**Website:** www.centreforautism.ab.ca



## Community Recreational Activities

The Centre for Autism Services Alberta offers a wide range of recreational activities for children and youth diagnosed with autism. Our community-based group activities take place in various locations in the Edmonton area.



## Cooking Programs

### *Shop, Cook and Learn*

In Shop, Cook and Learn, teens will enjoy all the hands on experience while developing their cooking skills. Teens learn recipe planning, shopping, budgeting and money management. Shop, Cook and Learn is a one stop shop for understanding healthy eating and developing the confidence to create delicious meals at home.

**Date:** Fall, Winter and Spring programs: September 22 – December 8, 2017; January 12 – March 23, 2018; and April 13 – June 15, 2018

**Time:** 4:30 – 7:30 pm

**Location:** Real Canadian Superstore (4410 – 17 Street NW)

**Ages:** 13 – 18 years

### *Junior Chef Cooking Class*

Children will learn the basics of food preparation, kitchen safety, cooking and baking techniques, measuring, knife skills, healthy eating — but most of all, they'll learn how to have fun creating and enjoying delicious food. Kids will learn to make all of the recipes from scratch, learn how to use a variety of utensils, learn kitchen safety and hygiene, how to properly measure dry and liquid ingredients, how to follow a recipe, table etiquette and much more.

**Date:** September 18 – November 13, 2017

**Location:** Centre for Autism Services  
4752 – 99 Street

**Ages:** 7 – 12 years

## Visual Arts

The Centre offers a range of art classes throughout the year. Whether one already likes art or is new to the process, the Centre provides individuals with an opportunity to try their hand at a variety of mediums including painting and drawing.

Offered in partnership with the Nina Haggerty Centre for the Arts.

### *Fun with Art*

Get ready to discover your inner artist in Fun with Art. Draw, paint, make a fused and slumped glass window ornament and work with other media under the guidance of supportive professional artists. Unleash your creativity as you express yourself through art. Create your own masterpieces!

**Dates:** Saturdays; September 23 – December 9, 2017; January 13 – March 24, 2018; April 14 – June 16, 2018

**Time:** 10:00 am to 12:00 pm

**Location:** Nina Haggerty Centre for the Arts

**Ages:** 7 – 12 years



## Exploring Art

Join us at the Nina Haggerty Centre for the Arts for art, expression and fun! Young artists will draw, paint, work with clay and learn how to make prints and mixed media compositions. Exploring Art will stimulate your imagination while developing cognitive and problem-solving skills. Taught by professional artists with experience supporting individuals with autism, young artists will explore age-appropriate projects at their own pace while meeting new friends.

**Dates:** Saturdays; September 23 – December 9, 2017; January 13 – March 24, 2018; April 14 – June 16, 2018

**Time:** 12:30 to 2:30 pm

**Location:** Nina Haggerty Centre for the Arts

**Ages:** Individuals with autism ages 13 – 17

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## Creative Expression

Unleash your creativity in this stimulating class that provides you the freedom to explore the world of visual arts. Taught by professional artists, Create Expression offers instruction on a wide variety of techniques and media including drawing, painting, ceramics and digital media.

And when this class is over, you'll have an opportunity to display your best work in the Stollery Gallery.

**Dates:** Saturdays; September 23 – December 9, 2017; January 13 – March 24, 2018; April 14 – June 16, 2018

**Time:** 3:00 to 5:00 pm

**Location:** Nina Haggerty Centre for the Arts

**Ages:** 18 years and older

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## Sports & Recreation

### Basketballers

Basketballers is designed to build confidence and skills while having fun playing basketball. Participants practice skills such as dribbling, passing and shooting while learning about teamwork and game play in a supportive environment.

**Fall and Spring Session:** For more information contact Gail Standford at 780-488-6600 or check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Ages:** 7 – 12 years

### Kickstart Soccer

Kickstart Soccer is a great way to introduce children with autism to the world's most popular game. Children who participate in Kickstart Soccer will develop soccer skills and learn game-play concepts and strategies in a no-pressure environment. Best of all, they will build the skills foundation necessary to integrate into community-based programs along with their peers.

**Fall, Winter and Spring Session:** For more information contact Gail Standford at 780-488-6600 or check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Ages:** 7 – 12 years



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## Teen Basketball

Teens rule the court, developing their basketball skills while learning what it means to be a teammate! For more information check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Fall and Spring Session:** Check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Ages:** 13 – 17 years

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## Active for Life

Young adults with autism get motivated and moving with Active for Life. Presented in partnership with the YMCA of Northern Alberta, this unique fitness program inspires participants to keep active each week. A movement expert (kinesiologist) leads all classes and will develop the program. As well fitness programs can be requested if the participant has an ongoing interest in the gym. We keep the focus on fun, grouping everyone according to ability and compatibility. In 2017, Active for Life expanded with visits to many City of Edmonton fitness facilities. For more information check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Ages:** Teens and young adults with autism

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## Geocaching

One of the hottest outdoor treasure hunting games, Geocaching combines technology with adventure. Participants use a handheld GPS to make their way to a destination and find a hidden cache. This program will be offered in the Spring. For more information check out our website [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Ages:** Teens and young adults with autism

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## Skating

**First Steps (4 years and older):** 2:45 – 3:30 pm

This program introduces children to skating. No experience is necessary.

**Second Steps & Advanced:** 2:45 – 3:45 pm. Some skating experience is required for this program, including the ability to get up after a fall and the ability to skate forward.

**Please note:** All participants need to have an adult helper who is a proficient skater. A helper may be a family member, Skating Edge volunteer or a Centre volunteer.

**Contact:** Extreme Edge at 780-456-6851

**Dates:** Sundays, September to April

**Location:** Londonderry Arena  
(14528 – 66 Street)

**Cost:** TBA

## **Tae Kwon Do — Young Masters Club**

Back by popular demand, this adapted program is designed specifically to help participants who have trouble focusing on daily tasks. By dedicating an hour each week to practice cognitive behaviour strategies, participants increase awareness of their energy levels and work on adopting strategies to achieve “just right” levels of attention and energy. Besides being an excellent source of fitness and recreation, Tae Kwon Do can foster improved self-esteem, perseverance, self-control and courtesy. The program incorporates occupational therapy strategies, Tae Kwon Do, yoga and relaxation training.

**Date:** Wednesdays starting in the Fall

**Session:**

Ages 6 and under: 5:15 – 6:15 pm

Ages 12 and under: 6:15 – 7:15 pm

Ages 18 and under: 7:15 – 8:15 pm

**Contact:** Jon Rivero, Qi Creative:

780-554-8745

**Website:** [www.qicreative.com](http://www.qicreative.com)

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## **Summer Day Camp**

Registration for summer programs opens February 1, 2018. Our camps are very popular and spaces fill quickly. Avoid disappointment and register early.

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## **Little Aces Summer Camp**

Little Aces campers learn, grow and explore in our fun weekly themed programs. Make this the best summer yet with Little Aces half-day, week-long programs. Your child will receive a diverse range of age-appropriate activities designed to encourage development, including physical activities like climbing, swinging and water play. There are plenty of opportunities to socialize, invent and play with a wide range of age-appropriate toys. Our expertise in Autism Spectrum Disorder means that your child will receive the best of care while developing important skills through play.

Registration for summer programs opens in February.

**Time:** 9:30 am – 12:30 pm

**Where:** Centre for Autism Services Alberta

**Ages:** 3 – 5 years

**When:** July/August – dates to be announced

## Camp ACE

This full-day, themed camp offers a fun and supportive environment for children to learn and grow. To help maximize the camp experience, a team member will meet with parents prior to camp to create a profile for each child.

Camp ACE offers exciting and adventurous themes that enhance Acers experience like Adventureland, Moving and Grooving, Futuristic Fun and Superheroes.

Each week of camp also includes a full day visit to the very popular Our Lady Queen of Peace Ranch. Through stories, activities and games, the Ranch helps build outdoor skills and an appreciation for nature. Please book early as camp fills quickly.

**Time:** 8:30 am – 3:30 pm

**Where:** Campers meet at the Centre (4752 – 99 Street) and climb aboard buses to head out for the day's new adventure!

**Ages:** Camp is for children aged 5 – 12 years; one group for 5 – 8 years and one for 9 – 12 years

## Teen Camp

Not your ordinary summer camp, our Epic Teen Camps have something fun and inspiring for every teen. Each full-day camp program is built around a topic (no overnight programs). From becoming your own creator and composer of your own video and soundtrack in our computer camp, to you taking the stage at the Citadel in our Drama Camp, to learning to be a photographer in our Photography camp, to exploring your creative side in our Art Camp and of course our popular Adventure Trek, we have the camp to meet all your needs. We're creating new interest-based camps all the time, so be sure to check our website for the 2018 selection, announced in February.

**Ages:** 13 – 19 years

**Dates:** July/August — dates to be announced

**Time:** 8:30 am – 3:30 pm



# Cerebral Palsy Association in Alberta

CEREBRAL PALSY  
ASSOCIATION IN ALBERTA



## Edmonton Programs

**Contact:** Kim Henye

**Phone:** 1-888-477-8030

**Email:** kim@cpalberta.com

**Website:** www.cpalberta.com

## Art Expressions

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

An integrated community-based creative arts program for persons with disabilities. This program enables participants to have fun through new creative and sensory experiences.

**Hours:** 2:30 pm – 4:30 pm

**Dates:** Wednesdays

**3rd Session:** July 5, 12, 19, 26

August 2, 9, 16, 23, 30

September 6, 13, 20, 2017

**4th Session:** September 27

October 4, 11, 18, 25

November 1, 8, 15, 22, 29

December 6, 13, 2017

**Register Online:** www.cpalberta.com

**\*Dates 2018** please contact Kim Henye

**Location:** Art Gallery of Alberta (#2 Sir Winston Churchill Square)

**Room:** LL1 (Orange studio)

**Age:** 18 years and over

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$140 /12 week session

## Edmonton Adult Meetup Group

**Contact Name:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

The Edmonton Meetup Group is for persons with Cerebral Palsy and other disabilities who wish to develop a social network and explore the community in a group setting. The group provides a private forum to seek advice as well as to develop strong bonds with others who have common interests. The group shares involvement with various activities such as visiting restaurants, games rooms, movies theatres and attending meetings, where Informative Speakers discuss topics relating to disability issues such as: post-secondary education, safety in the community, RDSP, navigation and funding and much more.

**Dates:** Ongoing

**Age:** Varies

**Target Audience:** All disabilities and skill levels welcome

**Cost:** No cost for some activities or may be minimal costs depending on the activity; this will be noted on the Edmonton Meetup Group Calendar which is continually updated and is available upon request.

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## Computability

**Contact:** Kim Heyne for more information or to register

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

Allows participants the opportunity to learn basic skills in computer usage. The basic computer skills can be applicable in today's everyday life settings and awards participants with improved confidence in technology.

**2nd Session:** Week of Monday, August 14<sup>th</sup> – week of Thursday, December 14<sup>th</sup>, 2017

### Components of the Computability Program

#### 1. Curriculum ~ All Locations

There are 3 Curriculum Classes offered: Basic, Intermediate & Advanced. Each registrant will be assigned to the class that best meets their skill level.

Structured learning environment within a classroom setting; throughout each level, the participant can apply previously learned material to complete in class project based exercises. Each level will be graded for completion to move forward to the next level.

#### 2. Internet Café ~ TELUS Location Only

Is an alternative to the Curriculum Component. The Internet Café however offers participants the opportunity to learn in a non-structured learning environment where participants can work on projects of their choice with support as required from the Computability Team. This is a great way to meet people as this program offers a social component; we encourage the participants to support and learn from each other within the group.

#### 3. iPad Course ~ TELUS Location Only

Exciting new initiative we are introducing starting August commencing in 2nd Session. Learning all the basics, functions and tools associated with the iPad. iPads will be provided to clients for teaching purposes and use in class only.

#### Location & Days Offered

**1st Location:** TELUS Plaza North #103, 10025 Jasper Ave

Days: Monday: 11:00 am – 3:00 pm /

Tuesday: 11:00 am – 4:00 pm / Wednesday: 12:00 pm – 3:00 pm

**2nd Location:** On Site Placement Services #200, 10025-106 Street

**Days:** Thursday: 12:00 pm – 3:00 pm

If interested in registering for any of the 3 components of the Computability Program please contact Kim at 780-238-9232 or kim@cpalberta.com.

**Time:** Please note: Per each component: 1 hour weekly schedule will be arranged for each participant at time of registration

**Age:** Adults

**Target Audience:** All disabilities and skill levels welcome

Computability Program Fee Schedule

**Fees:** \$20/Month or \$80/4 Months (If registered in 1 component of the Computability Program)

**Fees:** \$10/Month or \$40/4 Months (If registered in a 2nd component of the Computability Program)



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## CookAbilities

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

Experience different recipes each week related to themes and hands on experience in making the recipes.

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## CookAbilities (Tuesdays)

**Hours:** 12:00 – 1:30 pm

**2nd Session:** September 19, 26

October 3, 17, 24, 31

November 7, 14, 21, 28

December 5 & 12, 2017 (class cancelled October 10)

**Register Online:** www.cpalberta.com

**\*Dates 2018** please contact Kim Henye

**Location:** Whitemud Real Canadian Superstore (4410-17 Street)

**Age:** 18 years and over

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$165/12 week session



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## CookAbilities (Fridays)

**Hours:** 11:30 am – 1:00 pm

**3rd Session:** June 30, July 7, 14, 28, August 4, 11, 18, 25

September 8, 15, 22, 29, 2017 (classes cancelled July 21 & Sept 1)

**4th Session:** October 6, 13, 20, 27, November 3, 10, 17, 24

December 1, 8, 15, 22, 2017

**Register Online:** www.cpalberta.com

**\*Dates 2018** please contact Kim Henye

**Location:** Whitemud Real Canadian Superstore (4410-17 Street)

**Age:** 18 years and over

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$165/12 week session

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## Dance Without Limits

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

The Dance Without Limits program allows children with disabilities to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a dance instructor and physical therapist. This program is offered at two locations and combines physical therapy with the opportunity to experience something new, and is sure to boost your child's confidence and self-esteem!



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## Dance Without Limits (St Albert)

**2nd Session:** September 23, 30, October 14, 21, 28, November 4, 18 & 25, 2017 (no classes October 7 & November 11)

**Recital:** Sunday, November 26, 2017

**Times:** Saturdays (two groups)

**Early Class:** 3:15pm-4pm Age Group: 2.5-6 Yrs.

**Late Class:** 4:15pm-5pm Age Group: 7-16Yrs.

**Location:** DanceCo Studios, 9030 McKenney Avenue, St. Albert

**Cost:** \$130/9-week session

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## Dance Without Limits (Spruce Grove)

**2nd Session:** TBD

\*If Interested please contact kim@cpalberta.com or 780-238-9232

**Times:** Saturdays, 11:15 am – 12:00 pm

**Age Group:** 2.5 – 16 Yrs.

**Location:** Ward School of Dance 215C – 1st Avenue, Spruce Grove

**Cost:** \$130/9-week session

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## Morning Bliss Yoga (in partnership with the Winnifred Stewart Association)

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

Introductory Yoga for Persons with Disabilities: this program provides a warm, non-competitive and supportive environment in which to explore yoga. This introductory gentle movement yoga class is designed to make your body and mind feel better.

**Dates:** Wednesday

**Hours:** 10:30 – 11:30 am

**3rd Session:** September 27

October 4, 11, 18, 25

November 1, 8, 15, 22, 29

December 6, 13, 2017

**Register Online:** www.cpalberta.com

\***Dates 2018** please contact Kim Henye

**Location:** Winnifred Stewart Association (upstairs gym; 11130-131 Street)

**Age:** 18 years and over

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$90/12 week session

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## Scribbles & Giggles

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

This six week children's art program is open to children of all disabilities. The adapted program is designed to enhance children's physical, mental and emotional well-being through the exploration of various art forms such as painting, clay and much more!

**Location:** Art Gallery of Alberta (#2 Sir Winston Churchill Square)

**Hours:** 12:00 – 1:00 pm

**1st Session:** July 15, 22, 29, August 12, 19, 26, September 9 & 16, 2017 (classes cancelled August 5 & September 2)

**2nd Session:** \* Please contact: Kim Henye 780-238-9232 if interested! As soon as we have enough interest a session will be booked.

**Register Online:** [www.cpalberta.com](http://www.cpalberta.com)

**Room:** LL1 (Orange Room)

**Age:** 4-17 years

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$105/8 week session

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## Tempo Gusto

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

This music program offers participants the opportunity to learn a variety of instruments and songs while interacting within a group setting and with others within the community. In addition, the program allows people to express themselves through music and has shown to increase a person's self-confidence.

**Dates:** Tuesdays

**Hours:** 1:00 – 2:00 pm

**3rd Session:** September 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 2017

**Register Online:** [www.cpalberta.com/programs](http://www.cpalberta.com/programs)

\***Dates 2018** please contact office

**Location:** Winnifred Stewart Association (Upstairs gym, 11130-131 Street)

**Age:** 18 years and older

**Target Audience:** All disabilities and skill levels are welcome.

**Cost:** \$140/12 week session

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## Tranquil Movements

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

Introductory Yoga for persons with disabilities. This program provides a warm, noncompetitive and supportive environment in which to explore yoga. This introductory gentle movement yoga class is designed to make your body and mind feel better.

**Dates:** Tuesdays

**Hours:** 6:30 – 7:30 pm

**3rd Session:** September 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 2017

**Register Online:** [www.cpalberta.com](http://www.cpalberta.com)

**\*Dates for 2018** please contact Kim Henye

**Location:** Winnifred Stewart Association (upstairs gym, 11130-131 Street)

**Age:** 18 years and older

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** \$120/12 week session

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## YogaBees

**Contact:** Kim Heyne

**Phone:** 1-888-477-8030

**Direct Line:** 780-238-9232

**Email:** kim@cpalberta.com

This introductory gentle movement yoga class for children and youth is designed to assist with healing body and mind and provides the opportunity for children to explore yoga in a warm, non-competitive and supportive environment.

**Session Date:** TBD

\* Please contact: Kim Henye 780-238-9232 if interested! As soon as we have enough interest a session will be booked.

**Location:** TBD

**Age:** 4 -17 years

**Target Audience:** All disabilities and skill levels are welcome.

**Cost:** TBD

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## Youth Transitions Program

**Contact:** Beverley Klassen BSW, RSW

**Phone:** 1-888-477-8030

**Direct Line:** 780-405-2954

**Email:** [beverley@cpalberta.com](mailto:beverley@cpalberta.com)

The Youth Transitions Program is offered to families and persons with disabilities, with the goal of offering unique and individualized support, and workshops in various topics, such as Employment, to aid in transitioning from Youth to Adulthood. By identifying strengths, dreams and skills, this program assists persons ages 15-25 and their families with planning for the future.

**Dates:** Ongoing

**Age:** 15-25 years

**Target Audience:** All disabilities and skill levels are welcome

**Cost:** No fee

## Choral Morphosis

1204 – 56 Street SW  
Edmonton, AB T6X 1R4

**Contact:** Melissa

Hladyshevsky

**Phone:** 780-964-4860

**Email:** [info@choralmorphosis.com](mailto:info@choralmorphosis.com)

**Website:** [www.choralmorphosis.com](http://www.choralmorphosis.com)



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## Choral Morphosis

Choral Morphosis is a program for adults 16+ with a developmental or physical disability. It is open to anyone no matter what their musical ability. Choral Morphosis currently has two programs running each week. They have a Choral Program for singing and instrument use which runs Saturdays 10:00 – 11:15 am. This group is open to anyone no matter their musical ability. Their second program is a Choral Arts program which is like a musical theatre program. They work on singing, acting and dramatic skills. They put on two productions a year. Members of this program are also members of the Choral program.

**Dates:** Saturdays

**Hours:** 10:00 am – 12:30 pm

**Location:** Robertson – Wesley United Church (10209 – 123 Street, Edmonton)

**Disability (skill level):** Anyone with a disability is welcome.

**Cost:** \$50/new members

12010 Jasper Avenue  
Edmonton, AB T5K 0P3

**Contact:** Holly Payne

**Phone:** 780-488-4871

**Fax:** 780-482-0017

**Email:** alberta@cnib.ca

**Website:** www.cnib.ca



## CNIB Men's Group

**Dates:** 2nd and 4th Wednesdays of the month

**Location:** 12010 Jasper Ave

**Ages and Target Audience:** All ages, Men only preferred; blind or partially sighted individuals, support persons welcome

Men with vision loss meet to discuss informational topics and have discussions related to the successes and challenges of having vision loss.

## Edmonton VIP's

**Dates:** Third Wednesday of the month from September – June at 1:30 pm

**Location:** 12010 Jasper Ave

**Ages and Target Audience:** Senior focused; blind or partially sighted individuals, support persons welcome

**Cost:** Silver collection

Join this lively bunch for presentations, entertainment and fun! This is one of CNIB's largest and most active groups. Recreation opportunities are available during the summer months.

## CNIB Bridge Club

**Dates:** Wednesdays at 9:30 am

**Location:** 12010 Jasper Ave

**Ages:** All ages, knowledge of bridge preferred; blind or partially sighted individuals, support persons welcome

**Cost:** Silver collection

Players with vision loss gather for a game of bridge using large print and Braille cards. We are always searching for more players, so please phone to inquire.

## Toy Lending Library Drop-In

**Date:** Wednesday mornings

**Time:** 10:30 – 11:30 am

**Location:** CNIB – Edmonton Children's Centre (12010 Jasper Avenue)

**Ages:** Birth – 18 years old

**Cost:** None

Stop by the toy lending library during our weekly drop-in time and check out our exciting new toys. We regularly update our toy library and always have interesting games and toys to play with. Items may be loaned for one month at a time.



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## Play Groups

Dates, times and locations vary depending on the time of year. Please see website or contact CNIB for more information.

**Ages:** 0 – 5 years

**Target Audience:** All participants must be CNIB clients with some level of vision loss

**Cost:** Varies depending on activity (\$0 – \$10 per family)

Our playgroups are sensory-based, providing tactile, auditory and highly visual and motor based activities. There is a range of activities for young infants to older toddlers and preschoolers. Depending on location, certain ages may not be appropriate for all planned activities.

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## Parent Information Sessions

**Dates:** Vary depending on the time of year. Please see website or contact CNIB for more information.

**Time:** Weekday evenings

**Location:** CNIB Edmonton office

**Ages/Group:** For parents and professionals who work with children with vision loss

**Cost:** None

Our information sessions are geared towards topics that families may find useful when raising a child with vision loss. Past examples include PUF Funding, stories from adults with vision loss and sessions on specific diagnoses. Please contact the children's department at CNIB for more information.

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## Family Halloween Party

**Date:** TBA

**Time:** 5:30 – 7:30 pm

**Location:** CNIB Edmonton Children's Centre (12010 Jasper Avenue)

**Ages:** Birth – 18 years old

**Cost:** None

Dress up and come carve pumpkins with the CNIB Children's Team to celebrate one of children's favourite holidays. Bring your favourite sweet treat to share. Drinks and dinner will be provided by CNIB.

Join staff and other families for a costume contest, holiday themed games, and more.

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## Family Holiday Party

**Date:** TBA

**Time:** 5:30 – 7:30 pm

**Location:** CNIB Edmonton Children's Centre (12010 Jasper Avenue)

**Ages:** Birth – 18 years old

**Cost:** None

To get the holiday festivities rolling, whip up a tasty treat and bring it along to our potluck holiday party. We will provide the turkey and drinks. Come mingle with staff and other families while enjoying entertainment, games and more!



# Community Linking Programs

#400, 10025 – 106 Street  
Edmonton, AB T5J 1G4

**Phone:** 780-488-0851

**Website:** [wellnessnetworkedmonton.com](http://wellnessnetworkedmonton.com)

In Edmonton, approximately one in five individuals has a mental health concern. Recreation and leisure opportunities are important components of maintaining good mental and physical health. The Community Linking Committee was formed to address the need for the provision of high quality, low cost community leisure programs for individuals with mental health concerns in the Edmonton area.

## Purpose

To provide leisure programs for adults with addictions or mental health concerns (e.g. schizophrenia, major mood disorders), who would benefit from supportive leisure environments.

## Objectives

- To introduce a wide variety of low cost community based activities.
- To teach and develop leisure skills.
- To provide an opportunity for socialization.
- To provide low cost programs for those with limited incomes.
- To increase awareness of leisure opportunities in Edmonton.
- To increase community acceptance of persons with mental health concerns.

## Sport Check

Come and join a team sport, meet people, get active and enjoy the competition.

### *Indoor Soccer*

**Contact:** Rebecca 780-819-2747

[rkaiser@boylestreet.org](mailto:rkaiser@boylestreet.org) or

Mike 780-288-1778 [msiek@boylestreet.org](mailto:msiek@boylestreet.org)

**Times:** Thursdays 3:00 – 5:00 pm

**Location:** 101 Boyle Street Plaza (9538 – 103A Avenue, Winter); McCauley Apartments (9541 – 108A Avenue, Summer; after May long weekend)

**Cost:** Free, drop-in format

### *Floor Hockey*

**Contact:** Rebecca 780-819-2747

[rkaiser@boylestreet.org](mailto:rkaiser@boylestreet.org) or

Mike 780-288-1778 [msiek@boylestreet.org](mailto:msiek@boylestreet.org)

**Times:** Fridays 1:00 – 3:00 pm

**Location:** 101 Boyle Street Plaza (9538 – 103 Ave)

**Cost:** Free, drop-in format

### *Badminton, Basketball and Bocce Ball*

**Contact:** Bridget 780-613-5848

**Times:** Mondays 1:00 – 2:00 pm

**Location:** Royal Alexandra Hospital Gym (10415 – 111 Avenue)

**Cost:** Free, drop-in format

## Central Edmonton Programs

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### Fun with Fitness

**Contact:** Blaine 780-863-1184

Get fit while having fun and meeting others. Join in a variety of low impact fitness activities such as low impact aerobics, weight training and walking. Bring your Leisure Access Pass if you have one.

**Times:** Fridays 1:30 – 2:30 pm

**Location:** Commonwealth Community Recreation Centre (11000 Stadium Road)

**Cost:** \$1/day, drop-in format

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### Venture Out

**Contact:** Sherianna 780-884-2631

Stay active, have fun and learn new skills with qualified instructors and a variety of specialized equipment. Some activities include: yoga, archery, cross country skiing and mountain biking.

**Times:** Tuesdays 1:00 – 3:00 pm

**Location:** Varies – please call for quarterly schedule

**Cost:** \$1/day, drop-in format

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### Walking Club

**Contact:** Pathways 780-342-7766

Meet new people, socialize and get fit.

**Times:** Mondays, Wednesdays and Fridays  
11:00 am – 12:00 pm

**Location:** Pathways (9942 – 108 Street)

**Cost:** Free, drop-in format

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### Community Linking Choir

**Contact:** Judy 780-342-7790

Sing for the health of it. Come out and share a tune with friends in a fun and relaxing afternoon of song. The choir performs at various special events throughout the year.

**Times:** Tuesdays 3:00 – 4:00 pm

**Location:** Pathways (9942 – 108 Street)

**Cost:** Free, drop-in format

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### Drama Group

**Contact:** Joyce 780-342-7766

Let's get dramatic!

**Times:** Thursdays 1:00 – 2:00 pm

**Location:** Pathways (9942 – 108 Street)

**Cost:** Free, drop-in format

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### Leisure Education

**Contact:** Caitlin 780-860-2722

Learn about the various social rec and leisure opportunities available in your community.

**Times:** Mondays 1:00 – 2:00 pm and last Thursday of every month 1:00 – 2:00 pm

**Location:** Pathways (9942 – 108 Street); Northgate Health Clinic (Last Thursday of the month 2020, 9499 – 137 Avenue)

**Cost:** Free, drop-in format or pre-register

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## LEAP (Formerly Young Adult Transition Group)

**Contact:** Carmen 780-862-2537

Recovery focused programming for adults aged 25 – 40 who are living with a mental health concern. A great opportunity to connect with peers while experiencing a variety of community-based social rec and leisure activities.

**Times:** Thursdays 2:00 – 5:00 pm

**Location:** Pathways, main floor  
(9942 – 108 Street)

**Cost:** Drop-in/cost may vary depending on activity

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## Games/Cards/Music/Movie Day

**Contact:** 780-426-7861

Make friends and enjoy a variety of fun activities. Every Wednesday afternoon you can play cards or board games. In addition to cards/games we offer movies on the second Wednesday of the month and karaoke on the fourth Wednesday. Popcorn is available for \$1.00/bag.

**Times:** Wednesdays 1:30 – 4:00pm

**Location:** Prosper Place Clubhouse  
(#215, 10106 – 111 Avenue)

**Cost:** Drop-in/free

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## West Edmonton Programs

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### West-End Fitness

**Contact:** Carmen 780-862-2537

Get fit and meet new people! Exercise in the fitness studio and then hit the pool and steam room

**Times:** Wednesdays 11:00 am – 12:30 pm

**Location:** Peter Hemingway Fitness and Leisure Centre (13808 – 111 Avenue NW )

**Cost:** Drop-in/free with Leisure Access Card or \$2

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## South Edmonton Programs

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### Walleyball

**Contact:** Marlene 780-735-7576

Get active at Millwoods Recreation Centre. Come and work out in the gym area on your own or drop-in to play Walleyball in the Racquetball courts. A game played on a four-walled court with rules similar to volleyball, and with a soft ball the same size as a volleyball. The ball is allowed to bounce once against the ceiling or one of the walls before being returned over the net. It's great fun so come and try it! Fitness consultations available the first Tuesday of the month.

**Times:** Tuesdays 12:45 – 2:00 pm

**Location:** Millwoods Recreation Centre  
(7207 – 28 Avenue)

**Cost:** Drop in/Free with a Leisure Access card

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## Pottery Class Viva Clayworks

**Contact:** Cathy 780-721-6648

Come and enjoy the clay and ceramic experience taught by experienced potters. Learn as you go, the complexity of the clay body, glazing techniques and kiln firing logistics.

**Times:** Last Wednesday of every month  
1:00 – 3:00 pm

**Location:** Viva ClayWorks (10125 – 81 Avenue; free parking in back/front)

**Cost:** Drop-in/\$15

## North Edmonton Programs

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### Meditation through Movement

**Contact:** Shelley 780-903-5785

Join in this 1-hour class where you will have an opportunity to improve your ability to FOCUS on the present, RELAX and REGULATE emotions and feelings.

**Times:** Thursdays 1:30 – 2:30 pm

**Location:** Norwood Child Family Resource Centre Gymnasium (9516 – 114 Avenue NW)

**Cost:** Drop-in/free — yoga mats provided

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## Bowling

**Contact:** Dana 780-903-5785

Meet new people, socialize and enjoy a game of bowling.

**Times:** Wednesdays 1:00 – 2:00 pm

**Location:** K-J Bowl (12143 – 54 Street)

**Cost:** Drop-in/\$3.50 (includes bowling and shoe rental)

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## Clareview Fitness

**Contact:** Caitlin 780-860-2722

Get active at Clareview Community Recreation Centre. Improve your fitness level, learn about the equipment at the facility and meet new people.

**Times:** Fridays 10:00 – 11:30 am

**Location:** Clareview Community Recreation Centre (3804 – 139 Avenue)

**Cost:** Drop-in/free with Leisure Access Pass

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## Clareview Swim

**Contact:** Caitlin 780-860-2722

Meet new people while experiencing the benefits of swimming. This program provides you with the opportunity to take part in lane swimming before relaxing in the hot tub. All levels of swimmers welcome.

**Times:** Tuesdays 2:00 – 3:15 pm

**Location:** Clareview Community Recreation Centre (3804 – 139 Avenue)

**Cost:** Drop-in/free with Leisure Access Pass

## East Edmonton Programs

### Hatha Yoga

**Contact:** Raschel 780-342-5378

Come out and experience a Hatha Yoga Class. The class will be adapted according to everyone's fitness levels. The practice of yoga improves mental and physical health. Yoga is for everyone!

**Times:** Mondays 1:30 – 2:30 pm

**Location:** East Edmonton Health Centre – Circle Room (7910 – 112 Avenue)

**Cost:** Drop-in/free

### AMSA Art Programs

**Contact:** Robyn 780-909-7760 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)

Have you ever wanted to create an art project? Are you looking to explore new mediums and show your art?

**Times/Locations:**

Monday 1:00 – 3:00 pm/Pathways main floor (9942 – 108 Street)

Tuesday 1:30 – 3:30 pm/DECSA (11515 – 71 Street)

Wednesday 11:00 – 4:00 pm/Harcourt House (10211 – 112 Street)

Thursday 1:00 – 3:30 pm/Harcourt House (10211 – 112 Street)

Friday 1:00 – 3:30 pm/Harcourt House (10211 – 112 Street)

**Monthly program calendar:**

[www.artmentorshipab.com/calendar.html](http://www.artmentorshipab.com/calendar.html)

**Cost:** Drop-in/\$2

## Referral Programs

### Challenge by Choice

**Contact:** Carley 780-221-0880

Recovery focused programming for young adults 16 to 24 who are living with a mental health concern. Learn recreation, leisure skills and social development.

**Times:** Weekdays 1:00 – 3:00 pm;  
4:00 – 5:00 pm

**Location:** Bill Rees YMCA room 1-3 (10211 – 105 Street)

### Pathways

**Contact:** Pathways  
780-342-7766/780-342-7790

Recovery focused day program for adults aged 18 – 65 who are living with a mental health concern. Opportunity to connect with a wide variety of in-house and community based programs.

**Times:** Weekdays 9:30 am – 12:00 pm &  
1:00 – 3:00 pm

**Location:** Pathways main floor (9942 – 108 Street)

## Coming Soon

### Ne So Ka Matwin (Helping Each Other)

Recreation and Leisure programs available for Aboriginal & Metis people of Edmonton, Treaty 6.

### Dreamcatcher Nature-Assisted Therapy Association

53011 R. R. #213  
Ardrossan, AB T8G  
2C4



**Contact:**

Administration

**Phone:** 780-809-1047 ext. 1

**Fax:** 780-809-1046

**Email:** [info@dreamcatcherassociation.com](mailto:info@dreamcatcherassociation.com)

**Website:** [dreamcatcherassociation.com](http://dreamcatcherassociation.com)

### Furry Foundations and Fuzzy Face Express

In Furry Foundations, people meet one-on-one with a skilled interventionist to work with animals to build skills in problem solving, communication, social ability and much more.

In Fuzzy Face Express, groups interact with animals to face their life challenges and increase their skills. Groups can either attend the Dreamcatcher site or the animals can be transported over to the facility requesting. All programs are fee for service and have a therapeutic focus. Funding may be accessible through government sources. Please call Dreamcatcher for more information.

**Dates:** By appointment

**Location:** 53044 R.R. #213 Ardrossan, AB or requesting party site

**Target Audience:** All levels

**Cost:** To be determined by appointment call

### Edmonton Down Syndrome Society

9139 – 39 Avenue NW  
Edmonton, AB T6E 5Y2

**Contact:** Linda Plomp

**Phone:** 780-944-4224

**Fax:** 780-944-4221

**Email:** [contact@edss.ca](mailto:contact@edss.ca)

**Website:** [www.edss.ca](http://www.edss.ca)



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## Centre Stage Musical Theatre

The Centre Stage Musical Theatre program teaches musical theatre techniques to individuals with, but not limited to, Down Syndrome ages 8 to adult. Our goal is to create a dynamic, fun-filled environment where students receive more than a generous dose of musical theatre techniques. We believe that for students to excel as individuals, they must learn those skills in a supportive, harmonious classroom setting, thus fostering new friendships and earning the respect of their peers as well.

**Dates:** September 2017 – May 2018

**Hours:** (3 different classes) Saturdays 1:00 – 2:00 pm, 2:15 – 3:45 pm, and 4:00 – 5:30 pm

**Location:** EDSS Centre (9139 – 39 Avenue NW)

**Target Audience:** All Levels

**Cost:** \$425 – \$475 for the year

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## EDSS Basketball

Our Down Syndrome Basketball league has been playing for over a decade, and we always welcome new players, age 13 and up, of all abilities.

**Dates:** September 2017 – April 2018

**Hours:** Tuesdays 7:30 – 8:30 pm

**Location:** Hardisty School  
10534 – 62 Street

**Target Audience:** All skill levels welcome

**Cost:** \$40

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## EDSS Bowling League

Come bowl with us at Bonnie Doon! We have 6 teams in our league and a lot of fun playing every Saturday. We are an inclusive league, so you don't have to have Down Syndrome to join us.

**Dates:** September 2017 – April 2018

**Hours:** Saturdays 10:00 am – 12:00 pm

**Location:** Bonnie Doon lanes

**Target Audience:** 4 and up; all skill levels welcome

**Cost:** Registration fee: \$30; Weekly bowling fee \$9

## Edmonton Epilepsy Association

11215 Groat Road  
Edmonton, AB T5M 3K2

**Phone:** 780-488-9600

**Fax:** 780-447-5486

**Email:** [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)

**Website:** [www.edmontonepilepsy.org](http://www.edmontonepilepsy.org)

Many free social and recreational programs are available on a monthly basis. Call the office for a calendar of events or to receive a bi-monthly newsletter that details upcoming special events.

The Edmonton Public Library always strives to improve customer service and respond to community and customer needs. We are inclusive of people with disabilities and special needs and will assist you with materials you borrow.

## Available Materials

**Large-Print Books:** Includes hardcover and lightweight soft cover books available at all 20 library locations.

**Daisy Books:** Digital talking books (located at the Lois Hole Library branch), used exclusively on a DAISY reader, are designed to allow you to move around the text efficiently and flexibly, i.e. able to bookmark where you stop, etc.

**Audiobooks on CD:** A large collection of fiction and non-fiction audiobooks on CD are available for all reading levels.

**Descriptive Videos and DVDs:** Movies that describe the visual elements for people with visual impairments.

**Children's Braille Books:** EPL has more than 250 titles from favourite children's authors. Educational tools available include Braille Phonics for Kindergarten to Grade 2 and a Braille dictionary.

**Digital Content:** This online goldmine includes streaming music and 100 databases

including 1,700 newspapers from 92 countries with same day coverage and every issue of National Geographic magazine from 1888 to 1994. Visit [www.epl.ca/digitalcontent](http://www.epl.ca/digitalcontent).

EPL has a large collection of music CDs, DVDs, video games and eBooks available. All items can be placed on hold for EPL card holders and delivered to the EPL branch of your choice for pick up. DAISY materials must be placed on hold via library staff rather than using our website. Please call your local library branch for assistance.

## Services

**Adaptive Technologies:** The Edmonton Public Library has two computer workstations jointly called the LEAP Station (Library Equal Access Program). These bring together many helpful aids in one place to make our collection and materials more accessible to persons with disabilities.

- Motorized, adjustable furniture
- Alternate keyboards and mice
- Screen magnification
- Optical Character Recognition (OCR) scanner – SARA reader
- Word prediction software
- JAWS, Read & Write Gold software

To find out more about the LEAP Station, please call the Enterprise Square (downtown) Branch at 780-496-7000.

**Residential Service:** Available to people living in their own homes and residents of extended-care facilities and seniors' lodges.

Staff may make selections or a customer may choose their own materials using our online catalogue at [www.epl.ca](http://www.epl.ca). If family members are not available, carefully screened and trained volunteers deliver library materials to registered home-service customers. Book-cart service is provided to extended-care facilities and seniors lodges.

For more details including branch contact information, visit [www.epl.ca/services/assistive-services](http://www.epl.ca/services/assistive-services).

## Edmonton Sled Hockey Club

28 Howard Crescent  
St. Albert, Alberta T8N 5W5

**Contact:** Dean Krawec

**Phone:** 780-418-8395

**Email:** [dkrawec@shaw.ca](mailto:dkrawec@shaw.ca)

**Website:** [www.eshc.ca/](http://www.eshc.ca/)



## Adult Sledge Hockey

The club will have two teams: 1 lower level team and 1 higher level team. Any disability can play if they can balance and propel themselves on a sled. Each team will get 1.5 hours ice time on most Saturdays and several games per season. Contact Dean Krawec if you have any questions.

**Dates:** September 2017 – April 2018 (every Saturday)

**Times:** 1.5 hours

**Location:** Leduc Recreation Centre

**Ages:** Recreation and Competitive level

**Cost:** \$350 – \$400

## Elves Special Needs Society

### Preschool and Kindergarten Programs & FASD Respite program

10825 – 142 Street  
Edmonton, AB T5P 3A6

**Contact:** Student Services Coordinator

**Phone:** 780-454-5310

**Fax:** 780-454-5889

**Email:** [elvessw@elves-society.com](mailto:elvessw@elves-society.com)

### Elves Adult Program

**Dates:** Monday – Friday

**Time:** 8:30 am – 3:00 pm

**Ages:** 20 years and up

Elves offers a day program for adults with severe multiple disabilities where they will develop functional skills, engage in recreational activities and do volunteer work within a caring, supportive environment that enhances the quality of their lives and that of their families.

**Target Audience:** Severe to profound disabilities

**Cost:** Dependant on the participants (PDD contract)

**Phone:** 780-481-5335

**Fax:** 780-483-5316

**Email:** [elves@interbaun.com](mailto:elves@interbaun.com)

## Gateway Association

#104, 18304 105 Avenue  
Edmonton, AB T5S 0C6

**Phone:** 780-454-0701

**Fax:** 780-454-0843

**Email:** [info@gatewayassociation.ca](mailto:info@gatewayassociation.ca)

**Websites:** [www.gatewayassociation.ca](http://www.gatewayassociation.ca);  
[www.webelong.ca](http://www.webelong.ca)



Gateway Association offers free support to people who live with disabilities and their families, while nurturing more inclusive spaces within communities. We provide supports and services as unique as the people we serve. We understand each person lives with different needs and circumstances. We are here to help.

Our services include, but are not limited to:

- Direct family support
- Mentorship (one-to-one and a peer group that meets monthly)
- Transition planning for adulthood
- Employment support
- Crisis support
- Workshops
- Public awareness presentations

## Jurassic Forest and Learning Centre

2 – 23210, Township Road 564  
Gibbons, AB T0A 1N0

**Contact:** Greg Suess

**Phone:** 780-470-2446

**Fax:** 1-888-879-6076

**Email:** [info@jurassicforest.com](mailto:info@jurassicforest.com)

**Website:** [www.jurassicforest.com](http://www.jurassicforest.com)

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### Attraction-Education/ Entertainment Facility

Jurassic Forest is a seasonal tourist attraction just minutes away from Edmonton by vehicle on Highway 28, just north of Gibbons.

The facility is situated in a mature boreal forest setting and features more than 50 animatronic dinosaurs in their natural habitat. The dinosaurs can be easily viewed from wooden trails that lead through the forest. The trail system consists of two separate loops, the North and South Discovery Trails with each measuring about 1.0 km in length. The trails are wheelchair friendly and are accessible in all types of weather conditions.

**Location:** About 2 km north of Gibbons on Hwy 28

**Dates:** Mid-April – Mid-October (annually)

**Times:** 9:00 am – 7:00 pm (daily). Times are adjusted for Daylight hours in September

**Age:** All ages

**Cost:** Adults \$15, Seniors and Youth \$11;  
Children \$9, Family of 4 – \$44 (2 adults and 2 children) and Family of 5 – \$52 (2 adults and 3 children)

## Little Bits Therapeutic Riding Association (LBTRA)

Box 29016, Pleasantview P.O.  
Edmonton, AB T6H 5Z6

**Contact:** Linda Rault

**Phone:** 780-476-1233

**Fax:** 780-476-7252

**Email:** info@littlebits.ca

**Website:** www.littlebits.ca

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## Little Bits Therapeutic Riding

Little Bits is a recreational riding program with many therapeutic benefits for riders of all ages. Ride in the beautiful river valley while learning functional riding skills. Meet new people and have fun on the fabulous lesson horses at WELCA.

**Location:** Whitemud Equine Learning Centre Association (WELCA 12504 – Fox Drive)

**Contact:** Linda Rault 780-476-1233

**Dates:** Spring/Fall

**Hours:** Sunday, Tuesday and Wednesday

**Ages:** See website for specific times and rider requirements/application for waiting list

**Cost:** \$55/hour

## Mira Facilitation Centre

6916 Roper Road  
Edmonton, AB T6B 3H9

**Contact:** Richard MacKay

**Phone:** 780-450-9414 Ext: 340

**Fax:** 780-440-9362

**Email:** richard.m@mirafc.ca

**Website:** www.mirafc.ca

Mira Facilitation Centre provides tailored supports within a nurturing environment to assist individuals with developmental disabilities to strive towards goals that matter to them. We provide support through our Day Program (Monday through Friday), Residential Program, Support Homes and Respite Services. Our programming focuses on 5 main components: Education, Socialization, Recreation, Independence and Vocation. We develop outcome-based goals that will enhance each individual's quality of life and encourage as much independence as possible. The cost of support services is dependent on the needs of the participant, and is PDD funded. Please call us if you are interested in obtaining services through any of our support areas.

## Multiple Sclerosis Society of Canada

#150, 9405 – 50 Street  
Edmonton, AB T6B 2T4

**Contact:** Andy Wong

**Phone:** 780-471-3034

**Fax:** 780-479-1001

**Email:** andy.wong@mssociety.ca

**Website:** www.mssociety.ca/alberta/  
edmonton

\* All programs require pre-registration at the telephone number above.

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### Art for the Heart

Individuals of all skill levels are welcome to come out and discover their inner artist at the MS Society. For more information please contact 780-471-3034.

**Dates:** TBD

**Times:** TBD

**Location:** TBD

**Cost:** \$5

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### MS Bowling (5 pin)

The Edmonton Chapter is very excited to continue offering the five-pin bowling program! Please note that Bonnie Doon Lanes are wheelchair accessible with an elevator in the mall going to the lanes. Registration is required, so please contact 780-471-3034.

**Dates:** TBD

**Times:** 11:30 am – 1:30 pm

**Location:** Bonnie Doon Bowling Lanes

**Cost:** \$5/day (includes 2 games and shoe rental)

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### Christmas Party

To register please call 780-471-3034. For dates and times of specific programs, please check out our website.

**Dates:** TBD

**Location:** TBD

**Cost:** TBD



## Networks Activity Centre

#214, Bonnie Doon Shopping Centre  
Edmonton, AB T6C 4E3

**Contact:** Chelsea Nelson

**Phone:** 780-474-3363

**Fax:** 780-474-3310

**Email:** networks@nacentre.ca

**Website:** www.nacentre.ca

### Networks

Networks provides a supportive environment for adult survivors of brain injury or stroke. Recreational activities such as art, creative writing, karaoke, sewing and pool to name a few are available. Please call to book a tour.

**Dates:** Monday – Friday (excluding stat holidays)

**Times:** 10:00 am – 3:00 pm

**Target Audience:** Must be able to access the centre independently or have own staffing

**Cost:** \$30/month

## Nina Haggerty Centre for the Arts

9225 – 118 Avenue  
Edmonton, AB T5G 0K6

**Contact:** Paul Freeman (Artistic Director)

**Phone:** 780- 474-7611

**Email:** info@thenina.ca

**Website:** www.thenina.ca

### Nina Haggerty Centre for the Arts

All people have the right to achieve their highest potential, which includes the right to creative expression. Creativity lies in everyone and can be powerfully expressed through the arts. The Nina Haggerty Centre for the Arts believes in the importance of the creation and exhibition of art by those who face barriers to artistic expression.

**Dates:** Monday – Friday

**Times:** 10:00 am – 2:00 pm

**Location:** 9225 – 118 Avenue

**Age:** 18 years and up

**Target Audience:** Adults with developmental disabilities and other barriers to art making

**Cost per year:** \$175 1 day/week, \$250 2 days/week, \$300 3 days/week, \$350 4/5 days/week

# Paralympic Sports Association

#305, 11010 – 101 Street  
Edmonton, AB T5H 4B9



**Contact:** Amy Hayward

**Phone:** 780-439-8687

**Fax:** 780-432-0486

**Email:** info@parasports.net

**Website:** www.parasports.net

## WINTER/FALL PROGRAMMING

### Sledge Hockey

Sledge hockey is a program that is open for ALL abilities to participate in. It is a team sport that incorporates the same rules as `stand-up` ice hockey. Players sit in specially designed sledges with skate blades under the seat and use two sticks, not only to pass, stickhandle and shoot the puck, but also to propel and maneuver the sledges down the ice. Coaches go over basic skills and techniques, rules and strategy of game play. Exhibition games and league games are played throughout the season for each team.

**Dates & Hours:** September to April

**Junior:** Tuesdays 6:30 – 8:00 pm

**Intermediate:** Tuesdays 8:15 – 9:45 pm

**Women's:** Thursdays 7:30 – 8:45 pm

**Location:** The Meadows Community Recreation Centre (2704 – 17 Street)

**Target Audience:** All abilities

**Cost:** \$400 and up

### Taekwondo

Learn the skills and discipline of Taekwondo. Regardless of physical ability, any individual can gain something from Taekwondo. Skilled instructors use traditional training techniques, regardless of physical limitations, to help students achieve balance between body, mind and spirit. Lessons are adapted to meet goals and abilities of each participant and each person has the opportunity to be tested and move on to the next belt level.

**Dates & Hours:** September to April

**Junior (5 – 13 years):** Saturdays

10:00 – 11:00 am

**Intermediate (14 years +):** Saturdays

10:00 – 11:00am

**Location:** Tiger Taekwondo

(7619 – 104 Street)

**Target Audience:** All abilities

**Cost:** \$300



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## Swimming

The swimming program is specially designed to meet the varying needs of our members and we provide one-on-one volunteer assistance (as best as possible) for the swimmers. Learn to improve your skills with Certified Swimming Instructors working with the group to provide individualized instruction.

**Dates & Hours:** Saturdays

(September to April)

**Junior:** Saturdays 2:00 – 3:00 pm

**Intermediate:** Saturdays 3:00 – 4:00 pm

**Location:** Don Wheaton Family YMCA  
(10211 – 102 Avenue)

**Target Audience:** All abilities

**Cost:** TBD

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## Wheelchair Floor Hockey

This is an instructional floor hockey program that enables participants to practice stick handling, passing and shooting as well as game skills and strategies. Athletes who use an electric or manual wheelchair are welcome to participate, but you can be an ambulatory individual and play as well. We provide extra sport wheelchairs to those who need one.

**Dates:** Mondays (September – December & January – May)

**Hours:** 6:00 – 7:00 pm

**Location:** ACT Centre Gym  
(2909 – 113 Avenue)

**Target Audience:** All abilities

**Cost:** \$100 for all year or \$50/season

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## Wheelchair Floor Hockey Tournaments

We welcome any new teams that are interested in coming out to play!

Teams must have a minimum of 6 players, up to a maximum of 10 players to compete. Anyone is welcome!

**Dates:** May 26th, 2018

**Hours:** 9:00 am – 5:00 pm

**Location:** ACT Centre Gym  
(2909 – 113th Avenue)

**Target Audience:** All abilities

**Cost:** \$60/team of 6+ players

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## Integrated Spin Class

Try out a spin class using either upright spin bikes or handcycles on trainers with this fully integrated class. No cycling experience needed. Great cross training and winter training activity.

**Dates:** Mondays or Wednesdays

(September – December & January – April)

**Hours:** 6:30 – 8:30 pm

**Location:** Van Vilet Centre, U of A North Campus

**Target Audience:** All abilities

**Cost:** \$80/season

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# SPRING/SUMMER PROGRAMMING

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## Swimming

The swimming program is specially designed to meet the varying needs of our members and we provide one-on-one volunteer assistance (as best as we can) for the swimmers. Learn to improve your skills with Certified Swimming Instructors working with the group to provide individualized instruction.

**Dates:** Saturdays (May – June)

**Junior:** Saturdays 2:00 – 3:00 pm

**Intermediate:** Saturdays 3:00 – 4:00 pm

**Location:** Don Wheaton Family YMCA  
(10211 – 102 Avenue)

**Target Audience:** All abilities

**Cost:** \$40

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## Wheelchair Lacrosse

This sport is for all abilities: PSA has sport wheelchairs and sticks for individuals to use. Come check it out and bring your friends!!! It is intense and physical and played in sport chairs. Players required to bring helmets with visors.

**Dates:** Tuesdays (April to May)

**Hours:** 6:00 – 7:00 pm

**Location:** ACT Centre Gym  
(2909 – 113 Avenue)

**Target Audience:** All abilities

**Cost:** \$80

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## Adapted Golf

Classes are held on the driving range and putting green. Practice balls are included and lessons will cover practical golf skills, club selection, approach shots, iron play, sand play, chipping and putting. Participants will also receive instruction on rules, scoring, stance, alignment, proper grip and appropriate golf course etiquette.

**Dates:** June – July

**Hours:** 6:00 – 7:30 pm

**Location:** Victoria Driving Range  
(12130 River Valley Road)

**Target Audience:** All abilities welcome, ages 6+

**Cost:** \$100

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## Outdoor Paracycling

This is a 10-week program. Depending on the level of cycling you are comfortable doing, the skills and drills we will be doing will vary. Beginner Cycling will focus on introductory skills, rules of the road and safety. Intermediate Cycling will focus on expanding the skills beyond the neighborhood and entering into the River Valley pathways. We will be increasing our ride distance, speed and difficulty over the 12 weeks.

**Dates:** June – August

**Beginner:** Wednesdays 11:00 – 12:00 pm

**Intermediate:** Wednesdays 6:30 – 8:30 pm

**Location:** Starts at Cloverdale Community League (9411 – 97 Avenue)

**Target Audience:** All abilities

**Cost:** \$200 (Includes ABA insurance)

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## Adapted Kayaking

Instructed by coaches at the St. Albert Canoe and Kayak Club, this program is completely inclusive-no-matter your ability or disability. Using as much or as little adaptive equipment, learn to paddle, steer and control the kayak.

**Dates:** Mondays (June – July)

**Hours:** 6:30 – 8:00 pm

**Location:** Kirk Lake

**Target Audience:** All abilities

**Cost:** \$60

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## Adult Camp

Spend the week exploring Edmonton and all the awesome summer events it has to offer! PSA's Summer Adult Camp is varied each year to provide participants with unique activities and sporting opportunities. It is a great opportunity for adults to get out and have some fun with friends. Minimal physical assistance will be available (i.e. transfers). If an individual requires more care, an attendant must be present. There is no additional cost for the attendant.

**Dates:** Monday – Friday

(Usually end of July)

**Hours:** 10:00 am – 4:00 pm

**Location:** Various locations throughout Edmonton

**Target Audience:** All abilities, 18+

**Cost:** \$250

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## Sledge Camp

This week long camp gives players the opportunity to get on the ice during the summer to sharpen their skills and/or learn new skills. The camp includes plenty of ice time with experienced coaches, off-ice skill building sessions, and other fun games and activities.

**Dates:** Monday – Friday

(until the end of July)

**Hours:** 9:00 am – 4:00 pm

**Location:** The Meadows Community Recreation Centre (2704 17 St NW)

**Target Audience:** All abilities

**Cost:** \$350 for Junior and \$385 for Intermediate

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## Adapted Adventures

We have a partnership with the Excel Society and Winnifred Stewart Association to offer additional programs as well. These programs include:

- Indoor Rock Climbing
- Fishing
- Canoeing
- Snowshoeing
- Trailriding

Throughout the year we offer different special event programs. These programs include:

- Outdoor Weekends
- Social Events
- Scuba Diving
- Cross Country Skiing

If you are interested in any of the additional programs, please visit our website at [www.parasports.net](http://www.parasports.net) for more information or call 780-439-8687.

## Pathways Day Program (Alberta Health Services)

9942 – 108 Street  
Edmonton, AB T5K 2J5

**Contact:** Carmen Hala

**Phone:** 780-862-2537

**Fax:** 780-425-9317

Pathways is a drop-in day program

- Provide a variety of recreation and leisure based resources that are affordable
- Provide quality programs with qualified instruction and support staff
- Improve / expand leisure skills
- Encourage social interaction
- Establish connection with community leisure resources
- Adults with addiction and mental health experience between the ages of 30 – 65

Participants are required to be independent in terms of traveling to and from program as well as attending to basic care needs.

**Dates:** Monday – Friday

**Times:** 9:00 am – 3:00 pm (closed for 1 hour between 12:00 – 1:00 pm)

**Ages:** 30 – 65 years old

**Target Audience:** Adults with mental health and/or addiction concerns

**Cost:** Free



## Qi Creative

9410 – 118th Avenue  
Edmonton, AB T5G 0N6



**Contact:** Jonathan Rivero

**Phone:** 780-554-8745

**Email:** [adventureclub@qicreative.com](mailto:adventureclub@qicreative.com)

**Website:** [qiac.qicreative.com](http://qiac.qicreative.com)

Qi Creative provides success coaching for children, families and schools living with special needs across Alberta. Services include occupational therapy, speech language pathology, physical therapy, behaviour consultation and trauma informed care. We use creative intervention such as art, music, yoga, martial arts and hip hop among others, and a person's strengths and talents that make them awesome to overcome challenges and create success.

Qi Creative also provides training and professional development workshops for teachers, educational assistants, health care professionals, parents and caregivers.

The Qi Adventure Club (Qi AC) is an inclusive adventure-based program for people of all abilities and special needs to create their awesome adventures and enjoy activities in and around Edmonton.

The outcomes of Qi AC include:

- Social Connection – participants meet new people and make new friends
- Emotional regulation – participants learn to feel more comfortable in new activities and environments
- Personal growth and development – participants gain confidence to be themselves
- Physical Well-being and Fitness – participants learn new skills and the importance of fitness for a balanced life

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## Qi Creative Adventure Club – Quest Adventures

Qi Adventure Club Quests take place over a few hours or one full day. There are a number of Quest Adventure programs throughout the year including parkour, skateboarding, yoga, hiking, outdoor crafts, biking and snowshoeing. We have experienced volunteers and Qi Creative Coaches who collaborate to create a successful adventure for everyone. More information on the Quest programs can be found on the website at [qiac.qicreative.com](http://qiac.qicreative.com).

**Dates:** Year round – see website

**Location:** Various locations in and around Edmonton

**Cost:** See website for details

**Target Audience:** All ages and abilities

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## Qi Creative Adventure Club – Odyssey Programs

Qi Creative Adventure Club Odysseys are designed for participants to learn a specific skill over multiple sessions. There are a number of Odyssey Adventure programs throughout the year including rock climbing, dance, skateboarding, downhill skiing, skating, cross country skiing, biking, Taekwondo (Young Master Club) and Capoeira (Brazilian Martial Arts). We have experienced volunteers and Qi Creative Coaches who collaborate to create a successful adventure for everyone. More information on the Odyssey programs can be found on the website at [qiac.qicreative.com](http://qiac.qicreative.com)

**Dates:** Year round – see website

**Location:** Various locations in and around Edmonton

**Cost:** See website for details

**Target Audience:** All ages and abilities

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## Qi Creative Adventure Club — Camps

Qi Camps combine play with functional skills to create a fun and engaging experience where children of all abilities can have fun together. Qi Creative Coaches will support your child to participate in different activities each day targeting physical recreation, artistic expression, play and peer interaction. These activities could include, dance, music, painting, crafts, sports skills, martial arts, sensory play, and outdoor play, among others, depending on the interests and abilities of participants. Camps are offered at various times of the year, with dates, times, and locations posted on the website [qiac.qicreative.com](http://qiac.qicreative.com).

## Robin Hood Association

#3 101 Spruce Avenue  
Sherwood Park, AB T8C 1C2

**Contact:** Laurie Massie

**Phone:** 780-640-9401 Ext. 225

**Email:** [massie@robinhoodassoc.com](mailto:massie@robinhoodassoc.com)

**Website:** [www.robinhoodassoc.com](http://www.robinhoodassoc.com)

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## Robin Hood Association Summer Program

This is a recreational based day camp for children with special needs between the ages of 4 –18. It promotes social interaction, skill development and daily living skills through a play environment.

**Dates:** TBD

**Times:** 9:00 am – 3:30 pm, Monday to Friday

**Location:** Children and youth community centre

**Ages:** 4 – 18 years

**Cost:** \$110

**Target Audience:** Various disabilities/skill levels

## Rocky Mountain Adaptive Sports Centre

#2, 201 Carey  
Canmore, AB T1W 2R7

**Contact:** Jamie McCulloch

**Phone:** 1-403-431-1154

**Email:** [info@rockymountainadaptive.com](mailto:info@rockymountainadaptive.com)

**Website:** [www.rockymountainadaptive.com](http://www.rockymountainadaptive.com)

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## Outdoor Pursuits (Multi Sport)

Rocky Mountain Adaptive Sports Centre (RMASC) is a not-for-profit organization whose mission is to enable all children and adults with physical, developmental and/or cognitive challenges to participate, learn and excel in all sports and recreational activities in the Canadian Rockies.

We are a multi-sport, year-round organization that provides everything needed to access mountain sport and recreation, including adaptive sports equipment, adaptive instructors, trained volunteers and specialized training.

Our programs include hiking, biking (road and mountain), tennis, golf, kayaking, horse riding, frisbee golf, whitewater rafting, swimming, alpine skiing, snowboarding, snowshoeing and Nordic skiing.

**Dates:** All year, including holidays

**Times:** Varies from a few hours, days, weeks, including weekends

**Location:** Banff, Canmore, Lake Louise and Kananaskis

**Ages:** All ages

**Cost:** Varies from free to \$150/day, depending on activity; group rates also available.

**Target Audience:** All Target Audiences welcome, and all skill levels

## Soccability

Alberta Soccability is a soccer first program for players with a disability that provides participation and developmental opportunities for individuals with a passion to play soccer.

The program is a collaboration between the Alberta Soccer Association and the Alberta Cerebral Palsy Sports Association. The Alberta Soccability program will see two streams: the para soccer program and powerchair soccer program.

Each program is tailored to meet the needs of the individual and group goals, whilst developing lifelong bonds and an active lifestyle. The sessions provide low coach to player ratios with trained coaches, to comply with the Canadian Soccer Association's Long Term Player Development Model.

Alberta Soccability is a program with no boundaries; it's open to all ages and abilities! For further information on our programs (dates/locations/costs) please contact: [contact@acpsa.ca](mailto:contact@acpsa.ca) or visit [www.albertasoccer.com](http://www.albertasoccer.com) and [www.acpsa.ca](http://www.acpsa.ca) to check for updates!



## Solidance Inclusive Recreation Society

8749 – 84 Avenue  
Edmonton, AB T6C 1E1



**Contact:** Lindsay Eales  
(programming director)

**Phone:** 780-455-5224

**Email:** [info@solidance.ca](mailto:info@solidance.ca)

**Website:** [www.solidance.ca](http://www.solidance.ca)

## Integrated Creative Movement and Dance Class

Join us for an exciting exploration of creative movement and dance for people with and without disabilities. We will explore integrated dance, creative movement, improvisation, ballet, jazz and hip-hop movement styles.

Our movement classes include dancers of all abilities, all genders, all diagnoses and dancers using a wide variety of mobility aids (wheelchairs, walkers, crutches, etc.). Children welcome with adult participant.

Come enjoy some great physical activity in an amazing community.

**Dates:** Session 1 runs September 12 – October 24; Session 2 runs October 31 – December 12, 2017

**Times:** 5:30 – 7:00 pm

**Location:** Studio A in the ATB Financial Arts Barns (10330 – 84 Avenue — entrance through single door on southwest side of the building)

**Ages:** All ages (young children accompanied by an adult is preferable)

**Cost:** \$50/program

## Special Olympics Alberta

11759 Groat Road  
Edmonton, AB T5M 3K6

**Phone:** 780-415-0719

**Fax:** 780-415-1306

**Email:** [info@specialolympics.ab.ca](mailto:info@specialolympics.ab.ca)

**Website:** [www.specialolympics.ab.ca](http://www.specialolympics.ab.ca)

Special Olympics Alberta is committed to enriching the lives of Albertans with an intellectual disability through sport. Provide individuals with an intellectual disability, of all ages and abilities, opportunity to realize their full athletic potential, with appropriate training, coaching and competitions, to develop life skills, a healthy body and self-esteem.

## Special Olympics Alberta & Alberta Schools' Athletic Association

11759 Groat Road  
Edmonton, AB T5M 3K6

**Contact:** Shanna Kurylo

**Phone:** 780-427-8182

**Fax:** 780-415-1306

**Email:** [Shanna@asaa.ca](mailto:Shanna@asaa.ca)

**Website:** [www.asaa.ca/sports/special-olympics-unified-sports](http://www.asaa.ca/sports/special-olympics-unified-sports)



## Special Olympics Unified Sports

Unified Sports is a Special Olympics program where high school students with and without intellectual disabilities train and compete on the same sports team. Sports include Bocce, Bean Bag Toss, Basketball and Track. Programs are all run out of individual high schools. For more information on how to get a program started at your school, please contact Shanna.

**Dates:** TBA

**Hours:** TBA

**Location:** TBA

**Target Audience:** Intellectual disability

**Cost:** Free





## Special Olympics Edmonton

16011 – 118 Avenue NW  
Edmonton, AB T5V 1C7

**Contact:** Charlene Gray

**Phone:** 780-448-1886

**Email:** cgray@specialolympicsedmonton.ca

**Website:** www.specialolympicsedmonton.ca

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### 2017 – 2018 Program Season

Please visit our website or Facebook Page for more information about the programs offered [www.specialolympics.ca](http://www.specialolympics.ca) Facebook: Special Olympics Alberta-Edmonton

**Dates:** TBD

**Locations:** Various gyms and fields throughout Edmonton

**Target Audience:** All levels

**Cost:** From \$40 – \$140

Registration Day will be TBD.



## Spina Bifida and Hydrocephalus Association of Northern Alberta

Box 35025, 10818 Jasper Avenue  
Edmonton, AB T5J 0B7

**Contact:** Danielle Schmidt

**Phone:** 780-451-6921

**Fax:** 1-888-881-7172

**Email:** info@sbhana.org

**Website:** www.sbhana.org

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### Camp Freedom

A four night camp for youth with spina bifida; medical students and professionals in healthcare volunteer as counsellors who educate, facilitate social connections and foster independence.

**Dates:** TBD \* Website will be updated with camp dates

**Location:** Camp He Ho Ha (Range Road 55, Parkland County)

**Ages:** Youth aged 12 – 19 with Spina Bifida

**Target Audience:** Youth with Spina Bifida

**Cost:** \$200/ camper



## NoLimits Adult Peer Support Group

The NoLimits Peer Support program was created for and by adults living with spina bifida and/or hydrocephalus. We are working together to create a positive, supportive and encouraging community. Come out for friendship, support and fun!

**Dates:** First Thursday of each month

**Hours:** 6:00 – 8:00 pm

**Location:** Local coffee shop

**Ages:** Adults with spina bifida

**Cost:** Free with membership



## Hope Classic (5/8 km Run, Walk, Wheel)

The Hope Classic Run, Walk, Wheel is a family-friendly, non-competitive, Canada-wide event. Participants of all abilities are welcome to walk, run or wheel through a 5 or 8 km paved course in Rundle Park (113 Avenue and 29 Street). After finishing the run, the SBHANA hosts a summer BBQ for all participants and members to come and enjoy food, friends and sunshine. Hope to see you there!

**Dates:** Saturday in August \*TBD

**Hours:** 10:00 am – 2:00 pm

**Location:** Rundle Park (2909 – 113 Avenue)

**Target Audience:** Anyone can participate

**Cost:** Individual registration: \$20 (Early Bird), \$25 Regular; Team registration \$60 (Early Bird), \$75 Regular

## Spinal Cord Injury Alberta

# 400, 11010 – 101 Street  
Edmonton, AB T5H 4B9

**Contact:** Guy Coulombe – Manager of  
Programs & Services Edmonton

**Phone:** 780-424-6312 or 587-410-2427

**Fax:** 587-410-2427

**Email:** [guy.coulombe@sci-ab](mailto:guy.coulombe@sci-ab)

**Website:** [www.sci-ab.ca](http://www.sci-ab.ca)

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## Peer & Family Social Events

People learn best from others in similar situations, which is why we host peer events where people can mingle, connect, learn from each other, form friendships or just come for the snacks! SCI Alberta was founded on the principle of peers helping peers.

Peer events have included: barbecues, poker nights, kitchen gadgets, Christmas social, etc.

**Dates:** Ongoing

**Time:** Varies

**Location:** Various locations across the city and/or province

**Cost:** Varies

**Target Audience:** Spinal cord injury, all disabilities, caregivers, friends, family and professionals

## Steel Wheels Rugby

**Contact:** Bruce or Dale

**Email:** [infoswrugby@gmail.com](mailto:infoswrugby@gmail.com)

**Website:** [www.steel-wheels.ca](http://www.steel-wheels.ca)

The Edmonton Steel Wheels Quad Rugby Club competes internationally in the sport of wheelchair rugby. We welcome anyone with a physical disability to play. The Steel Wheels practice Wednesday nights at Mary Butterworth Jr High School (16315 – 109 Street) and Saturday nights at the new St. Francis Sports Centre, Gym #3 (9420 – 163 Street).

Interested in joining? Please contact the team directly to discuss eligibility.



# The Steadward Centre for Personal & Physical Achievement



THE STEADWARD CENTRE  
for Personal & Physical Achievement

1-645 Van Vliet Complex  
Faculty of Physical Education and Recreation  
University of Alberta  
Edmonton, AB T6G 2H9

**Phone:** 780- 492-3182

**Website:** [www.steadwardcentre.ualberta.ca](http://www.steadwardcentre.ualberta.ca)

## Free2BMe — Physical Activity for Kids and Teens with Disabilities

**Contact:** Bronwyn Corrigan

**Phone:** 780-492-7091

**Email:** [bcorrigan@ualberta.ca](mailto:bcorrigan@ualberta.ca)



Free2BMe Physical Activity for Kids and Teens with Disabilities is a dynamic, fully-equipped adapted physical activity program that provides physical activity and fitness opportunities for kids and teens with disabilities. Opportunities are provided for anyone aged 4 – 19 with physical, sensory or developmental impairment. Program aims include: empowering participants to be more physically active, experience success and enjoy more independence. Programs offered include a variety of group programs or 1:1 adapted fitness or motor skill development sessions.

## Adapted Fitness Programs for Adults

**Contact:** Scott Durocher

**Phone:** 780-492-8339

**Email:** [sduroche@ualberta.ca](mailto:sduroche@ualberta.ca)

The Adult Fitness & Recreation program provides a range of Adapted Physical Activity services including gym access, group fitness, and one-on-one training for adults living with impairment. Programs are led by Adapted Physical Activity consultants and instructors in a supportive, welcoming environment. Our programs are designed to increase independence, foster self-determination and promote inclusion for people living with impairment through physical activity.

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## Functional Electrical Stimulation

**Contact:** Scott Durocher

**Phone:** 780-492-8339

**Email:** sdurocher@ualberta.ca

Functional electrical stimulation (FES) is a technique by which electrical currents are applied to nerves supplying paralyzed or weakened muscle through electrodes placed on the surface of the skin. The current delivers the necessary stimulation to elicit a muscle contraction with the purpose of providing functionally useful movements. The Steadward Centre offers programs and training for the following FES modalities: rowing, cycling and arm cycling. Participants have option of pursuing FES at the Steadward Centre or at one of the community locations (Saville Community Sports Centre or Don Wheaton YMCA). Interested participants require an assessment to determine eligibility.

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## Community Exercise Transition

**Phone:** 780-492-8339

The Community Transition program provides support for individuals experiencing disability as they gain the skills and knowledge to exercise independently or with family and friends in a community fitness centre of their choice. Through the Community Exercise Transition Program participants receive a fitness assessment, an individualized fitness program and up to 3 sessions in the community with a transition consultant.

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## Athlete Development for Disability Sport

**Contact:** Jessica Ferguson

**Phone:** 780-248-1981

**Email:** jessica1@ualberta.ca

Athlete Development for Parasport focuses on engaging individuals experiencing disability who currently participate in sport to increase their current fitness levels. The Athlete Development for Parasport programs accommodate individuals participating in recreational sport through to high performance sport. Program aims include: increased physical fitness through individualized strength and conditioning programs developed to meet each individual's fitness goals and demand of the sport and development of competitive sport skills (swimming and athletics). Programs offered include: Para-Swimming Development, Para-Athletics, Athlete in Training, High Performance Para-Development and Team Training.



# Wheelchair Sports Alberta

11759 Groat Road  
Edmonton, AB T5M 3K6

**Contact:** Jen Sales

**Phone:** 780-427-8699

**Email:** wsa1@telus.net

**Website:** <https://wheelchairsportsalberta.com>

Wheelchair Sports Alberta is the provincial governing body for wheelchair sport opportunities in the province. We support multiple clubs, organizations and athletes throughout Alberta by offering developmental camps, competitions, coaching and officiating clinics, as well as providing grants to support our clubs and athletes.

Our mission is to facilitate sporting opportunities to Albertans from the development level to high performance level of participation in athletic competitions, technical development, leadership and integration.

WSA Sports: Activities are offered for the sports listed below. To check specific dates and times follow us on Facebook, Twitter, Instagram or visit our website at [www.wheelchairsportsalberta.com](http://www.wheelchairsportsalberta.com)

- Wheelchair Basketball – Club and Provincial Team programs
- Wheelchair Rugby – Club and Provincial Team programs
- Para-Athletics – Club and Provincial Team programs
- Wheelchair Tennis – Individual and Coached programs, drop in opportunities
- Sledge Hockey – Club and Provincial Team programs
- Other Sports- Para Triathlon, Wheelchair Fencing, Wheelchair Badminton, Wheelchair Curling, Wheelchair Quidditch and more



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## Bridging the Gap – Getting Physically Active

**Contact:** Shawn Walter

**Phone:** 780-427-8721

**Email:** wsa3@telus.net

Bridging the Gap – Getting Physically Active is a program designed to introduce individuals with disabilities to wheelchair sports. The mission of the program is to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports and recreational opportunities, promoting an active healthy lifestyle and improved quality of life.

**Target Group:** Newly spinal cord injured individuals and individuals with physical disabilities in the community who are inactive.

The following provides an overview of the different types of disabilities the program affects: Quadriplegia, Paraplegia, Amputees, Polio, Spina Bifida, Muscular Dystrophy, Multiple Sclerosis, Arthritis and Cerebral Palsy.

In patients and outpatients of all levels of experiences. Friends and family are welcome!

This program is held year round with breaks over the Christmas Season.

**Times:** 6:30 – 8:00 pm, Thursdays

**Ages:** All ages welcome

**Location:** Glenrose Rehabilitation Hospital

**Cost:** Free

## Key Program Elements:

- Dedicated Wheelchair Sports Alberta staff and volunteers
- Member athletes as role models and program leaders
- Adaptive equipment
- Primarily promotes four core sports (shown below) but we also include a number of new opportunities each week: Athletics, Basketball, Wheelchair Rugby and Tennis
- Respects individual needs and provides variety of information on other program opportunities
- Sports Wheelchairs & Wheelchair Loan Program
- Rehab Centre programs and “Have a Go” events
- Community “Have a Go” days and sport specific clinics
- Community Partnerships
- Developmental Programs, Clinics and Competitions
- Ongoing communication and follow up with participants providing peer support and offering further opportunities to get active
- Leadership recruitment and training



## YMCAs

Offers an inclusive environment, please contact for more information.

**Website:** [www.edmonton.ymca.ca](http://www.edmonton.ymca.ca)

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### Bridge to Wellness – Level 1 and 2

Bridge to Wellness (Level 1) is a YMCA program designed to help participants get started in a regular fitness program, developing social contacts and increasing their general knowledge of health. Led by experienced staff, Bridge to Wellness will combine activities to improve participants' balance, endurance, mobility, strength and confidence.

Bridge to Wellness Level 2 builds on your success from Level 1 and is an excellent next step on your road to fitness. Led by experienced staff, Level 2 is designed to improve overall function, health, independence and quality of life. Participants will learn exercises to further increase their strength, endurance, coordination, balance and flexibility. Prerequisite: Completion of Level 1 or ability to perform all of Level 1's fitness testing.

These are 8-week programs delivered in 60-minute classes, twice a week.

Level 1 offered at Don Wheaton, Castle Downs, William Lutsky and Jamie Platz YMCA locations, and will run pending interest and registration. Level 1 is offered at Castile Downs YMCA location. Bridge to Wellness includes a registration fee.

**Program Cost:** YMCA members – N/C; non-members varies at each location

**To register:** online registration is available or in-branch registration is on a first-come first-served basis during the hours of operation

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### Castledowns Family YMCA

11510 – 153 Avenue  
Edmonton, AB T5X 6A3

**Phone:** 780-476-9622

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### Don Wheaton Family YMCA

10211 – 102 Avenue  
Edmonton, AB T5J 0A5

**Phone:** 780-476-9622

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### Jamie Platz Family YMCA

7121 – 178 Street  
Edmonton, AB T5T 2N9

**Phone:** 780-481-9622

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### William Lutsky Family YMCA

1975 – 111 Street  
Edmonton, AB T6J 7C6

**Phone:** 780-439-9622

## You Can Ride 2

**Website:** [www.youcanridetwo.ca](http://www.youcanridetwo.ca)

**Contact:** Molly Turnbull

**Phone:** 780-433-2453 ext. 905

**You Can Ride 2** offers two programs that support children with disabilities as they discover the joy and freedom of riding a bike.

The Learn to Ride program is a 6-week course that teaches children with coordination challenges and other special needs how to ride their own two-wheeled bicycles. We accept children 8 years of age and older, with or without a documented disability. Children must be able to pedal and steer a trike or bike with training wheels. This course begins in late April.

The Borrow a Bike program lends adapted bicycles to children whose disabilities prevent them from riding a conventional bike. We have more than 150 bicycles and handcycles in our fleet and a therapist and mechanic team works with each child to ensure that the bike is appropriately customized. The bikes are loaned out through the summer months and returned in the fall. This Borrow a Bike program is open to children 3 – 18 years of age. Registration in either You Can Ride 2 program requires a referral from someone

familiar with motor development (e.g., school occupational or physical therapist). Families can register online at [www.youcanride2.ca](http://www.youcanride2.ca) beginning in early January 2018. A \$100.00 refundable equipment deposit is required for both programs. A \$75.00 rental fee or completion of 4 volunteer hours is required for only the Borrow a Bike program. Financial assistance is available for eligible families through KidSport.

## ACCESSIBILITY INFORMATION

For a detailed listing of Citizen Services' facilities and parks accessibility features, call 311 or (TTY) 780-944-5555 transfer code: DISREC. Accessibility improvements are constantly being made to ensure all facilities and parks are as accessible as possible. Call the facility prior to your visit to obtain updated accessibility information. A brochure can also be found at [www.edmonton.ca/accessibility](http://www.edmonton.ca/accessibility)

## OTHER VALUABLE LEISURE RESOURCES

The following leisure brochures are available by calling 311:

- Priceless Fun Guide

- Summer Program Guide
- E-Active (Leisure, Sports and Fitness Facilities Recreation Guide)
- River Valley Programs
- Community Facilities & Parks Accessibility Guide
- Brochures for each major attraction and facility

## OTHER RESOURCES/ NEW INITIATIVES

### City of Edmonton Accessibility Advisory Committee (AAC)

**Contact:** AAC Administrative Support

**Phone:** 780-496-4910

**Email:** [accessibility@edmonton.ca](mailto:accessibility@edmonton.ca)

**Website:** [www.edmonton.ca/accessibility](http://www.edmonton.ca/accessibility)

**Fax:** 780-577-3525

**TTY:** 780-944-5555 transfer code:

DISBOARD

The Advisory Committee acts as a liaison between the community and City of Edmonton departments and services. The AAC keeps City departments and Council informed of the many issues affecting the disability community in our city.

## DATS

DATS is the accommodated, shared ride transit service for Edmonton residents 16 years and older who cannot use regular accessible transit for some or all trips due to a physical or cognitive disability.



All passengers must be registered with DATS before booking trips.

**Registration:** 780-496-4567 ext. 3

**Trip bookings:** 780-496-4567 ext. 2

**TTY:** 780-496-5506 transfer code:  
DATSBOOK

**Email:** [Dats@edmonton.ca](mailto:Dats@edmonton.ca)

**Website:** [www.takeETS.com/DATS](http://www.takeETS.com/DATS)

for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission. The program was developed by an advisory group of nine national disability organizations, in conjunction with Cineplex entertainment. Please visit [www.access2card.ca](http://www.access2card.ca) for more information.

## Access 2 Entertainment Card

**Contact:** Adrienne Cheng

**Email:** [acheng@easterseals.ca](mailto:acheng@easterseals.ca)

**Tel:** 1-877-376-6362 ext: 243

The Access 2 Entertainment card provides free admission (or a significant discount)

# UPCOMING FESTIVALS AND SPECIAL EVENTS

Edmonton offers many special events and is known as Festival City. Learn about event and activity ideas in newspapers, the front section of your Yellow Pages phone book, or the listings on the [www.festivalcity.ca](http://www.festivalcity.ca) website. Most importantly – get out and enjoy!

Festival/Event	Location	2017/2018 Date(s)	Contact Info
<b>Symphony Under the Sky</b>	Hawrelak Park	August 31 – September 3, 2017	<a href="https://www.winspearcentre.com/tickets-wins/2017-2018-eso-season/symphony-under-the-sky">https://www.winspearcentre.com/tickets-wins/2017-2018-eso-season/symphony-under-the-sky</a>
<b>Movies on the Square</b>	Sir Winston Churchill Square	August 8 to 29, 2017	Call 311 or email <a href="mailto:311@edmonton.ca">311@edmonton.ca</a> for more info. Movie starts at dusk, bring your own chair.
<b>Edmonton International Film Festival</b>	Various Locations	September 28 – October 7, 2017	<a href="http://www.edmontonfilmfest.com">www.edmontonfilmfest.com</a>
<b>NorthWest Fest</b>	Various locations	April – May 2018	<a href="http://northwestfest.ca/">http://northwestfest.ca/</a>
<b>Canadian Finals Rodeo</b>	Northlands Coliseum	November 8 – 12, 2017	<a href="http://www.cfr.ca">www.cfr.ca</a>
<b>Festival of Trees</b>	Shaw Conference Centre	November 29 – December 3, 2017	<a href="http://www.festivaloftrees.ca/">www.festivaloftrees.ca/</a> Email: <a href="mailto:info@festivaloftrees.ab.ca">info@festivaloftrees.ab.ca</a> for more information.
<b>New Years Eve Downtown</b>	Sir Winston Churchill Square	December 31	Call 311 or email <a href="mailto:311@edmonton.ca">311@edmonton.ca</a> for more info
<b>Silverskate Festival</b>	Hawrelak Park	February 2018	<a href="http://www.silverskatefestival.org">www.silverskatefestival.org</a>

# INDEX

## Art

Art Gallery of Alberta	
Art Express — Special Needs Adult Art Classes . . . . .	26
Centre for Autism Services Alberta	
Creative Expression . . . . .	36
Exploring Art . . . . .	36
Fun with Art . . . . .	35
Visual Arts . . . . .	35
Cerebral Palsy Association in Alberta	
Art Expressions . . . . .	40
Scribbles & Giggles . . . . .	44
Community Linking Programs . . . . .	49
AMSA Art Programs . . . . .	53
Pottery Class Viva Clayworks . . . . .	52
Multiple Sclerosis Society of Canada	
Art for the Heart . . . . .	60
Networks Activity Centre . . . . .	61
Nina Haggerty Centre for the Arts . . . . .	61

## Attractions

Fort Edmonton Park . . . . .	12
John Janzen Nature Centre . . . . .	15
John Walter Museum . . . . .	13
Jurassic Forest and Learning Centre . . . . .	58
Muttart Conservatory . . . . .	16
Valley Zoo . . . . .	17

## Badminton

Community Linking Programs	
Badminton, Basketball and Bocce Ball . . . . .	49

## Basketball

Alberta Northern Lights Wheelchair Basketball Society	
Wheelchair Basketball Open Gym . . . . .	25
Centre for Autism Services Alberta	
Basketballers . . . . .	36
Teen Basketball . . . . .	37
Community Linking Programs	
Badminton, Basketball and Bocce Ball . . . . .	49



## **Basketball continued**

Edmonton Down Syndrome Society	
EDSS Basketball . . . . .	55
Special Olympics Alberta & Alberta Schools' Athletic Association . . . . .	71
Wheelchair Sports Alberta . . . . .	77

## **Bicycling**

Alberta Abilities Lodges Society . . . . .	21
Paralympic Sports Association	
Integrated Spin Class . . . . .	63
Outdoor Paracycling . . . . .	64
You Can Ride 2 . . . . .	80

## **Boccia**

Alberta Cerebral Palsy Sports Association	
Boccia . . . . .	24
Community Linking Programs	
Badminton, Basketball and Bocce Ball . . . . .	49

## **Bowling**

Community Linking Programs	
Bowling . . . . .	52
Edmonton Down Syndrome Society	
EDSS Bowling League . . . . .	55
Multiple Sclerosis Society of Canada	
MS Bowling (5 pin). . . . .	60

## **Camps**

Alberta AdaptAbilities Association	
Hearts In Action . . . . .	23
Camp Health, Hope & Happiness (Camp He Ho Ha) . . . . .	32
Centre for Autism Services Alberta	
Camp ACE . . . . .	39
Little Aces Summer Camp . . . . .	38
Teen Camp . . . . .	39
Paralympic Sports Association	
Adult Camp . . . . .	65
Sledge Camp . . . . .	65
Qi Creative	
Qi Creative Adventure Club . . . . .	68
Robin Hood Association	
Robin Hood Association Summer Program. . . . .	69
Spina Bifida and Hyrdrocephalus Association of Northern Alberta	
Camp Freedom . . . . .	72

## **Cards**

CNIB Bridge Club .....	47
Community Linking Programs	
Games/Cards/Music/Movie Day .....	51

## **Choir**

Braille Tone Music Society of Canada	
Braille Tone Choir .....	30
Semitones Children's Choir .....	30
Choral Morphosis .....	46
Community Linking Programs	
Community Linking Choir .....	50

## **Computer Classes**

Central Lions & Northgate Lions Senior Recreation Centres .....	10
Centre for Autism Services Alberta	
Teen Camp .....	39
Cerebral Palsy Association in Alberta	
Computability .....	41

## **Cooking**

Centre for Autism Services Alberta	
Junior Chef Cooking Class .....	35
Shop, Cook and Learn .....	35
Cerebral Palsy Association in Alberta	
CookAbilities .....	42
S.U.R.F. Programs .....	8

## **Crafts**

S.U.R.F. Programs .....	8
-------------------------	---

## **Curling**

Wheelchair Sports Alberta .....	77
---------------------------------	----

## **Dance**

Cerebral Palsy Association in Alberta	
Dance Without Limits .....	42, 43
City of Edmonton	
Adult Senior Leisure Dance .....	7
Rockin' In Rundle .....	8
Qi Creative	
Qi Creative Adventure Club – Odyssey Programs .....	68
Solidance Inclusive Recreation Society .....	70
S.U.R.F. Programs .....	8

## **Day Programs / Respite**

Alberta Abilities Lodges Society . . . . .	21
Alberta AdaptAbilities Association . . . . .	22
Community Linking Program	
Pathways . . . . .	53
Elves Special Needs Society . . . . .	57
Mira Facilitation Centre . . . . .	59
Pathways Day Program . . . . .	66

## **Drama**

Centre for Autism Services	
Teen Camp . . . . .	39
Choral Morphosis . . . . .	46
Community Linking Programs	
Drama Group . . . . .	50
Edmonton Down Syndrome Society	
Centre Stage Musical Theatre . . . . .	55

## **Film**

Access 2 Entertainment Card . . . . .	82
City of Edmonton, Movies on the Square . . . . .	83
Edmonton International Film Festival . . . . .	83

## **Fitness**

Catch the Wave Water Fitness . . . . .	34
Centre for Autism Services	
Active for Life . . . . .	37
City of Edmonton	
Fitness on Fridays . . . . .	8
Community Linking Programs	
Clareview Fitness . . . . .	52
Fun with Fitness . . . . .	50
Walleyball . . . . .	51
West-End Fitness . . . . .	51
Qi Creative . . . . .	67
S.U.R.F. Programs . . . . .	8
The Steadward Centre	
Adapted Fitness Programs for Adults . . . . .	75
Athlete Development for Disability Sport . . . . .	76
Community Exercise Transition . . . . .	76
Free2BMe . . . . .	75
YMCA	
Bridge to Wellness . . . . .	79

## **Floor Hockey**

Community Linking Programs	
Floor Hockey .....	49
Paralympic Sports Association	
Wheelchair Floor Hockey .....	63

## **Goalball**

Alberta Sports and Recreation Association for the Blind (ASRAB) .....	26
---	----

## **Golf**

Paralympic Sports Association	
Adapted Golf .....	64
Rocky Mountain Adaptive Sports Centre .....	69

## **Horseback Riding**

Little Bits Therapeutic Riding Program .....	59
--	----

## **Life Skill**

Alberta AdaptAbilities Association .....	22
Autism Society of Edmonton Area	
Parents of Adults with ASD .....	27
Brain Care Centre .....	31
Canadian Mental Health Association .....	33
Cerebral Palsy Association in Alberta	
Youth Transitions Program .....	46
Community Linking Program	
Challenge by Choice .....	53
Dreamcatcher Nature-Assisted Therapy Association .....	54

## **Multisensory Environment**

ACT Aquatic and Recreation Centre .....	7
---	---

## **Music**

Braille Tone Music Society of Canada .....	30
Cerebral Palsy Association in Alberta	
Tempo Gusto .....	44
Choral Morphosis .....	46
Edmonton Down Syndrome Society	
Centre Stage Musical Theatre .....	55

## Outdoors

Alberta Abilities Lodges Society .....	21
Centre for Autism Service	
Geocaching .....	37
Community Linking Programs	
Venture Out .....	50
Qi Creative .....	67
Rocky Mountain Adaptive Sports Centre .....	69

## Peer Evenings/Support Groups

Autism Society of Edmonton Area	
Adults with Autism .....	28
Partners of Individuals with Autism .....	29
The League of Extraordinary Individuals .....	28
CNIB	
CNIB Men's Group .....	47
Parent Information Sessions .....	48
Play Groups .....	48
Community Linking Programs	
LEAP .....	51
Edmonton Adult Meetup Group .....	40
Gateway Association .....	58
Spina Bifida and Hydrocephalus Association of Northern Alberta	
NoLimits Adult Peer Support Group .....	73
Spinal Cord Injury Alberta	
Peer & Family Social Events .....	74

## Reading

Edmonton Public Library .....	56
-------------------------------	----

## Rock Climbing

Paralympic Sports Association .....	66
Qi Creative .....	68

## Scuba

Paralympic Sports Association .....	66
-------------------------------------	----

## Skating

Centre for Autism Services Alberta	
First Steps & Second Steps/Advanced .....	37
Silverskate Festival .....	83

## **Ski/Snowboard**

Alberta Abilities Lodges Society . . . . .	21
Canadian Association for Disabled Skiing – Edmonton (CADS) . . . . .	32
Paralympic Sports Association . . . . .	66
Rocky Mountain Adaptive Sports Centre . . . . .	69

## **Sledge Hockey**

Alberta Abilities Lodges Society . . . . .	21
Edmonton Sled Hockey Club . . . . .	57
Paralympic Sports Association Sledge Hockey . . . . .	62
Wheelchair Sports Association . . . . .	77

## **Soccer**

Alberta Cerebral Palsy Association Soccability: Power Chair . . . . .	24
Alberta Cerebral Palsy Sports Association Soccability: Para Soccer . . . . .	24
Centre for Autism Services Kickstart Soccer . . . . .	36
Community Linking Programs Indoor Soccer . . . . .	49

## **Swimming**

Catch the Wave Water Fitness . . . . .	34
City of Edmonton Water Works . . . . .	6
Community Linking Programs Clareview Swim . . . . .	52
Paralympic Sports Association . . . . .	63, 64
Red Cross Swim Adapted . . . . .	9
Rocky Mountain Adaptive Sports Centre . . . . .	69
The Steadward Centre . . . . .	75

## **Taekwondo**

Centre for Autism Services Alberta Tae Kwon Do — Young Masters Club . . . . .	38
Paralympic Sports Association Taekwondo . . . . .	62
Qi Creative . . . . .	68



## **Trailrider**

Alberta Abilities Lodges . . . . .	21
Paralympic Sports Association . . . . .	66

## **Wheelchair Basketball**

Alberta Northern Lights Wheelchair Basketball Society . . . . .	25
Wheelchair Sports Alberta . . . . .	77

## **Wheelchair Floor Hockey**

Paralympic Sports Association . . . . .	63
---	----

## **Wheelchair Lacrosse**

Paralympic Sports Association . . . . .	64
---	----

## **Wheelchair Rugby**

Steel Wheels Rugby . . . . .	74
Wheelchair Sports Alberta . . . . .	77

## **Wheelchair Soccer**

Alberta Cerebral Palsy Sports Association Soccability: Power Chair Soccer . . . . .	24
--	----

## **Wheelchair Tennis**

Wheelchair Sports Alberta . . . . .	77
-------------------------------------	----

## **Yoga**

Cerebral Palsy Association in Alberta	
Morning Bliss . . . . .	43
Tranquil Movements . . . . .	45
YogaBees . . . . .	45
City of Edmonton	
Chair Yoga . . . . .	11
Community Linking Programs	
Hatha Yoga . . . . .	53
Meditation through Movement . . . . .	52
Qi Creative . . . . .	67



Edmonton