

EDMONTON



Inclusive Recreation for People with Disabilities

An activity guide for Edmonton
and surrounding areas



Fall 2015 – Summer 2016

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 Community Services Department, lists recreation opportunities throughout Edmonton suitable for individuals with disabilities.

This guide provides a summary of specialized programs and other valuable contacts. 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.

Some programs are designed specifically for individuals with disabilities, however many programs are open to everyone. Just call the number provided to inquire within this program.

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.

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

Alternative formats available on request.



LEISURE PROGRAMS AND GROUPS 6

Community Services Department, City of Edmonton	6
A.C.T Aquatic and Recreation Centre	6
River Valley Programs	8
Pools/Leisure Centres	8
Red Cross Swim Adapted	8
Hardisty Leisure Centre	8
Central Lions Senior Citizens Recreation Centre	9
Northgate Lions Senior Citizens Recreation Centre	10
Kinsmen Sports and Fitness Centre	10
Commonwealth Community Recreation Centre	11
Millwoods Recreation Centre	11
Fort Edmonton Park	11
John Walter Museum	12
John Janzen Nature Centre	14
Muttart Conservatory	15
Valley Zoo	16
Alberta Abilities Lodges Society	20
Alberta AdaptAbilities Association	20
Alberta Cerebral Palsy Sports Association	22
Alberta Northern Lights Wheelchair Basketball Society	24
Alberta Sports and Recreation Association for the Blind (ASRAB)	24
Art Gallery of Alberta	25
The Arthritis Society	26
Autism Society of Edmonton Area	26
Brail Tone Music Society of Canada	29
Brain Care Centre	31
Camp Health, Hope and Happiness (Camp He Ho Ha)	31
Canadian Association of Disabled Skiing (CADS)	32
Canadian Mental Health Association	32
Catch the Wave Water Fitness	33
Centre for Autism Services Alberta	33
Cerebral Palsy Association in Alberta	41
Choral Morphosis	46
CNIB	47
Community Linking Program	49



Dreamcatcher Nature-Assisted Therapy Association.....	54
Edmonton Down Syndrome Society.....	54
Edmonton Epilepsy Association.....	54
Edmonton Public Library.....	56
Edmonton Sled Hockey Club.....	57
Elves Special Needs Society	58
Gateway Association for Community Living	58
Jurassic Forest and Learning Centre	59
Little Bits Therapeutic Riding Association (LBTRA)	59
Mira Facilitation Centre	60
Multiple Sclerosis Society of Canada	60
Networks Activity Centre	62
Nina Haggerty Centre for the ARTS	62
Our Lady Queen of Peace Ranch	63
Paralympic Sports Association	63
Pathways Day Program (Regional Mental Health).....	67
Robin Hood Association.....	67
Rocky Mountain Adaptive Sports Centre.....	68
Soccability	69
Solidance Inclusive Recreation Society.....	69
Special Olympics Alberta	70
Special Olympics Edmonton.....	70
Spina Bifida and Hydrocephalus Association of Northern Alberta	71
Spinal Cord Injury Alberta	71
Steel Wheels Wheelchair Rugby	72
Steadward Centre for Personal & Physical Achievement	72
Wheelchair Sports Alberta Association.....	74
YMCA.....	76
You Can Ride Too	77
ACCESSIBILITY INFORMATION	78
OTHER VALUABLE LEISURE RESOURCES.....	78
OTHER RESOURCES/NEW INITIATIVES.....	79
UPCOMING FESTIVALS AND SPECIAL EVENTS	80
INDEX	81

LEISURE PROGRAMS AND GROUPS

Community Services Department, City of Edmonton

Box 2359
Edmonton, AB T5J 2R7

Contact: 311

Website: 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 City of Edmonton's Community 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 usually be included. Individuals who require closer supervision or additional assistance can attend with an attendant. Attendants are welcome at no additional cost when assisting an individual at our facilities, services, or programs.

A.C.T. Aquatic and Recreation Centre

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

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

Specialized Programs at ACT

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



Multi-Sensory Environment

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 out on a first come, first serve basis, when the room is available.

Adult Senior Leisure Dance

Location: ACT Centre

Dates: Wednesdays Fall/Winter/Spring Sessions

Times: 1:00 – 2:30 pm

Please call Program Coordinator for more information or go to www.edmonton.ca/surf

Rockin' In Rundle

Location: ACT Centre

Dates: Tuesdays and Thursdays Fall/Winter/Spring Sessions

Times: 12:30 – 2:30 pm

Please call Program Coordinator for more information or go to www.edmonton.ca/surf

Fitness on Fridays

Location: ACT Centre

Dates: Fridays, September to June

Times: 12:30 – 2:30 pm

Please call Program Coordinator for more information.

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

Location: City of Edmonton Recreation Facilities

Contact: S.U.R.F. Program Coordinator, 780-496-1497

Website: www.edmonton.ca/surf

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

Dates: Fall/Winter/Spring/Summer Classes

Disability Group: Adults with Developmental Disabilities

River Valley Programs

Phone: 311 to register

Fax: 780-496-2955

Website: 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

Pools/Leisure Centers

Phone: 311

Many pools have additional amenities such as whirl pools and exercise areas. Try the accessibility features which are available at most pools: easy ladders and wider stairs to enter 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.

Red Cross Swim Adapted

Contact: 311 to register

This course is offered at ACT 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 are for children 4 years or older. It introduces movement in the water, assisted and unassisted front and back floats, glides and front and back swim. Red Cross Adapted Levels 3 & 4 are 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.

Hardisty Leisure Centre

Water Works

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

WaterWorks 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.

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 (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)

CLSA – “Come for the programs, stay for the people!” CLSA works in partnership with the City to provide three seasonal program guides a year. Starting in Fall 2015, participants may register for CLSA programs in person (cash, cheque, debit or credit), online (via 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 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

NESA – “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.

Kinsmen Sports and Fitness Centre

9100 Walterdale Hill
Edmonton, AB T6E 2V3

Phone: 311

Website: http://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 dry land 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 life 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.

Commonwealth Community Recreation Centre

11000 Stadium Road
Edmonton, AB T5H 4E2

Contact: Ross Johnson (Facility Foreman)
Phone: 311 or 780-423-6823

The fitness pool, leisure pool, and hot tub all have barrier free zero entry accessible by wheel chair. The building, locker rooms and washrooms are wheelchair accessible.

Mill Woods Recreation Centre

7207 – 28 Avenue
Edmonton, AB T6K 3Z3

Phone: 780-496-2900

Washroom modifications have been made recently to increase accessibility.

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. For more information on accessibility please visit the following link.
www.edmonton.ca/attractions_recreation/sport_recreation/mill-woods-accessibility.aspx

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.

John Walter Museum

9180 Walterdale Hill
Edmonton, AB

Contact: 311

Website: 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.

John Walter 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.

***Please note at the time of registration if accommodation will 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. 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

Disability Group: 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 \$145

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. 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

Disability Group: Programs can be adapted to meet a wide range of needs and abilities (Ages 5 and up)

Cost: Maximum size 30 individuals; 2 hour program \$145

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. 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

Disability Group: 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 \$145



John Janzen Nature Centre

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

Phone: 311

Website: 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 participant's 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. At time of booking, please indicate any special needs for which adaptations to the program may be required.

Nature Observer

Phone: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

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

Date: Available year round

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

Disability Group: 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 \$135

Muttart Conservatory

9626 – 96 A Street
Edmonton, AB T6C 4L8

Phone: 311

Website: 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 cmsschoolbookings@edmonton.ca.

***Please note at the time of registration if accommodation will 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 cmsschoolbookings@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 if accommodation will 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

Disability Group: 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 \$148

Valley Zoo

13315 Buena Vista Road
Edmonton, AB T5J 2R7

Phone: 311

Website: www.edmonton.ca/edmonton-valley-zoo

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.
- 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.

Booking a program

To book a program, please call 780-442-1442 or email cmsschoolbookings@edmonton.ca.

***Please note at the time of registration if accommodation will be required. Attendants are welcome to attend at no extra cost.

Travelling Zoo Programs

If you can't visit the Zoo, let us come to you! These year-round programs are designed with accessibility and fun in mind. With a focus on animal-themed experiences, storytelling and music, participants of all ages can have a zoo-riffic learning experience.

Animal Visit (Travelling Zoo)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

Invite a few of our smaller zoo animals to drop by your classroom for an animal visit! Your students will have a chance to meet, touch and learn about and Get Closer to these animals. An interpreter will also bring along some animal artifacts that students will be able to see and touch. Three animals are included in the 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 the day of the program.

***Please note at the time of registration if accommodation will be required.

Dates: Available year round

Location: Your classroom

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (usually 3 years and up)

Cost: 45 minute program \$158 (1 group) or \$218 (for 2 groups in the same day) **

Amazing Animals (Travelling Zoo)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

What happens when a group of forest creatures finds a child's mitten lost in the snow? We'll find out when this program visits your classroom! Through interactive storytelling and creative movement and song, we'll learn about the unique survival features of some of our animals. Program also includes a chance to meet and touch two small Zoo animals that are featured in the story.

Dates: Available year round

Location: Your classroom

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (usually 3 – 11 years)

Cost: 1 hour program \$158 (1 group) or \$218 (for 2 groups in the same day) 1.5 hour program \$178 (1 group) or \$228 (for 2 groups in the same day) **

***Please note at the time of registration if accommodation will be required.

South American Safari (Travelling Zoo)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

***Please note at the time of registration if accommodation will be required.

Take a trip to the rainforests of South America without leaving your classroom! We'll learn about a few South American animals, their habitats and their unique survival adaptations through the interactive re-telling of an animal-themed folktale from this region. We'll also learn about South American instruments and create our own song together. Program includes a chance to meet and touch two small Zoo animals featured in the story.

** An additional interpreter fee of \$20/hour or part thereof will be added to the cost of the program if the length of time in between the first and second scheduled program exceeds 1 hour.

Dates: Available year round

Location: Your classroom

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (12 years and up)

Cost: 1 hour program \$158 (1 group) or \$218 (for 2 groups in the same day) 1.5 hour program \$178 (1 group) or \$228 (for 2 groups in the same day) **

Animal Senses (Zoo Tour)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca

Have you ever wondered how animals use their senses to find lunch or warn others about a predator? Bring your group for a “sense-sational” safari tour to learn about how some animals use their five senses in the way they live. This program can be easily adapted to various age groups.

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

Dates: Available year round

Location: Edmonton Valley Zoo

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (Usually 3 years and up)

Cost: 2 hour program \$187 (Summer)/ \$152 (Winter)

Candian Zoo-Fari (Zoo Tour)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

Discover some of the animals that call Canada home! An interpreter will guide your group around the zoo to meet some of our native animals that call the zoo home. Learn about some of the diverse ecosystems found in Canada and how animals adapt to living them. This program can be easily adapted to various age groups.

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

Dates: Available year round

Location: Edmonton Valley Zoo

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (Usually 6 years and up)

Cost: 2 hour program \$187 (Summer)/ \$152 (Winter)

Animals Around the World (Zoo Tour)

Contact: To book a program, please call 780-442-1442 or e-mail cmsschoolbookings@edmonton.ca.

Let's explore animals around the world! The zoo has a variety of animals from all over the world. Discover some of the exotic animals here at the zoo and learn about how the zoo is trying to help their populations through successful breeding programs. This program can be easily adapted to various age groups.

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

Dates: Available year round

Location: Edmonton Valley Zoo

Hours: Programs can be booked during the day and afternoon

Disability Group: Program can be accommodated to meet a wide range of needs and abilities (Usually 9 years and up)

Cost: 2 hour program \$187 (Summer)/ \$152 (Winter)

Seniors Candy Cane Tea Special Event

A Christmas celebration just for seniors, the perfect way to relax on a cold December day! Guests can enjoy special performances from the children of a local school as well as engage in amazing educational animal encounters and talks. To wrap up a perfect afternoon, guests will enjoy complimentary candy cane tea, hot chocolate, and festive backed goodies. For more information, please contact the Special Events Coordinator at 780-496-2982.

Dates: December 1 and 2, 2015

Time: 1:00 to 3:00 pm

Dreamnight at the Zoo 2016

Join us at the Edmonton Valley Zoo for our 9th 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 2016. For more information please contact the Special Events Coordinator at 780-496-2982.

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



Adapted Outdoor Equipment and Events for Persons with a Disability

Various River Valley locations and in the Coyote Lake area (60 km west of Leduc); all skill levels, all ages, all disability groups.

Alberta Abilities Lodges Society, a registered charity, provides opportunities for persons with physical and cognitive challenges to enjoy nature. We believe this outdoor experience 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 facilities in natural areas to work toward universal access and inclusiveness. We own TrailRiders, tandem bicycles, canoes, kayaks, trekking poles, hockey sledges, sit-skis and other outdoor equipment. Our major project is

the establishment of a William Watson Lodge in north-central Alberta called Coyote Lake Lodge. 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.

Cost: 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

Main Office Location: 11226 – 75 Ave
Edmonton, AB T6G 0H3

Phone: (780) 431-8446

Fax: (780) 634-5518

Email: info@adaptabilities.ca

Website: www.adaptabilities.ca

Locations:

McKernan House/Head Office: 11226 – 75th Avenue

McKernan Respite Centre: 11341 – 78th Avenue

Meadowlark Respite Centre: 8721 – 163rd Street

Inclusion one person at a time

AdaptAbilities are a registered charity that provides one-of-a-kind programs and services empowering individuals with special needs to grow, succeed, and belong.

Through our children's programs and services for adults, AdaptAbilities focuses on building trust, creating hope and establishing long lasting relationships.

Relief Care and Community Specialists are allies and ambassadors. Together with individuals and families, they create a safe, caring and community enriched life for persons with disabilities.

AdaptAbilities partners with families and communities to build a vision of inclusion one person at a time.

Respite Centre

Our Brand New Respite Centre provides children and their families high-quality care when parents need to run errands, take a break or go to an appointment. Our knowledgeable relief care specialists give families peace of mind knowing their child is having fun and participating in specialized activities.

Out of School Care

AdaptAbilities' Out of School Care offers a number of structured activities in a safe and supportive environment. Each day youth have the opportunity to do homework, play games, and keep active. Through planned activities participants meet new friends and have fun.

Social Nights

Each week we offer youth the chance to hang out and meet new friends. Participants plan a variety of recreational activities and our Relief Care Specialists guide participants in making appropriate and fun choices. The aim is to improve decision making skills, independence and increase participation in the community.

Thursdays:

McKernan Respite Centre: Teen (ages 13 – 17) for Youth able to function in a 1 to 5 ratio

McKernan House/Head Office: Young Adult Night (ages 18 – 24)

Meadowlark Respite Centre: Teen Night for Youth with Tourette's syndrome

Fridays:

Meadowlark Respite Centre: Pre-Teen Night (ages 9 – 13) for Youth able to function in a 1 to 5 ratio

McKernan Respite Centre: Pre-Teen Night for Youth with Tourette's syndrome

Year Round Camps – Hearts in Action

A unique day camp that provides enjoyable goal-directed activities during the summer and school holidays – Winter Camp, Teacher's Convention and Spring Break. Hearts in Action offers a small group setting and extra support to grow succeed and belong.

Hearts in Action Summer Camps

Hearts in Action provides enjoyable goal-directed activities in a small group setting. Each day a structured routine is offered where participants rotate through three components within their designated age and ability group: recreation and motor development, essential life skills and expressive arts. This one-of-a-kind camp offers extra support for individuals with special needs and those who just need a helping hand from qualified staff members who understand their individual needs.

Call NOW to register! Space is limited.

Registration for Summer Camps: Open

Dates: July 6th, 2015 – August 21, 2015
(Weekly themed camps)

Ages: 3 – 25 years

Time: 9:00 am – 3:00 pm

*With before and after care options available

*Third party billing available

Four Locations:

McKernan Centre (Primary): 11341 – 78th Avenue

McKernan School (Junior – Teen): 11330 – 76th Avenue

McKernan Church (Teen and up): 11304 – 78th Avenue

Hosanna Lutheran Church (Adult): 9009 – 163rd Street

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 will be to develop friendships, explore interests and most importantly have fun in an inclusive setting.

Please call our office for more information.

Alberta Cerebral Palsy Sports Association (ACPSA)

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

Email: contact@acpsa.ca

Website: www.acpsa.ca

ACPSA 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.

Boccia

The Paralympic sport of Boccia is an adapted form of bocce. Played indoors, it is open to anyone interested in learning the sport, whether they are recreational or competitive. Boccia is a game that can be specifically tailored to participants with severe physical disabilities who require a high amount of physical support, including the use of sport assistants, ramps, pointers and more.

Contact us to find out about current program dates, location and cost.

Power Soccer

Power Soccer is part of our Alberta Soccability program, a collaboration between ACPSA and Alberta Soccer Association. A power wheel chair is required to play. Power Soccer is for any person who uses a power wheelchair for day-to-day mobility and has an interest in developing their skills in this exciting sport! A bumper is attached to the front of the chair and a large, purpose-built soccer ball is used. There is opportunity for both recreational and completeive play.

First time participants can try one session at no cost. Ongoing participation is \$10/session, \$50 for the block (6 sessions), or \$115 for all year access to power soccer program. An ACPSA member of \$15 is required.

Pre-registration is required.

Date: September to November; January to March; May to June; first and third Tuesday of the month

Time: 6:00 – 8:00 pm; set up at 5:30 pm

Location: Boyle Street Community League #101, 9538 – 103 A Avenue

Ages: 6 and up

Para Soccer

Para soccer is part of our Alberta Soccability program, a collaboration between ACPSA and Alberta Soccer Association. First time participants can try one session at no cost. Ongoing participation is \$10/session or \$60 for the block (7 sessions). ACPSA membership of \$15 is required.

The Para Soccer program provides participation and developmental opportunities for individuals with a passion to play soccer and is open to all ages and abilities! For further information on Fall/Winter program dates and locations please contact us. Pre-registration is required.

Date: Mondays May 11, 25; June 1, 8, 15, 22, 29

Drop in Sessions: July 13 and August 17 (no membership or pre-registration required, \$10 drop in fee)

Location: Queen Mary Park Sports Field 2 (113 Street and 110 Avenue). *This is an outdoor field, dress for the weather!

Alberta Northern Lights Wheelchair Basketball Society

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

Contact: Neil Feser

Email: info@albertanorthernlights.com

Website: www.albertanorthernlights.com

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 and if you would like to try, come out to our open gym night and we will let you into a wheelchair to try.

Dates: Thursday nights

Times: 6:00 – 8:00 pm

Location: GO Centre – Saville Community Sports Centre

Skill Levels: 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: 780-638-1227

Email: program.edmonton@asrab.ab.ca

Website: www.asrab.ab.ca

The Alberta Sport and Recreation Association for the Blind (ASRAB) support Albertans who are blind and 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; and
- Promoting the abilities of the blind and visually impaired.

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 world wide.

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 players 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.

Art Gallery of Alberta

2 Sir Winston Churchill Square
Edmonton, AB T5J 2C1

Contact: Nicole Reeves/ Dara Armsden

Phone: 780-422-6223

Fax: 780-426-3105

Email: nicole.reeves@youraga.ca /
dara.armsden@youraga.ca

Website: www.youraga.com

Art Express – Special Needs Adult Art Classes

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

Dates: September 10 – October 22;
October 29 – December 10, 2015

Time: 12:00 – 1:00 pm, Thursdays

Location: AGA Education Studios, Lower Level 1

Disability Group/Skill level: All welcome,
Independent as well as assisted individuals

Cost: \$45 + GST

The Arthritis Society

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

Phone: 780-424-1740

Email: info@ab.arthritis.ca

Website: 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 for location, date and time of classes. You can even register directly on line. 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@autismmedmonton.org

Website: www.autismmedmonton.org



Parents of Adults with ASD

Contact: Autism Support Services,
support@autismmedmonton.org

This group of parents discusses the challenges and the regards 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

Skill Levels: For parents of adults with ASD

Cost: No cost. Must be a member of the Autism Society of Edmonton Area (FREE)



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, seeing 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 Wednesday of the month

Location: Various locations

Disability Group: For young adults with ASD 18 – 24 years of age, not eligible for PDD funding

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

Requires an intake interview.

Adults with ASD Support Group

Contact: Autism Support Services, support@autismedmonton.org

It’s not always easy being an adult with ASD, but sometimes life’s challenges are easier when you can talk with others who have similar issues. Sooner or later, everything gets talked about in this facilitated group, whether it’s challenge or success. Adults with ASD have the chance to decide the direction of the group discussions and presentations, as well as community meetings.

Dates: Various

Location: Various

Disability Group: Adults with ASD, 25 years and older, not eligible for PDD funding

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

Drama Group for Adults with ASD

Contact: Autism Support Services

Wanna be a drama queen-or king? Here's your chance! Adults with Asperger's Syndrome are invited to join the ASEA drama group. Adults develop and share their ideas about life or about life with Asperger's as they create their own dramatic productions. It's drama, but it's about life!

Dates: Monday evenings

Times: 6:30 – 8:00 pm

Location: Autism Society of Edmonton

Disability Group: Adults with ASD, not eligible for PDD funding

Cost: No Cost – Must be a member of the Autism Society of Edmonton Area (FREE)

Discussion Group for Parents of Newly Diagnosed Children with ASD

Contact: Autism Support Services, support@autismedmonton.org

Parents of newly diagnosed children meet to discuss needs and challenges. Parents resource each other and share strategies. The facilitator directs the discussion and provides additional resources. This group will have information presentations as well.

Dates: TBA

Times: 7:00 – 9:00 pm

Location: Autism Society of Edmonton Area Board Room

Cost: No Cost – Must be a member of the Autism Society of Edmonton Area (FREE)

Family Activity Nights for Autism Edmonton Members

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 the Toy Hutch to cooking events.

Dates: TBA

Times: TBA

Location: Autism Society of Edmonton

Cost: Must be a member of the Autism Society of Edmonton Area (FREE)

Partners of Individuals with Aspergers

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 a partner with Asperger's. 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 to be included in this group.)

Dates: TBA

Times: TBA

Location: Autism Society of Edmonton

Cost: Must be a member of the Autism Society of Edmonton Area (FREE)

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 years and up (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: Autism Society of Edmonton

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

Brail 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

Brail Tone Choir

Contact: Susan Farrell (Director)

Phone: 780-298-5027

Email: choir@btones.ca

The Brail 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 running 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

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 running 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

Music Lessons

Contact: Fahim Rajabali

Email: lessons@btones.ca

The Brail 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 offers 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!

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

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

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

- Service coordination
- Counselling
- Occupational therapy
- Assistive device training
- Volunteer program
- Education

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

Ages: 18 and up

Cost: None

Disability group: Documented mild to severe brain injury

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

Website: 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 program 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

Disability Group: 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: 780-669-3856 or 780-721-7071

Fax: 780-400-1731

Email: coordinator@cadsedmonton.ca

Website: www.cadsedmonton.ca

Adaptive Skiing & Snowboarding

The CADS Edmonton programs are aimed at instructing individuals in the community with disabilities in the various adaptive skiing techniques.

Dates: Monday nights, January 2015 – March 2016

Times: 7:00 – 9:00 pm

Location: Rabbit Hill

Disability Group: 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

Website: www.cmha-edmonton.ab.ca

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 available on-line at 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

Disability group: Mental health/addictions concerns

Cost: Occasional fee up to \$10

Catch the Wave Water Fitness

127 Hollick Kenyon Way
Edmonton, AB T5Y 2V7



CATCH THE WAVE
WATER FITNESS™
"WELLNESS THROUGH WATER"™

Contact: Susan
Kisilevich

Phone: 780-474-1683

Fax: 780-478-6632

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 rehab, 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 rehab program. After the in-pool assessment, 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. Photographs will be taken of various views of your body (anterior, posterior & lateral) and then assessed for ideal or faulty posture. Information from the assessment will be used to add to your personal exercise inventory. Specialties include: common movement disorders, arthritis and seniors.

Dates: Available upon request

Times: 8:00 am – 8:00 pm

Location: Any City of Edmonton Pool Facility

Disability Group: Various

Cost: Initial \$95 in-pool assessment, thereafter \$60 1-hour-in-pool-session, if requested \$60 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

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.

Summer Day Camp

Registration for summer programs opens February 1, 2016. Our camps are very popular and spaces fill quickly.

Little Aces Summer Camp

Little Aces participants learn, grow and explore in our fun weekly themed program. They are given opportunities to learn, play and, most importantly, have fun at our new Little Aces Summer Program! The half-day, week long programs are designed specifically for younger individuals with autism and they will move throughout three different activity rooms in our spacious south side location. Activities include music, art, basic cooking and more. Little Aces participants get moving as they play on our climber, swing and slide. There will be opportunities to socialize and free play with a wide range of age appropriate toys. 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 A.C.E.

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. The camp offers exciting and adventurous themes such as Adventureland, Moving and Grooving, Futuristic Fun, Superheroes and many more.

Each week of camp also includes a full day visit to the very popular Our Lady Queen of Peace Ranch. Through education, activities and games, the Ranch is dedicated to building 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 school 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 the other 9 – 12 years.



Teen Camp

Are you ready to take your Summer camp up a notch? Tired of doing the same thing every Summer? Come and have daily adventures with us as we head out in the community.

Campers are introduced to a rewarding and challenging week filled with outdoor activities, including swimming, canoeing, climbing and hiking through some of the great scenery in Edmonton. Campers enjoy spending time with other teens while seeking out new adventures.

Ages: 13 – 17 years

Dates: July/August – dates to be announced

Time: 8:30 am – 3:30 pm

Culinary Camp

Culinary Camp participants learn the basics of food preparation, cooking techniques and baking from start to finish. Campers receive individualized mentoring and coaching while working through the cookbook *Coach in the Kitchen* by Penny Gill.

Participants take a trip on the ETS to a nearby supermarket to buy all of the ingredients needed for the daily recipes.

The recipes will inspire creativity in the kitchen and participants have fun socializing while making dishes from scratch, improvising with spices and seasonings and so much more. Before they know it, campers are cooking and baking for your family and friends.

Ages: 13 – 17 years

Time: 8:30 am – 3:30 pm

When: July/August – dates to be announced

Cooking Programs

Kitchen Kids

Participants head to the kitchen where they'll mix learning and fun to achieve increased comfort around food and meal time. Children enjoy a hands-on experience in this inclusive program. Children will make a themed recipe each week that helps expose them to socialization and independent cooking skills. Participants get to enjoy the tasty results of their culinary creations in a child friendly environment.

Date: Fall, Winter, and Spring programs – September 10 – November 26; January 7 – March 24; and April 7 to June 23

Location: Riverbend United Church, 14907 – 45 Avenue

Ages: 6 – 10 years

Cost: TBD

Art Classes

The Centre offers a range of art classes throughout the year. Whether your child already likes art or it is something you are encouraging them to explore, the Centre provides individuals with an opportunity to try a variety of mediums, including painting and drawing. The program is in partnership with Nina Haggerty Centre for the Arts.

Fun with Art

Fun with Art allows children with autism to explore their inner artist as they draw, paint, make a fused and slumped glass window ornament and work with other media in this art program that is designed to unleash creativity. Supportive professional artists will show participants how to use the materials, give some examples and then allow the child to make a masterpiece of their own! The program is meant to allow participants to communicate and express themselves through art in a fun and creative way.

Ages: 7 – 12 years

Dates: Fall, Winter, and Spring programs – September 13 to November 29; January 10 to March 28; and April 11 to June 27

Location: Nina Haggerty Centre for the Arts

Cost: TBA

Family Yoga

Want to stretch your body and relax your mind? The whole family can experience the benefits of an adapted Yoga program.

Yoga is great for all ages and helps develop body awareness, cooperation, observation, concentration and listening skills.

More information will be available on our website at www.centreforautism.ab.ca

Family Night

The entire family is invited to come to the Centre for an evening of fun and support. Parents meet to share, discuss & learn while their children, including siblings, participate in activities and get to know each other.

Dates: Second Thursday of the month starting September to May 2016

Time: 6:00 – 8:00 pm

Location: The Centre for Autism Services
Alberta (4752 – 99 Street)

Cost: \$50 annual registration fee

Basketballers

Basketballers is a program designed to build confidence while playing basketball. Participants practice skills such as dribbling, passing and shooting while learning about teamwork and game play concepts in a fun environment. This program is run in partnership with Free2BMe. For more information check out our website www.centreforautism.ab.ca

Ages: 7 – 12 years

Date: Mondays

Kickstart Soccer

Children who participate in this program will learn soccer skills, game play concepts and strategies, providing them with the necessary foundation to integrate into community-based programs. This program is a partnership with Free2BMe. More information will be available on our website at www.centreforautism.ab.ca

Ages: 7 – 12 years

Date: Mondays

Teen and Adult Programs

Cooking

Shop, Cook and Learn Club

This skill building program focuses on teaching youth how to prepare healthy meals and snacks. Participants will learn about a healthy diet and work on making good food choices. Independence is fostered as participants create shopping lists and shop at a grocery store. Teens will then work on following recipes as they prepare meals and snacks and get to dig in and enjoy the tasty results of their work! See above for contact information.

Ages: 13 – 17 years

Times: 4:30 – 7:30 pm

Dates: Fall, winter, and spring programs
September 11 to November 27; January 8 –
March 18; and April 8 to June 24

Location: Real Canadian Superstore (just
off the Whitemud)



Independence in the Kitchen

Our recreational cooking class offers a hands-on approach to learning and fine-tuning cooking skills. Participants roll up their sleeves and are fully immersed in the process. From spending time in the kitchen, to creating recipes, to going to the supermarket, participants gain firsthand experience on all aspects of how to prepare meals and snacks. This program is open to individuals 18 years and older who have a confirmed Autism Spectrum Disorder diagnosis. Check out the website for more information.

Location: Real Canadian Superstore (just
off of the Whitemud)

Dates: Fall, Winter, and Spring session

Art Programs

Ambition, creativity and ideas know no limit in our art program at the Nina Haggerty Centre for Arts. Participants work with a professional artist to develop their own personal artwork and explore a wide variety of media including drawing, painting, ceramics as well as digital media and animation.

Exploring Art

Come out to the Nina Haggerty Centre for the Arts for art, expression, exploration and fun! In these classes participants draw, paint, work with clay, and learn how to make prints, a fused and slumped glass window ornament and explore collage and mixed media. Instructed by professional artists with experiencing supporting individuals, participants are given the opportunity to explore age appropriate projects at their own pace, meet new friends and learn how to work with a variety of materials.

Ages: 13 – 17 years

Dates: Fall, Winter, and Spring sessions
September 13 to November 29; January 10 to March 28; and April 11 to June 27

Times: Saturdays 12:30 – 2:30 pm

Location: Nina Haggerty Centre for the Arts

Creative Expression

This Creative Expression program allows individuals the freedom to create individual works of art. Instructed by professional artists, this session will allow participants the opportunity to learn a wide variety of techniques while developing their own personal artwork. Participants dabble in a wide variety of media, including drawing, painting and ceramics. There is an opportunity to explore digital media and animation in the program that is open to adults with autism.

Ages: 18 years and older

Times: Saturdays 3:00 to 5:00 pm

Dates: Fall, Winter, and Spring sessions

Location: Nina Haggerty Centre for the Arts

Active for Life

Are you looking for new ways to have fun while getting active? We have two locations for you to choose, the Don Wheaton YMCA and the Jaimie Platz YMCA.

Designed for all fitness levels participants will get moving and be exposed to interesting ideas on how to incorporate fitness and fun into everyday living with a different activity every week. Participants will team up for soccer, head to the gym and cool off in the pool. All fitness levels welcome. Participants will be grouped according to ability and compatibility.

Dates: Tuesday – Fall, Winter, and Spring sessions

Time: 6:30 – 8:30 pm

Location: Don Wheaton Family YMCA

Dates: Sunday – Fall, Winter and Spring sessions

Ages: Teens and adults with autism

Location: Jamie Platz YMCA

Ages: Teens and adults with autism

Geocaching

Try one of the hottest outdoor treasure hunting games! Geocaching is a popular sport that combines technology with adventure. Participants are shown how to use a handheld GPS to make their way to a destination and find a hidden cache. Join us for the popular outdoor treasure hunting game of geocaching. Every week participants will venture out in search of a new geocache using GPS devices. Come be part of this world-wide phenomenon.

Dates: Thursdays – Fall and Spring
September 10 to October 29 and April 7 to June 23

Time: 6:30 – 8:30 pm

Location: TBA before the session

Cost: TBA

Ages: Teens and adults with autism

Let's Ride – New Riders

This program is designed for those who would like to become independent public transit riders. Trip planning, navigation and safety will be covered with lots of practice on the bus in the community. This program is partially supported by Edmonton Transit System (ETS) and Family Supports for Children with Disabilities.

Dates: Fall session: Saturdays September 12 to October 17 and March 12 to April 16

Time: 1:00 – 4:00 pm

Location: Centre for Autism Services Alberta (4752 – 99 Street)

Ages: 13 – 17 years

Cost: TBA

Community Collaborations

The following programs are delivered in collaboration with various community groups. The Centre provides trained volunteers to support the programs as well as ongoing training for program staff. Please register directly with the community group.

Basketballers (New Program for teens)

Dates: Fall and Spring programs

Time: 6:00 – 7:00 pm

Ages: 13 – 17 years

Check out our website for more information.

Skating — Special Needs

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.

Dates: Sundays, September to April

Location: Londonderry Arena,
14528 – 66 Street

Cost: TBA

Contact: Extreme Edge at 780-456-6851

Discovery Kids — Gymnastics

I Can Gymnastics

Class: Discover Kids

Fun Discovery Kids is designed to offer families and children a structured program for children with a variety of needs and abilities. This program uses picture schedules, sensory items and a variety of equipment to assist the children in achieving their goals.

Times/Ages: 3 – 5 years; Sundays 10:00 am to 11:00 am; 6 years and up Sundays 11:00 am to 12:00 pm and Tuesdays 4:00 to 5:00 pm

Please note: Please note a parent or aid must accompany the child

Class: Evolution Kids

Evolution Kids is a class for independent individuals who still benefit from the use of visuals and timers. This class will look more at skill development as well as being a fun physical activity class.

Times/Ages: Tuesdays 5:00 to 6:00 pm * this is a coach recommended class; contact Tanya 780-458-3135 for more information

Location: Dynamyx Gymnastics Club (25 Chisholm Ave, St. Albert)

Cost: Members - \$229, Non Members - \$229 + \$30 membership fee

For more information or to register please call 780-458-3153 or visit our website <http://www.dynamyxxgymnastics.com/special-needs-programs.html>

Tae Kwon Do — Young Masters Club

Contact: Jon Rivero

Qi Creative: 780-554-8745

Website: www.qicreative.com

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

Cost: TBA

Cerebral Palsy Association in Alberta

17231 – 105 Avenue
Edmonton, AB T5S 1H2

Contact: Kim Henye

Phone: 780-733-0245 or
1-888-477-8030

Fax: 780-471-0855

Email: kim@cpalberta.com

Website: www.cpalberta.com



Art Expressions

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

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 – 4:30 pm

Dates: Wednesdays

Session 4: September 23rd – October 28th, 2015

Session 5: November 4th – December 16th, 2015 (No class on November 11th, Remembrance Day)

*2016 dates: Contact CPAA office

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

*DATS drop off south side on 102A Avenue

Room: LL1 (Orange studio)

Age: 18 years and over

Disability Group: All disabilities and skill levels are welcome

Cost: \$40/6 week session

Edmonton Friendship Group (Excludes July & August)

Contact: Ralph Leibo

Phone: 1-888-477-8030

Age: 18 years and over

We are an Edmonton Friendship Group for people aged 18 years and up. We participate in recreational activities, have informative guests and enjoy social camaraderie of others. Please contact us for further information.

Disability Group: All disabilities and skill levels welcome

Cost: Meetings and some activities are free. There is a fee for bowling, dinner night, and some special activities.

Meetings: First Thursday of every Month

Times: 6:30 – 8:30 pm

Location: Villa Marguerite
(9810 – 165 Street)

Bowling: Third Tuesday of every month

Time: 6:30 – 8:30 pm

Location: Ed's (West Edmonton Mall)

Dinner Night: Last Thursday of every month

Time: 6:00 – 8:00 pm

Location: Varies

Special Events: July & August

Computability

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

Email: kim@cpalberta.com

The purpose of the program is to provide all person's regardless of disability the opportunity to learn a new skill and while at the same time have fun. Computer instruction is available in all areas including Computer Basics, Internet Basics, Computer Games, Email Basics and Word Processing. Assistive technology is available for use.

Dates: Tuesday, Wednesday, and Thursday

Hours: 9:00 am – 3:00 pm

Location: CPAA Office (17231 – 105
Avenue)

Age: All ages welcome

Disability (skill level): All disabilities and skill levels welcome.

Cost: \$10/Month; 1 hour classes per week

Other Information: This program is available year round. Please call to schedule your intake appointment for this program today.

CookAbilities

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

Email: kim@cpalberta.com

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

Dates: Fridays

Hours: 11:30 am – 1:00 pm

Session 5: September 25th – October 16th,
2015

Session 6: October 23rd – November 13th,
2015

Session 7: November 20th – December 13th,
2015

*2016 dates: Contact CPAA office

Location: Whitemud Real Canadian
Superstore (4410 – 17 Street)

Age: 18 years and over

Disability Group: All disabilities and skill levels are welcome

Cost: \$55/4 week session

Dance without Limits

Contact: Sinthu Muruka

Phone: 1-888-477-8030

Email: sinthu@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 combines physical therapy with the opportunity to experience something new and is sure to boost your child's confidence and self-esteem! For further session dates please contact CPAA office.

Dates: Saturdays

Hours: 3:00 – 5:00 pm (Two groups)

Session Date: October 17th – December 12th, 2015

Recital Date: TBD

*2016 session dates: Contact CPAA office

Location: DanceCo Studio (9030 McKenney Avenue, St. Albert)

Age: 2 ½ to 15 years

Disability Group: All disabilities and skill levels are welcome.

Cost: \$75/9 week session

Morning Bliss Yoga (In partnership with the Winnifred Stewart Association)

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

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

Session 4: September 23rd – October 28th, 2015

Session 5: November 4th – December 16th, 2015 (No class on November 11th, Remembrance Day)

***2016 Dates:** Contact CPAA office

Location: Winnifred Stewart Association
(Upstairs gym 11130 – 131 Street)

Age: 18 years and over

Disability Group: All disabilities and skill levels are welcome

Cost: \$25/6 week session

Scribbles & Giggles

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

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!

Dates: Sundays

Hours: 1:30 – 2:30 pm

Session 4: September 27th – November 8th,
2015

Session 5: November 15th – December 20th,
2015

***2016 Dates:** Contact CPAA office

Location: Art Gallery of Alberta (#2 Sir
Winston Churchill Square)
Room: LL1 (Orange studio)

Age: 4 – 17 years

Disability Group: All disabilities and skill
levels are welcome.

Cost: \$80/6 week session

Tempo Gusto

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

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

Session 4: September 22nd – October 27th,
2015

Session 5: November 3rd – December 8th,
2015

***2016 Dates:** Contact CPAA office

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

Age: 18 years and older

Disability Group: All disabilities and skill
levels are welcome.

Cost: \$63/6 week session



Tranquil Movements

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

Email: kim@cpalberta.com

Introductory Yoga for persons with disabilities. This program provides a warm, non-competitive, and support 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: 7:00 – 8:00 pm

Session 4: September 22nd – October 27th, 2015

Session 5: November 3rd – December 8th, 2015

***2016 Dates:** Contact CPAA office

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

Age: 18 years and older

Disability Group: All disabilities and skill levels are welcome.

Cost: \$40/6 week session

YogaBees

Contact: Kim Heyne

Direct Line: 780-733-0245 or
1-888-477-8030

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.

Dates: Tuesdays

Hours: 6:00 – 7:00 pm

Session 4: September 22nd – October 27th, 2015

Session 5: November 3rd – December 8th, 2015

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

Age: 4 – 17 years

Disability Group: All disabilities and skill levels are welcome.

Cost: \$55/6 week session



Youth Transitions Program

Contact: Kimberly Mayer

Phone: 780-733-0246 or 1-888-477-8030

Email: kimberly@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 aide 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

Location: CPAA Office (17231 – 105 Avenue and various locations)

Age: 15 – 25 years

Disability Group: 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

Website: www.choralmorphosis.com



Choral Morphosis

Choral Morphosis is a program for adults 16 and over 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 with is 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 Bridge Club

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.

Dates: Wednesdays

Hours: 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

Edmonton VIP's

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.

Dates: Third Wednesdays of every month from September – June at 1:30 pm

Location: 12010 Jasper Ave

Ages and Disability group: Senior focused; blind or partially sighted individuals, support persons welcome

Cost: Silver collection

CNIB Men's Group

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

Dates: 2nd and 4th Wednesday of the month

Location: 12010 Jasper Ave

Ages and Disability group: All ages, Men only preferred; blind or partially sighted individuals, support persons welcome



Toy Lending Library Drop-In

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.

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

Play Groups

Our play groups 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.

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

Ages: 0 – 5 years

Disability group: All participants must be CNIB clients with some level of vision loss

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

Parent Information Sessions

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.

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

Family Halloween Party

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.

Date: TBA

Time: 5:30 – 7:30 pm

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

Ages: Birth - 18 years old

Cost: None

Family Holiday Party

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!

Date: TBA

Time: 5:30 – 7:30 pm

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

Ages: Birth - 18 years old

Cost: None

Community Linking Programs

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

Phone: 780-488-0851

Website: 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.

Central Edmonton Programs

Fun with Fitness

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.

Contact: Blaine 780-342-5558

Times: Fridays, 1:30 – 3:30 pm

Location: Commonwealth Community Recreation Centre (11000 Stadium Road)

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

Venture Out

Contact: Shelley 780-342-5509

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, 1:30 – 3:30 pm

Location: Kinsmen Sports Centre (9100 Walterdale Hill)

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

Sport Check

Floor Hockey

Contact: Rylan 780-860-6154/Cathy 780-342-7765

Times: Fridays, 1:00 – 3:00 pm

Location: Boyle Street Plaza (9538 – 103 Ave)

Cost: Free, drop-in format

Indoor Soccer and Basketball

Contact: Rylan 780-860-6154

Times: Thursdays, 2:00 – 4:00 pm

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

Cost: Free, drop-in format

Badminton, Basketball and Bocce Ball

Contact: Bridget 780-735-4361

Times: Mondays, 1:00 – 2:00 pm

Location: Royal Alexandra Hospital Gym

Cost: Free, drop-in format

Walking Club

Contact: Pathways 780-342-7776

Meet new people, socialize and get fit.

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

Location: 9942 – 108 Street

Cost: Free, drop-in format

Community Linking Choir

Contact: Judy 780-342-7776

“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 Day Program, (9942 – 108 Street)

Cost: Free, drop-in format

Crafters

Contact: CMHA 780-414-6300

An opportunity to create projects through different craft mediums. You will complete an entire project in the afternoon and then bring it home with you.

Times: Wednesdays, 1:15 – 3:00 pm

Location: #300, 10010 – 105 Street (CMHA Building)

Cost: \$2/day, drop-in format

Creative Writing

Contact: Cathy 780-342-7765

Times: Tuesdays, 1:30 – 3:00 pm

Location: Cyber Café (10303 – 108 Street)

Cost: Free, drop-in format

Out of the Shadows

Contact: Heather 780-863-1184

A ladies only program providing the chance to learn various techniques for drawing and painting while socializing with female peers and facilitated by a skilled instructor.

Times: Mondays 1:00 – 3:00 pm

Location: Cornerstone Apartments
(11838 – 82 Street)

Cost: Cost \$2

Central:

Contact: Cathy 780-342-7765

Learn basic drawing and painting techniques. Expand on current skills or come experiment with a new medium.

Times: Thursdays & Fridays 1:00 – 3:30 pm

Location: Harcourt House Art Centre
(10215 – 112 Street)

Cost: Cost \$2 – Fridays are FREE! Drop in

Drama Group

Contact: Joyce 780-342-7766

Let's get dramatic!

Times: Tuesdays, 2:00 – 3:00 pm

Location: Pathways Day program
(9942 – 108 Street)

Cost: Free, drop-in format

Friendship Group

Contact: Deb 780-901-9232 (daytime) or
Brenda 780-450-6594

Times: Monday - Thursdays, 1:00 – 3:30 pm

Location: Various

Cost: Varies

Challenge by Choice

Contact: Deanna 780-342-7936

Recovery focused programming for young adults 16 – 30 who are living with a mental health concern. Learn recreation and leisure skills and social and personal development.

Times: Weekdays, 1:00 – 3:00 pm &
4:00 – 5:30 pm

Location: Bill Rees YMCA
(Room 2 – 5; 10211 – 105 Street)

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/bag

Times: Wednesdays, 1:30 – 4:00pm

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

Cost: Drop in/ FREE

South Edmonton Programs

South Side Fitness

Contact: Carmen 780-862-2537

Get out and active at Millwoods Recreation Center. An opportunity to improve your fitness level, learn about the different equipment at the facility and meet new people.

Times: Tuesdays, 1:00 – 2:30 pm

Location: Millwoods Recreation Center (7207 – 28 Avenue)

Cost: Free with a Leisure Access card

Out of the Shadows

Contact: Cathy 780-342-7765

Learn basic drawing and painting techniques.

Times: Monday 1:00 – 3:00 pm

Location: Schizophrenia Society (5215 – 87 Street)

Cost: \$2 including materials, drop in format

Out of the Shadows Pottery Class

Contact: Cathy 780-342-7765

Learn various techniques with the use of tools, glazes, hand-building and more.

Times: The last Wednesday of every month 1:00 – 3:00 pm

Location: ClayWorks (10125 – 81 Avenue)

Cost: \$10/ person, drop in fee

North Edmonton Programs

Clareview Fitness

Contact: Dan 780-860-2722

Get active and improve your fitness level, learn about the equipment at the facility and meet new people.

Times: Fridays, 10:00 – 11:00 am

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

Cost: Free with leisure access pass; Drop in

Clareview Swim

Contact: Dan 780-860-2722

Meet new people while experiencing the benefits of swimming. All levels of swimmers welcome.

Times: Tuesdays 2:00 – 3:15 pm

Location: Clareview Community Recreation Centre (3804 – 139 Ave)

Cost: Free with leisure access pass; Drop in

East Edmonton Programs

Hatha Yoga

Contact: Jill 780-342-5327

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 Center – Circle Room (7910 – 112 Avenue)

Cost: Free, drop-in format

Bowling

Contact: Linda 780-342-5352

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

Times: Wednesdays 1:00 – 2:30 pm

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

Cost: \$3.50 (includes bowling and shoe rental), Drop-in format.

West Edmonton Programs

West-end Fitness

Contact: Carmen 780-862-2537

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

Times: Wednesdays, 11:00 – 12:30 pm

Location: Jasper Place Fitness & Leisure Centre (9200 – 163 Street)

Cost: Free with Leisure Access Card, drop in format

***Temporarily running out of Peter Hemingway.**

Out of the Shadows

West:

Contact: Cathy 780-342-7765

Learn basic drawing and painting techniques. Expand on current skills or experiment with a new medium. Materials supplied.

Times: Thursdays, 1:00 – 3:00 pm

Location: Villa Marguerite, Red Room (9810 – 165 Street)

Cost: \$2, drop in format

Outlying Community Programs:

Bridging Paths

A variety of social/recreational programs offered in Fort Saskatchewan and Sherwood Park. Pottery, art classes, fitness training, etc are available at a low cost. Get a monthly schedule of events by calling Cathy at 780-342-7765.

Dreamcatcher Nature-Assisted Therapy Association

53044 R.R. #213
Ardrossan, AB
T8G 2C4

Contact: Jess
Bradley

Phone: 780-809-1047 ext. 1

Fax: 780-809-1046

Email: info@dreamcatcherassociation.com

Website: www.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 mobiled 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

Disability group: All levels

Cost: To be determined by appointment call

Edmonton Down Syndrome Society

9139 – 39 Avenue NW
Edmonton, AB T6E 5Y2

Contact: Ambere Rosborough

Phone: 780-944-4224

Fax: 780-944-4221

Email: contact@edss.ca

Website: www.edss.ca

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 16 – May 7, 2016

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)

Skill Levels: All Levels

Cost: \$375 – \$425 for the year

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 15 – April 26, 2016

Hours: Tuesdays, 7:30 – 8:30 pm

Location: Hardisty School 10534 – 62 Street

Skill Levels: All skill levels welcome

Cost: \$40 includes personal jersey

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 5 – April 30, 2016

Hours: Saturdays, 10:00 am – 12:00 pm

Location: Bonnie Doon lanes

Skill Levels: 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

Website: 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 17 library locations.

Daisy Books: Digital talking books, 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.

American Sign Language Videos:

For people with hearing impairments and available only at the Stanley A. Milner Library downtown.

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/digital-content.

eReaders: EPL's Sony eReaders are backlit and offer enlarged font sizes. Due to their popularity, call ahead or go online to put one on hold.

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) on the main floor of the Stanley A. Milner Library downtown. 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 Stanley A. Milner Library 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. 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.

Edmonton Sled Hockey Club

28 Howard Crescent
St. Albert, Alberta T8N 5W5



Contact: Dean Krawec

Phone: 780-418-8395

Email: dkrawec@shaw.ca

Website: www.eshc.ca/

Adult Sledge Hockey

The club will have two teams for 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 2015 – April 2016

Times: 1.5 hours

Location: Leduc Recreation Centre (Every Saturday)

Ages: Recreation and Competitive level

Cost: \$320 - \$350



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

Elves Adult Program

Phone: 780-481-5335

Fax: 780-483-5316

Email: elves@interbaun.com

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

Dates: Monday – Friday

Time: 8:30 am – 3:00 pm

Ages: 20 years and up

Disability Group: Severe to profound disabilities

Cost: Dependant on the participants (PDD contract)

Gateway Association

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

Phone: 780-454-0701

Fax: 780-454-0843

Email: info@gatewayassociation.ca

Websites: www.gatewayassociation.ca;
www.webelong.ca

Gateway Association is a starting place for people who live with disabilities and their families. Services include but are not limited to:

- Family support and mentorship
- Transition planning for adulthood
- Employment support
- Crisis support
- Various workshops
- Guardianship (in partnership with SAGE)
- 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

Website: www.jurassicforest.com

Attraction-Education/ Entertainment Facility

Jurassic Forest is a seasonal tourist attraction just minutes away from Edmonton by vehicle on Hwy 28, just north of Gibbons. The facility is situated in a mature boreal forest setting and features more than 40 (now 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: End of April – October 15 (annually)

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

Age: All ages

Cost: Adults \$14, Seniors and Youth \$10; Children \$8, Family \$40 (2 adults and 2 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

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 horseback.

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

Contact: Linda Rault, 780-476-1233

Dates: Spring/ Fall

Hours: Sunday, Tuesday, and Wednesday

Ages: See application for specific requirements

Cost: \$55/hour

Mira Facilitation Center

916 Roper Road
Edmonton, AB T6B 3H9

Contact: Richard MacKay

Phone: 780-450-9414 Ext: 340

Fax: 780-440-9362

Email: richard.m@miraafc.ca

Website: www.miraafc.ca

Mira Facilitation Center 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 (summer, holidays). 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 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 – 50th 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.**

MS Wellness – Exercise Programs

Yoga (Fall Session)

Dates: Tuesdays, September 15 to
December 1, 2015

Wednesdays, September 16 to December 2,
2015

Thursdays, September 24 to December 3,
2015

Times: 9:30 – 11:30 am Tuesdays;
9:30 – 11:00 am Wednesdays;
10:30 am to 12:00 pm Thursdays

Location: MS Victory Centre
(#150, 9405 – 50 Street)

Cost: Members \$60, Non-members \$70

Chair Zumba

Contact: 780-471-3034

Please contact the Edmonton and Capital Region Chapter at 780-471-3034 to register for these exercise programs.

The aforementioned exercise programs will be held at #150, 9405 – 50 Street. The main entrance to the MS Victory Centre is on the SE corner of the building. If you need more information or directions, please contact the office directly at 780-471-3034.

Dates: October 15 to November 26, 2015

Times: 1:00 – 2:00 pm

Location: MS Victory Centre
(#150, 9405 – 50 Street)

Cost: Members \$45,
Non-members \$55

MS Education & Awareness Programs

This 7 week Wednesday Evening session is intended to offer a variety of information about living with MS. Newly diagnosed individuals, families, friends, persons living with MS for some time, and others are all welcome to attend and learn the ins and outs. Please contact Cassy at 780-471-3034 for more information or to pre-register for this program.

Dates: TBD

Times: 7:00 – 9:00 pm

Location: MS Victory Centre

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: 9:30 – 11:15 am

Location: MS Victory Centre

Cost: \$5

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: September 14, 28; October 19;
November 2, 9, 16, 30

Times: 11:30 am – 1:30 pm

Location: Bonnie Doon Bowling Lanes

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

MS Connections Conference

The MS Connections Conference is a two day event for persons affected by multiple sclerosis (MS) to come together, become better educated on a variety of topics that affect them in their daily lives, and to meet and listen to speakers who may change the way that we all look at MS. For more information visit our website at www.msconnectionsconference.com

Dates: October 30 and 31, 2015

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 provide a supportive environment for adult survivors of Brain Injury/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

Disability group: 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

Disability Group: 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

Our Lady Queen of Peace Ranch (Northern Alberta) Ltd.

903 – 153 Avenue NE
Edmonton, AB T5Y 6C8

Contact: Jacqueline Lefebvre

Phone: 780-475-7259

Fax: 780-473-4853

Email: bookings2@

ourladyqueenofpeaceranch.com

Website: www.ourladyqueenofpeaceranch.com

OLQP Ranch Free Summer Camp

OLQP Ranch is a non-denominational, multi-cultural outdoor recreation facility designed to provide a FREE outdoor experience for children and families that have encountered significant life challenges. By teaching an appreciation for nature through our programs, we work to instill confidence, coping skills, self-acceptance and a sense of belonging in our campers. We have a variety of programs available for a diversity of skill levels such as day programming, weekend family camp and weeklong residential Summer camp.

Dates: May through October,

Monday – Friday

Times: 9:00 am – 4:00 pm

Location: OLQP Ranch 903 – 153 Avenue NE Edmonton

Disability Group: Skill level is dependent on program, but we offer free programming to children and youth ages of 0 – 18 that have physical, mental, financial challenges.

Cost: Free of Charge

Paralympic Sports Association

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

Contact: Sydney Deegan

Phone: 780-439-8687

Fax: 780-432-0486

Email: info@parasports.net

Website: www.parasports.net



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, stick handle 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: 3 groups – October to March

Junior: Tuesdays 6:00 – 7:30 pm

Intermediate: Tuesdays 7:45 – 9:15 pm

Women's: Thursdays 7:45 – 9:00 pm

Location: Donnan Arena (9104 – 80 Avenue)

Disability Group: All abilities

Cost: Junior and Intermediate: \$300 and 2 mandatory Bingos (Total of \$420)

Women's: \$280 and 2 mandatory Bingos (Total of \$400)

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: 2 groups – September to April

Junior: Saturdays 10:00 – 11:00 am

Intermediate: Wednesdays 7:15 – 8:15 pm

Location: Tiger Taekwondo (7619 – 104 Street)

Disability Group: All abilities

Cost: \$260 + One Mandatory Bingo

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: 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)

Disability Group: All abilities

Cost: \$140 OR 2 Bingos

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 – May)

Hours: 6:30 – 7:30 pm

Location: ACT Centre Gym (2909 – 113 Avenue)

Disability Group: All abilities

Cost: \$50 OR 1 Bingo

Wheelchair Floor Hockey Tournaments

PSA offers two wheelchair floor hockey tournaments a season, one in November and one in June. 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.

Dates: November 2015 and June 2016

Hours: 9:00 am – 5:00 pm

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

Disability Group: All abilities

Cost: \$50/team of 6 – 10 players

Integrated Spin Class

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

Dates: Wednesdays (September – April)

Hours: 6:30 - 8:30 pm

Location: Van Vleet Centre, U of A

Disability Group: All abilities

Cost: \$80 OR 1 Bingo per team, \$160 total

Teen Group

This program is specifically designed for teens and young adults aged 13 – 29 years. This program is a great opportunity for participants to get out into the community and keep active while having fun in various activities: theatre, dinner, swimming, bowling, corn maze, Christmas party, campfire and many many more.

Dates: One Saturday a month (September – June)

Hours: 3 hours in the evening

Location: Various Locations around Edmonton

Disability Group: All abilities

Cost: \$60 or 1 Bingo & occasionally pay for outings

SPRING/SUMMER PROGRAMMING

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 & Hours: 2 groups (May – June)

Junior: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

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

Disability Group: All abilities

Cost: \$60 OR 1 Bingo

Wheelchair Lacrosse

This sport is for all abilities: PSA has extra sport wheelchairs for individuals to use. Come check it out and bring your friends!!! Wheelchair Lacrosse was developed in the USA and is very similar in game play, rules and strategy as 'stand-up' lacrosse. It is intense, physical and maintains the integrity of the game of lacrosse, just played in sports wheelchairs.

Dates: TBD (April/May to June)

Hours: TBD

Location: ACT Centre Gym (2909 – 113 Avenue)

Disability Group: All abilities

Cost: \$80 OR 1 Bingo + \$20

Adapted Golf

Classes are rotated from the driving range to the short game chipping area to the putting green and practice trap. 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: Tuesdays (May – June)

Hours: 6:30 – 8:00 pm

Location: Victoria Driving Range (12130 River Valley Road)

Disability Group: All abilities welcome

Cost: TBD

All-for-One Summer Day Camps

PSA's All-for-One Summer Day Camps are run by well-trained staff who work together to provide a fun learning environment. The camps are constantly varied with the inclusion of unique activities and sporting opportunities. If you didn't get a chance to participate in the summer camps last year, it is a great opportunity for all ages to get out and have some fun with your friends. Each camp is specifically designed for a different age group. Minimal physical assistance will be available (i.e. transfers). If an individual requires more care, then an attendant must be present. There is no additional cost for the attendant.

Dates: July through August; Monday – Friday

Hours: 9:00 am – 4:00 pm

Location: TBD

Disability Group: All abilities

Cost: \$225/camp unless otherwise specified

The Adapted Adventures program offers individuals with a physical disability or mobility impairment the opportunity to participate in a variety of recreational activities.

- Outdoor Para Cycling
- Para Cycling Clinic's
- Paddling (Canoeing and Kayaking)
- Sailing
- Fishing
- Outdoor Weekends
- Fall/Winter Programs:
- Indoor Rock Climbing
- Cross Country Skiing
- Scuba Diving
- Yoga

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 addition 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

Disability Group: Adults with mental health and/or addiction concerns

Cost: Free

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

Website: www.robinhoodassoc.com

Robin Hood Association Summer Program

This is a recreational based day camp for children with special needs between the ages of 4 – 18 years of age. 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

Disability Group: 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: jamie@rmasc.ca

Website: www.rmasc.ca



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 week-ends.

Location: Banff, Canmore, Lake Louise, Kananaskis

Ages: All ages

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

Disability Group: All disability groups welcome, and all skill levels

Soccability

Alberta Soccability is 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 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 ratio's with trained coaches, to comply with Canada 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 or visit www.albertasoccer.com and www.acpsa.ca to check for updates!



Solidance Inclusive Recreation Society

#908, 9909 – 104 Street
Edmonton, AB T5K 2G5



Contact: Lindsay Eales
(Programming director)

Phone: 780-455-5224

Email: info@solidance.ca

Website: 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 aides (wheelchairs, walkers, crutches, etc.). Children welcome with adult participant.

Come enjoy some great physical activity in an amazing community.

Dates: Tuesdays, September 15 – December 8, 2015

Times: 5:30 – 7:00 pm (Spring dates and times to be determined, contact info@solidance.ca or check out our website www.solidance.ca for information at a later date)

Location: Glenrose Rehabilitation Hospital

Ages: All abilities, adults of all ages, all genders welcome

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

Website: 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 Edmonton

16011 – 118 Avenue NW
Edmonton, AB T5V 1C7

Contact: Charlene Gray

Phone: 780-448-1886

Email: cgray@specialolympicsedmonton.ca

Website: www.specialolympicsedmonton.ca

Facebook: www.facebook.com/SpecialOEDM

2015 – 2016 Program season

Dates: Fall/Winter Programs run October 2015 – March 2016; Spring/Summer Programs run April 2016 – July 2016

Locations: Various gyms and fields throughout Edmonton

Disability Group: All levels

Cost: From \$40 – \$140

Please visit our website or Facebook Page for more information about the programs offered. *We will be getting a new updated website TBA.

Registration Day will be on August 29, 2015 at Central Lions 11113 – 113 Street NW from 1:00 to 3:00 pm.

Spina Bifida and Hydrocephalus Association of Northern Alberta

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

Contact: Darlene Cathcart

Phone: 780-451-6921

Fax: 1-888-881-7172

Email: info@sbhana.org

Website: www.sbhana.org

Camp Freedom

A four night camp for youth with spina bifida; where medical professionals serve as counselors who educate, facilitate social connections and foster independence.

Dates: August 13 – 16, 2015

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

Ages: Youth aged 12 – 18 with Spina Bifida

Disability group: Youth with Spina Bifida

Cost: \$200/ camper

Spinal Cord Injury Alberta — Formerly Canadian Paraplegic Association (Alberta)

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

Contact: Guy Coulombe – Manager of Programs & Services Edmonton

Phone: 780-424-6312

Fax: 780-424-6313

Email: guy.coulombe@sci-ab

Website: www.sci-ab.ca

Peer & Family Social Events

People learn best from others in similar situations, which is why we have created a monthly event where people can mingle, connect, learn from each other, form friendships or just come for the snacks! The information presented to you when you have a new injury can be overwhelming, so we present one new topic every month to keep it interesting, fun and not overwhelming.

Peer events have included Car Show and Shine's, barbecues, Edmonton Oilers hockey games, poker nights, etc.

Dates: Ongoing

Time: Varies

Location: Various Locations across the City and/or Province

Cost: Varies

Disability Group: Spinal cord injury, all disabilities, caregivers, friends, family, and professionals

Steel Wheels Rugby

Contact: Bruce or Dale

Email: bruce.crosby@gov.ab.ca or
DaleN@harding.ca

Website: <http://www.steel-wheels.ca>

The Edmonton Steel Wheels Quad Rugby Club competes internationally in the sport of wheelchair rugby. The Steel Wheels practice Thursday and Saturday nights at the new St. Francis Xavier 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

1-67 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

Adapted Fitness Programs for Adults

Contact: Scott Durocher

Phone: 780-492-8339

Email: sduroche@ualberta.ca

The Adapted Fitness Program for Adults provides a range of Adapted Physical Activity services from access to specialized fitness facility to instructional group and individual fitness programs 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.

Functional Electrical Stimulation

Contact: Scott Durocher

Phone: 780-492-8339

Email: sduroche@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. Interested participants require an assessments to determine eligibility.

Free2BMe — Physical Activity for Kids and Teens with Disabilities

Contact: Amanda Ebert

Phone: 780-492-7091

Email: ebert@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 ages 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 opportunities to learn to ride a bike, develop playground skills, dance class, sport specific and multi-sport opportunities or 1:1 adapted fitness or motor skill development sessions.

Community Exercise Transition

Contact: Bobbi-Jo Atchison

Phone: 780-492-9389

Email: bobbijoa@ualberta.ca

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.

Through Community Development Classes participants of various fitness levels spend 10 weeks with volunteers and staff learning the components of a successful workout. At the end of 8 weeks participants have the opportunity to visit a community facility of their choice to use the skills learned in the program.



Athlete Development for Disability Sport

Contact: Kirsti Van Dornick

Phone: 780-248-1981

Email: kirstiv@ualberta.ca

Individuals currently involved in sport or training for a special event (e.g.: Marathon), can enhance their fitness through strength and conditioning. Individualized exercise programs are developed to meet the each individual's fitness goals and the demand of the sport.

Program offerings include: Para-Swimming Development Program, Athlete in Training, High Performance Para-Development and Team Training.

Programs listed are not exhaustive. For current programming offers, times, and costs please contact The Steadward Centre.



Wheelchair Sports Alberta

11759 Groat Road

Edmonton, AB T5M 3K6

Contact: Mike Sandomirsky

Phone: 780-427-8699

Fax: 780-427-8723

Email: wsa1@telus.net

Website: www.abwheelchairsport.ca

Wheelchair Sports Alberta is the Provincial Governing Body for wheelchair sports opportunities.

Our mission is to facilitate sport opportunities for the organization and individual members, from the developmental to the elite level in the areas of athletic competition, technical development, leadership and integration.

WSA Sports: Activities are offered for the sports listed below September through to June each year. To check specific dates and times please visit our web site www.abwheelchairsport.ca

- Wheelchair Basketball – Club and Provincial Team Programs
- Wheelchair Rugby – Club and Provincial Team Programs
- Wheelchair Athletics – Club and Provincial Team Programs
- Wheelchair Tennis – Individual and Coached Programs
- Sledge Hockey – Club Program

Bridging the Gap – Getting Physically Active

Contact: BJ Engerdahl

Phone: 780-918-1046

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, who are 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.

Dates: September to June

Times: 5:00 – 6:30 pm, Thursdays

Ages: All ages welcome

Disability Group: Beginner

Location: Glenrose Rehabilitation Hospital

Cost: Free

Key Program Elements:

- Dedicated National & Provincial BTG Program Staff
- Member Athletes as Role Models and Program Leaders
- Adaptive Equipment
- Primarily promotes four core sports – Athletics, Basketball, Wheelchair Rugby and Tennis
- Respects individual needs and provides a variety of information on other program choices
- Sports Wheelchairs & Wheelchair Loan Program
- Rehab Centre programs and “Have a Go” events
- Community “Have a Go” days and sport specific clinics
- Community Partnerships
- Promotional tools – including general brochure, sport specific brochures, posters, t-shirts, other swag and DVD
- The various BTG logos are trade marked
- Participation in Promotional Events and Conferences
- Developmental Programs, Clinics and Competitions
- Ongoing communication and follow up with participants providing Peer Support
- Leadership recruitment and training

YMCAs

Offers an Inclusive Environment, please contact for more information.

Website: www.edmonton.ymca.ca

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) is a YMCA program that 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 Family YMCA locations, and will run pending interest and registration. Level 2 is offered at Castile Downs and William Lutsky YMCA locations. 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

Bridge to Recreation

11510 153 Ave
Edmonton, AB

The Bridge to Recreation will engage participants experiencing a disability in a variety of sports based activities using the principals of physical literacy. Opportunities to explore and develop skills for sports such as basketball, volleyball, floor hockey, an orientation to the Work Out Centre and more will be provided. Activities will focus on team building and game play concepts. The Bridge to Recreation program is being delivered at the YMCA in partnership with the Glenrose Rehabilitation Hospital and the Steadward Centre. This programs overall goal is for youth experiencing life with a disability to become more active and have fun in a community setting.

Location: Castle Downs Family

Phone: 780-476-9622

Dates: September 20 – October 25 (6 weeks), 2015 and November 1 – December 20, 2015 (8 weeks)

Times: 1:00 – 2:00pm

Cost: \$75 Members, \$97.50 Public for 6 weeks and \$100 Members, \$130 Public for 8 weeks

Ages: 9 – 13 Years

Course Code: 160380/160381

Castledowns Family YMCA

11510 – 153 Avenue
Edmonton, AB T5X 6A3

Contact: Karen Davis

Phone: 780-476-9622

Fax: 780-476-9725

Email: kdavis@edmonton.ymca.ca

Don Wheaton Family YMCA

10211 – 102 Avenue
Edmonton, AB T5J 0A5

Contact: Steve Ridley

Phone: 780-476-9622

Fax: 780-428-9522

Email: sridley@edmonton.ymca.ca

Jamie Platz Family YMCA

7121 – 178 Street
Edmonton, AB T5T 2N9

Contact: Cory McCullagh

Phone: 780-481-9622

Fax: 780-487-4038

Email: cmccullagh@edmonton.ymca.ca

William Lutsky Family YMCA

1975 – 111 Street
Edmonton, AB T6J 7C6

Contact: Lee Ann Weller

Phone: 780-439-9622

Fax: 780-469-3367

Email: lweller@edmonton.ymca.ca

You Can Ride Too

Website: www.youcanridetwo.ca

Contact: Molly Turnbull

Phone: 780-399-3548

Email: Edmontonbikes.ca/ycb2

You Can Ride Too offers two programs that support children with disabilities as they discover the joy and freedom of riding a bike. These programs are run by volunteer pediatric physio and occupational therapists in partnership with the Edmonton Bicycle Commuters' Society (EBC) and a number of other community organizations.

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. This course is free and begins in late April.

The Adapted Bicycle Loan program lends adapted bicycles to children whose disabilities prevent them from riding a conventional bike. We have a fleet of more than 100 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. A \$50 rental fee or completion of one 2 – 4 hour volunteer shift is required. This Borrow a Bike program is open to children aged 3 – 17 years of age.

Registration in either You Can Ride 2 program requires a referral from someone familiar with motor development (i.e. school occupational or physical therapist). Families can register online at www.youcanridetwo.ca beginning in early January 2016. A \$100 refundable deposit is required; financial assistance is available for eligible families through KidSport.

ACCESSIBILITY INFORMATION

For a detailed listing of Community Service's 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.

OTHER VALUABLE LEISURE RESOURCES

The following leisure brochures are available by calling 311:

- Priceless Fun Guide
- Summer Program Guide (community day camps, River Valley Day camps, wading pools/spray decks, neighbourhood playgrounds, skateboard park and youth info)
- 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: Accessibility Services Liaison
Officer

Phone: 780-496-4917

Email: accessibility@edmonton.ca

Website: 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.

Trip bookings: 780-496-4567 ext. 2

TTY: 780-496-5506 transfer code:
DATSBOOK

Email: Dats@edmonton.ca

Website: www.takeETS.com/DATS

Access 2 Entertainment Card

Contact: Adrienne Cheng

Email: acheng@easterseals.ca

Phone: 1-877-376-6362 ext: 243

The Access 2 Entertainment card provides free admission (or a significant discount) 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 for more information and to download an application form <http://www.access2card.ca/application/>

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 website. Most importantly – get out and enjoy!

Festival/Event	Location	2015/2016 Date(s)	Contact Info
Symphony in the City	Churchill Square and Kinsmen Field	August 27 – 30, 2015	http://www.edmontonsymphony.com/concerts-tickets/2015-2016-eso-season/symphony-in-the-city
Movies on the Square	Sir Winston Churchill Square	August 4 to 25 , 2015	Call 311 or email 311@edmonton.ca for more info. Movie starts at dusk, bring your own chair.
Edmonton International Film Festival	Various Locations	October 1 – 10, 2015	www.edmontonfilmfest.com
Global Visions Film Festival	Various locations	May 2016	www.globalvisionsfestival.com
Canadian Finals Rodeo	Rexall Place	November 11 – 15, 2015	www.cfr.ca
Festival of Trees	Shaw Conference Centre	November 26 – 29, 2015	http://www.universityhospitalfoundation.ab.ca/fot/Home_ Email: FestivalOffice@festivaloftrees.ab.ca for more information.
New Years Eve Downtown	Sir Winston Churchill Square	December 31	Call 311 or email 311@edmonton.ca for more info
Silverskate Festival	Hawrelak Park	February 2016	http://www.silverskatefestival.org

INDEX

Art

Art Gallery of Alberta	
Art Express	25
Centre for Autism Services Alberta	
Creative Expression	38
Exploring Art	38
Fun with Art	36
Cerebral Palsy Association in Alberta	
Art Expressions	41
Scribbles & Giggles	44
Community Linking Programs	
Out of the Shadows	51
Multiple Sclerosis Society of Canada	
Art for the Heart	61
Nina Haggerty Centre for the Arts	62

Attractions

Fort Edmonton Park	11
John Janzen Nature Centre	14
John Walter Museum	12
Muttart Conservatory	15
Valley Zoo	16

Basketball

Centre for Autism	
Basketballers	39
Centre for Autism Services Alberta	
Basketballers	36
Community Linking Programs	
Badminton, Basketball and Bocce Ball	50
Indoor Soccer and Basketball	50
Edmonton Down Syndrome Society	55
Special Olympics Alberta	70

Bicycling

You Can Ride Two	77
Para Cycling Paralympic Sports Association	66

Boccia

Alberta Cerebral Palsy Sports Association	23
---	----

Bowling

Centre for Autism Services Alberta	
Edmonton Friendship Group	41
Community Linking Programs	
Bowling	53
Edmonton Down Syndrome Society	55
Multiple Sclerosis Society of Canada	
MS Bowling (5 pin).	61
Paralympic Sports Association	
Teen Group	65

Camps

Alberta AdaptAbilities Association	
Hearts in Action	21
Camp Health, Hope & Happiness (Camp He Ho Ha)	31
Centre for Autism Services Alberta	
Camp A.C.E.	34
Little Aces Summer Camp	34
Culinary Camp	35
Our Lady Queen of Peace Ranch (Northern Alberta) Ltd.	63
Paralympic Sports Association	
All-for-One Summer Day Camps.	66
Spina Bifida and Hyrdrocephalus Association of Northern Alberta	
Camp Freedom	71
Teen Camp	35

Cards

CNIB Bridge Club	47
----------------------------	----

Choir

Brail Tone Music Society of Canada – Brail Tone Choir	29
Choral Morphosis	46
Community Linking Programs – Community Linking Choir	50
Semitones Children’s Choir	30

Computer Classes

Central Lions & Northgate Lions Senior Recreation Centres.	9
Cerebral Palsy Association in Alberta	
Computability Program	42

Cooking

Centre for Autism Services Alberta	
Culinary Camp	35
Independence in the Kitchen	37
Kitchen Kids	35
Shop, Cook and Learn Club	37
Cerebral Palsy Association in Alberta	
CookAbilities	42

Crafts

Central Lions & Northgate Lions Senior Recreation Centres.	9
City of Edmonton S.U.R.F. Programs	7
Community Linking Programs	
Crafters	50

Dance

Adult Senior Leisure Dance	7
Dance without Limits	43
Solidance Inclusive Recreation Society	69
Steadward Centre for Personal and Physical Achievement	
Free2BMe	73

Day Programs / Respite

Alberta AdaptAbilities Association.	20
Elves Special Needs Society	
Adult Program	58
Child Development Centre	58
FASD Respite Program	58
Mira Facilitation Center	60
Pathways Day Program	67

Drama

Autism Society of Edmonton Area

Drama Group for Adults	28
Choral Morphosis, Choral Arts Program	46
Community Linking Programs	
Drama Group	51
Edmonton Down Syndrome Society	55

Film

Access 2 Entertainment Card	79
Edmonton International Film Festival	80
Global Visions Film Festival	80
Movies on the Square	80

Fitness

Catch the Wave Fitness, Aquatic Personal Training & Rehabilitation	33
Centre for Autism Services	
Active for Life	38
City of Edmonton, Seniors Centres, Fitness on Fridays	7
Community Linking Programs	
Fun with Fitness	49
Northside, Southside and West End Fitness	52
Sport Check	50
Venture Out	50
Walking Club	50
The Steadward Centre	
Athlete Development for Disability Sport	74
Community Exercise Transition	73
Free2BMe (kids and teens)	73
Individualized Adapted Fitness Programs	72
The Steadward Centre for Personal & Physical Achievement	
Free2BMe- Physical Activity for Kids and Teens with Disabilities	73
YMCA - Bridge to Wellness	76

Floor Hockey

Community Linking Programs	50
Paralympic Sports Association	
Wheelchair Floor Hockey	64

Goalball

Alberta Sports and Recreation Association for the Blind (ASRAB)	25
---	----

Golf

Paralympic Sports Association	
Adapted Golf	66

Horseback Riding

Little Bits Therapeutic Riding Program	59
--	----

Life Skill

CNIB	47
Spinal Cord Injury Alberta	
Peer & Family Social Events	71

Multi-Sensory Environment

ACT Aquatic and Recreation Centre	7
---	---

Music

Brail Tone Music Society of Canada	
Music Lessons	30

Outdoors

Centre for Autism Services Alberta	
Geocaching	39
City of Edmonton	
River Valley Programs	8
Rocky Mountain Adaptive Sports Centre	68

Peer Evenings/Support Groups

Autism Society of Edmonton Area	26
Spinal Cord Injury Alberta	
Peer & Family Social Events	71
Cerebral Palsy Association in Alberta	41
CNIB Parent Information Sessions	48

Reading

Edmonton Public Library	56
-----------------------------------	----

Rocking Climbing

Paralympic Sports Association	66
---	----

Scuba

Paralympic Sports Association	66
---	----

Skating

Centre for Autism Services Alberta	
First Steps & Second Steps/Advanced	39
Silverskate Festival	80

Ski/Snowboard

Canadian Association for Disabled Skiing – Edmonton (CADS)	32
--	----

Sledge Hockey

Edmonton Sled Hockey Club	57
Adult Sledge Hockey	57
Paralympic Sports Association	
Sledge Hockey	63
Wheelchair Sports Alberta	74

Soccer

Alberta Cerebral Palsy Sports Association	
Power Soccer	23
Centre for Autism Services	
Kickstart Soccer	36
Community Linking Programs	
Indoor Soccer and Basketball	50
Soccability	69
Special Olympics Edmonton, Outdoor and Youth Soccer	70

Swim

Community Linking Programs	
Clareview Swim	52

Swimming

Catch the Wave Fitness

Aquatic Personal Training & Rehabilitation	33
City of Edmonton	
Water Works (ACT & Hardisty Pools)	6
Paralympic Sports Association	63
Red Cross Swim Adapted, ACT Centre, Jasper Place & Terwillegar Pools	8

Taekwondo

Centre for Autism Services Alberta

Young Masters Club	40
Paralympic Sports Association	64

Trailrider

Alberta Abilities Lodges	20
------------------------------------	----

Wheelchair Basketball

Alberta Northern Lights Wheelchair Basketball Society	24
Wheelchair Sports Alberta	74

Wheelchair Rugby

Steel Wheels Rugby	72
Wheelchair Sports Alberta	
Bridging the Gap	74

Wheelchair Tennis

Wheelchair Sports Alberta	
Bridging the Gap	74

Yoga

Central Lions & Northgate Lions Senior Recreation Centres

Gentle Yoga	9
Centre for Autism Services Alberta	
Family Yoga	36
Cerebral Palsy Association in Alberta	
Morning Bliss Yoga (In partnership with the Winnifred Stewart Association)	43
Tranquil Movements	45
YogaBees	45
Community Linking Programs	53
MS Society	60

