



City of Edmonton  
**Services for  
Seniors**

2014

# A Message from Age Friendly Edmonton



Edmonton's senior population is increasing dramatically. About 13% of the city's population is aged 65+ and that proportion is expected to grow to 20% by 2025. This dynamic population shift affects people of all ages. All Edmontonians will have parents, friends, neighbours, customers, co-workers or colleagues who are seniors and, of course, most Edmontonians will themselves be seniors at some point in time.

To embrace this change, communities around the world are working to become age-friendly, where seniors are valued and age is not a barrier to access services, programs, businesses or facilities.

Edmonton's Vision for an Age-Friendly Edmonton Action Plan was built on a common vision of Edmonton as a community that values, respects and actively supports the well-being of seniors. It is the result of extensive community consultation with seniors and their care givers along with key stakeholders, who all came together to achieve a vision for an inclusive, age-friendly Edmonton. Together we can achieve a community that understands being age-friendly benefits everyone.

To learn more about Age Friendly Edmonton visit [www.edmonton.ca/agefriendly](http://www.edmonton.ca/agefriendly)

# Message from the City of Edmonton

The City of Edmonton is committed to making Edmonton an age friendly, livable place where seniors are connected, respected and valued. City Council's formal commitment to seniors is demonstrated through the Edmonton Seniors Declaration, City Council's Seniors Portfolio, Vision for an Age Friendly Edmonton Action Plan and Edmonton's recognition by the World Health Organization (WHO) as an official Global Network of Age Friendly Cities member.

The following guide outlines seniors' programs and services which are offered or supported by the City of Edmonton. From recreation programs and transportation resources, to seniors centres and organizations, social and support programs, and grant programs, the City of Edmonton strives to involve and support Edmonton's seniors.

To obtain copies of the guide or provide future recommendations, please email [seniors@edmonton.ca](mailto:seniors@edmonton.ca) or call **311**.

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# City of Edmonton Information

## 311

This is the main telephone number to call, 24 hours a day, to ask questions and connect people with City programs, services, events and other seniors' resources in Edmonton. For seniors outside Edmonton, call **780-442-5311**.

**Please note:** 311 does not replace 911 for emergency.

## edmonton.ca

Visit the City of Edmonton website to learn about City services, events and resources in the community. A seniors section at [www.edmonton.ca/seniors](http://www.edmonton.ca/seniors) highlights programs and services specifically for seniors. Text can be resized by adjusting settings in your web browser.

## Edmonton City Council

For information or to reach your City Councillor, visit or mail the General Office at:

2<sup>nd</sup> Floor, City Hall  
1 Sir Winston Churchill Square  
Edmonton, AB T5J 2R7

The office is open to the public from 8 am – 4:30 pm Monday through Friday.

Provide your address or ward number if you would like a response from your ward Councillor.

You can also phone the office at **780-496-8110** or email [Councillors@edmonton.ca](mailto:Councillors@edmonton.ca)

## Access to Council and Committee Meetings

For information on what's happening at City Hall, to access Committee minutes and reports or to watch Council and Committee meetings live, go to: [www.edmonton.ca/meetings](http://www.edmonton.ca/meetings)

## Email

Questions about City services for seniors can be emailed to [seniors@edmonton.ca](mailto:seniors@edmonton.ca)



## Real Time Captioning Services for City of Edmonton Events

Real Time Captioning Services and ASL Interpreting (American Sign Language) can be requested for most city public meetings and events. A transcript is generated and appears on a monitor for people to read as the event or meeting progresses. Real Time Captioning is effective for people who are deaf or hard of hearing, may have certain types of

learning disabilities and for individuals whose first language is not English. For larger public City of Edmonton events, ASL and Real Time Captioning is automatically provided. If you require this service for an event or meeting, requests can be made by calling **311**. Please note two weeks' notice is required to book the service.

## Discounts

### Seniors' Discounts

Discounts for seniors, 65 years of age and older, are available at all City recreation centres, pools, arenas, golf courses and major attractions. It's a great, cost-effective way to spend time with family and friends. For more information call **311**.

### Pet Licenses

Seniors (65+) and those on income support may qualify for a half-price license for one spayed or neutered pet per residence. For more information visit [www.edmonton.ca/for\\_residents/pets/pet-licences-for-residents.aspx](http://www.edmonton.ca/for_residents/pets/pet-licences-for-residents.aspx) or call **311**.

### Leisure Access Program

Qualifying adults and seniors can register for up to three programs per year at a 75% discount to City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park, etc.).

Obtain an application form at [www.edmonton.ca/lap](http://www.edmonton.ca/lap) or by calling **780-496-4918**. Applications are also available at any City of Edmonton recreation facility, or by visiting **Community Services, 14<sup>th</sup> floor, CN Tower** on weekdays; 8:30 am to 4:30 pm.

## Seniors' Centres

The City of Edmonton values the important role seniors' centres provide in supporting the health and well-being of Edmonton's seniors. They are a key service and information hub for seniors in the community, providing a range of programs and social services.

You can expect to find a variety of recreational and wellness programs such as fitness, sports, visual and performing arts, games and hobbies,

educational experiences and opportunities related to aging, health and finances, and, most importantly, social opportunities to connect with other seniors.

The City of Edmonton provides financial and resource support to many other seniors organizations and groups throughout the city. For a complete directory contact SAGE at **780-423-5510** or visit [www.mysage.ca](http://www.mysage.ca).

### North

Seniors Centre	Address	Phone
Calder Seniors Centre	12963 – 120 Street	780-451-1925
Central Lions Seniors Recreation Centre/Central Lions Seniors Association	11113 – 113 Street	780-496-7369
Edmonton Aboriginal Seniors Centre	10107 – 134 Avenue (Cottage E)	780-476-6595
Edmonton Seniors Centre	11111 Jasper Avenue (3Y, Main Floor, Edmonton General Hospital)	780-342-8625
Ital-Canadian Seniors Association	9111 – 110 Avenue	780-424-1255
Jewish Senior Citizens Centre	10052 – 117 Street	780-488-4241
Northgate Lions Seniors Recreation Centre/North Edmonton Seniors Association	7524 – 139 Avenue	780-496-6969
Operation Friendship Seniors Society	9526 – 106 Avenue	780-429-2626
Seniors Association of Greater Edmonton (SAGE)	15 Sir Winston Churchill Square	780-423-5510
Westend Seniors Activity Centre	9629 – 176 Street	780-483-1209

## South

Seniors Centre	Address	Phone
Mill Woods Seniors Activity Centre	2 <sup>nd</sup> floor 7207 – 28 Avenue	780-496-2997
<i>*NEW: opening late Fall 2014 at a new location: 2610 Hewes Way</i>		
Senior Citizens Opportunity Neighborhood Association (SCONA)	10440 – 84 Avenue	780-433-5377
*South West Edmonton Seniors Association	Yellowbird Community Hall 10710 – 19 Ave	587-987-3200
<i>*Emerging seniors organization working towards developing more seniors' programming in the area.</i>		
Southeast Edmonton Seniors Association	9350 – 82 Street	780-468-1985
Southwest Seniors Outreach Society	10832 – 62 Avenue	780-435-9515
Strathcona Place Senior Citizens' Centre	10831 University Avenue	780-433-5807



# City of Edmonton Recreation Facilities

## Swimming, Fitness and Leisure

Seniors can take part in many of the programs and services offered at City of Edmonton recreation centres and pools. Opportunities to be active include Aquafit, Pickle Ball, walking programs, steam room, sauna, leisure pools, indoor running tracks, Zumba, Yoga and fitness consultations and personal training to meet specific needs. Waterworks, an aquatic exercise program for people with joint and mobility issues, is offered at ACT Centre and Hardisty Leisure Centre.

For schedule and location information, call **311** or visit

[www.edmonton.ca/attractions-and-recreation.aspx](http://www.edmonton.ca/attractions-and-recreation.aspx)

## Activities, Hobbies and Programs for Seniors

An afternoon leisure dance is offered at ACT Aquatic and Recreation Centre. Health programs are offered at Terwillegar Community Recreation Centre and Commonwealth Community Recreation Centre.

Terwillegar Seniors Lounge is a quiet and relaxing space to enjoy your lunch after a workout and meet friends. For schedule and location information, call **311** or visit

[www.edmonton.ca/recreationcentres](http://www.edmonton.ca/recreationcentres)

## Free Public Skating/ Seniors Skating at City Arenas

Free public skating is offered at the City of Edmonton's 21 indoor arenas located throughout the city. Several arenas offer free weekly public skate times, just for seniors. For schedule and location information, call **311** or visit [www.edmonton.ca/skating](http://www.edmonton.ca/skating)





## NEW in TERWILLEGAR

A new seniors lounge, "Coffee Chat'n Cards", has opened at the Terwillegar Community Recreation Centre. In partnership with the South West Edmonton Seniors Association (SWESA), you are invited to come and chat over a cup of coffee, play cards and learn about other activities. Volunteer opportunities are also available.

To find out more call SWESA at 587-987-3200.

## Seniors Programs in City Recreation Facilities

The City of Edmonton offers a wide variety of drop-in and registered programs for Seniors 55+. For Seniors who would like to build upon their strength, the City offers registered Personal Training as well as a program called Seniors on Weights.

## Recreation Centres and Pools

North East Edmonton	Location	Accessibility
ACT Aquatic and Recreation Centre	2909 – 113 Avenue	Fully accessible facility with ramp and moveable floor into pools, lift to whirlpool, accessible and unisex change rooms
Commonwealth Community Recreation Centre	11000 Stadium Road	Fully accessible facility
Eastglen Leisure Centre	11410 – 68 Street	Majority of facility is accessible with unisex change room and easy ladder in pool
Londonderry Fitness and Leisure Centre	14528 – 66 Street	Fully accessible with ramps to pool and whirlpool, accessible family change room
O'Leary Leisure Centre	8804 – 132 Avenue	Fully accessible with change rooms, unisex change room, pool lift and easy ladder

*Borden Park	7507 Borden Park Road	New upgrades include formal gardens and fountain, furniture, bandshell, landscaping, new park signage and art. To be completed Summer 2014.
*Clareview Park and Recreation Centre	38 Street and 139 Avenue	Features outdoor natural grass and artificial turf sports fields, park spaces and a multi-purpose recreation centre and public library. To be completed 2014.
*NEW		
North West Edmonton	Location	Accessibility
Peter Hemingway Fitness and Leisure Centre	13808 – 111 Avenue	Majority of facility is accessible with pool lift and easy ladder. No wheelchair access to weight room or whirlpool
Grand Trunk Fitness and Leisure Centre	13025 – 112 Street	Majority of facility is accessible with change rooms and unisex change rooms, easy ladder into pool and accessible steam room
Jasper Place Fitness and Leisure Centre	9200 – 163 Street	Facility is partially accessible with accessible change room on main floor and easy ladder in pool
St. Francis Xavier Sports Centre	9240 – 163 Street	Facility is fully accessible, accessible washrooms and change rooms, and accessible viewing, track and gymnasium

South East Edmonton	Location	Accessibility
Bonnie Doon Leisure Centre	8648 – 81 Street	Majority of facility is accessible with lift into pool, easy ladder and accessible change rooms
Hardisty Fitness and Leisure Centre	10535 – 65 Street	Majority of facility is accessible with easy ladder and lift for pool and accessible change rooms
Mill Woods Recreation Centre	7207 – 28 Avenue	Facility is fully accessible with accessible change rooms, two unisex washrooms/change rooms, incline into pool, accessible fitness area with adapted equipment and lift for dive tank
*Meadows Community Recreation Centre	Northeast corner of 17th Street and 23rd Avenue	Features indoor and outdoor recreational opportunities including aquatics, fitness, library, reading garden, multi-purpose rooms and more. Opening 2014.
*NEW		
South West Edmonton	Location	Accessibility
City Arts Centre	10943 – 84 Avenue	Majority of facility is accessible
Confederation Leisure Centre	11204 – 43 Avenue	Facility is fully accessible with pool lift, easy ladder, salt water system, two accessible change rooms and elevator
Kinsmen Sports Centre	9100 Walterdale Hill	Facility is fully accessible with pool lifts to all four pools and accessible change rooms
Terwillegar Community Recreation Centre	2051 Leger Road	Facility is fully accessible with accessible change rooms, aquatic centre, fitness area with accessible equipment, and ramp/easy ladder into pools

## Attractions

<b>Fort Edmonton Park</b>	Corner of Fox Drive and Whitemud Drive	Majority of site is accessible with lift on train, access to any washrooms throughout park, ramps on most buildings and accessible wagon with wheelchair lift. Some buildings at Hudson's Bay Fort have limited accessibility
<b>John Janzen Nature Centre</b>	Next to Fort Edmonton Park	Majority of site is accessible
<b>John Walter Museum</b>	9100 Walterdale Hill	Facility is partially accessible
<b>Edmonton Valley Zoo</b>	Buena Vista Road and 134 Street	Majority of site is accessible. Three unisex washrooms, two other accessible washrooms, accessible ride on carousel and power scooters for rent. Wheelchairs are available for guests at no charge

Call **311** for further accessibility information or assistance.  
To obtain a Community Facilities and Parks Accessibility Guide, call **311** or download it at [www.edmonton.ca/.../22780\\_Community\\_FacilitiesAccessibilityGuide.pdf](http://www.edmonton.ca/.../22780_Community_FacilitiesAccessibilityGuide.pdf).

If you have accessibility feedback or improvement suggestions, call **780-496-4917**.

## Golf Courses

<b>Riverside Golf Course</b>	8630 Rowland Road
<b>Victoria Golf Course and Driving Range</b>	12130 River Road
<b>Rundle Park Golf Course</b>	2902 – 118 Avenue

## Edmonton Public Library

Edmonton Public Library (EPL) offers many services for all ages and responds to the diverse needs of customers. We offer special services and adaptive technologies to help persons with disabilities, home bound individuals and older adults. For more information or to register, contact your local EPL location or visit [www.epl.ca](http://www.epl.ca).

Library Access Service — For individuals unable to go to a library for more than three months, the Edmonton Public Library will provide home service at an extended care facility, a seniors' lodge or your home.

Materials will be selected by staff and delivered by volunteers.

Large-print books, audiobooks, digital audiobooks and descriptive DVDs are available.

Closed-circuit television magnifiers (which enlarge and enhance printed text or photos), hand-held magnifiers, reading machines and large print keyboards are available at some library locations.

## Help Around the House

### Assisted Waste Collection Service

The City's Waste Management Services offers an Assisted Waste Collection Service for customers with restricted mobility who have difficulty getting their waste and recycling to the curb or lane.

Collectors will walk up to the home to pick up garbage and recycling. There is no charge for this service. For more information or to apply go to [edmonton.ca/assistedwaste](http://edmonton.ca/assistedwaste) or call 780-496-5698.

## Snow Shoveling, Household and Driving Assistance

Several organizations coordinate snow shoveling, household and driving assistance for seniors. Please contact the agency directly for more information on criteria, fees and services offered.

Contact Person and Agency	Services Offered	Area Covered	Phone #
<a href="#">Westend Seniors Activity Centre</a>	Snow removal, yard work, housekeeping and other outreach services	West Edmonton	780-483-1209
<a href="#">SAGE (Seniors Association of Greater Edmonton)</a>	Snow removal, yard work, housekeeping, handyman services, moving services and other home maintenance resources as requested by seniors	city-wide	780-701-9011
<a href="#">Seniors Caring About Seniors</a>	Snow removal, yard work, house work and volunteer drivers	South of the river	780-465-0311
<a href="#">Lifestyle Helping Hands Seniors Association</a>	Snow removal, yard work, odd jobs, house work and volunteer drivers	South of river and West of 104 Street	780-450-2113
<a href="#">Seniors Assisted Transportation Society of Greater Edmonton</a>	Volunteer drivers	city-wide	780-732-1221
<a href="#">Edmonton Meals on Wheels</a>	Hot meal delivery, frozen meals, grocery delivery, nutrition and cooking workshops, and personal shopping service	city-wide	780-429-2020



# Social Services

## 211 Edmonton

**211** Edmonton is a program of The Support Network that provides a direct link between essential community services and the people who need them.

It is a single access point to health, human services, community resources and government assistance. For more information on community programs and services call **211**.

## Counseling and Referrals

City of Edmonton social workers can help seniors with such concerns as:

- Daily life stresses
- Issues with dating, marital or partner relationships
- Family/Parenting challenges
- Abuse or violence in the family

City of Edmonton staff can also point you in the right direction to find:

- Financial and/or Community resources
- Housing options
- Neighborhood social and recreation opportunities

To speak privately with a professional social worker, call **780-496-4777**.

## Stop Elder Abuse

It's a tragic fact that elder abuse happens to many people, no matter their educational or financial circumstances. If you think a situation requires immediate intervention from Edmonton Police Service call their complaint line at **780-423-4567**. If someone is in imminent danger, call **911**. Otherwise, if you need advice or want a situation of suspected elder abuse looked into call the Elder Abuse Intervention Team at **780-477-2929**.

Also, you can access the 24-hour Seniors Abuse Helpline. Call **780-454-8888** for information, support and referral.

## Relationships with Your Adult Children Group

Groups are provided to men and women over the age of 60 facing challenges with their adult children and wish to make changes. The group combines education and discussion to identify safe relationships and learn communication and limit-setting skills. Call **780-496-4777** for more details.

# Transit

## Bus and LRT Discounted Seniors' Fares

Seniors aged 65+ years pay discounted rates on annual and monthly transit passes and transit tickets. Regular and low income annual senior's transit passes are available at the Customer Service Centre on the Main Floor of City Hall. First time applicants must apply in person and those receiving Guaranteed Income Supplements through the Government of Canada program must provide documentation. Transit passes and tickets are sold from many convenience stores and at some City of Edmonton facilities. Rates are subject to change; call **311** for current fare information or check the ETS website at [www.takeETS.com](http://www.takeETS.com).

## DATS (Disabled Adult Transit Service)

DATS provides door-to-door public transportation for registered, pre-booked passengers 16 years of age or older who have a severe physical or cognitive disability and meet the required eligibility criteria. DATS takes reservation booking three days in advance of travel, and the day before until 12:00 noon. For more information, call **780-496-4567**, email [dats@edmonton.ca](mailto:dats@edmonton.ca) or visit [www.takeets.com/dats](http://www.takeets.com/dats)

## Accessible Buses, LRT and Transit Centres/Stations

Edmonton Transit's fleet is fully accessible to persons using mobility aids including walkers, scooters and wheelchairs, and can be accessed by people of all abilities. Priority seating is located in the front of every bus. All LRT stations have elevators and escalators where necessary as well as priority waiting areas on station platforms for persons with reduced mobility. For more information call **311**.

## Senior's Community Bus Routes

Edmonton Transit provides community bus routes specifically designed for travel to destinations popular with seniors including senior's activity and recreation centres, residential complexes, retail areas, medical/professional sites and transit centres. These routes use smaller sized community buses and are generally in operation on weekends or during weekdays midday hours. For more information call **311**.

## Mobility Choices Customer Training

ETS provides a free, customized travel training program for seniors, persons with disabilities, newcomers, and agencies or organizations that work with or represent these groups. Call the Travel Training line at **780-496-3000** or email [ETScustomertraining@edmonton.ca](mailto:ETScustomertraining@edmonton.ca) for more information or to discuss your training needs.

## Bus Hailer Kits for Persons with Reduced Vision

For use by visually impaired customers, this kit tells the Operator what route number the person wants and can also be used to signal the bus operator. These free kits are available from Edmonton Transit at **780-496-3000** or from the CNIB at **780-488-4871**.

## Customer Communication Cards

These cards are designed for customers who have difficulty verbally expressing their transit trip needs because of a cognitive, sensory or physical disability. Cards are free and available by calling **780-496-3000**.

## Mobility Cards

The Mobility Card is a reflective card with an "R" on one side and a "K" on the other. These are used by customers at bus stops to signal drivers of oncoming buses that they need the ramp (R) or kneeling (K) feature to assist in boarding the buses. Cards are free and available by calling **780-496-3000**.

## Evening 'Stop Request' Program

Stop Request allows riders to exit their bus at a safe location along the regular route, other than a bus stop, after 6:00 pm on all routes except express routes. Simply let the driver know where you would like to disembark and the driver will find the closest location where it is safe to pull over. For more information call **311**.

## Seniors on the Go

This summer program operates from June to August to provide seniors' residential complexes, activity centres and seniors' groups with an educational and interactive program to familiarize them with public transit options and services. Free charters are provided to groups

of 15 – 25 individuals to destinations within Edmonton and include information and instruction on using public transit. Follow-up sessions are conducted with the groups at their home-base over the fall and winter to reinforce the information provided. For more information call **311**.

# Sidewalk and Pedestrian Access

## Pedestrian Accessibility Improvements

The City of Edmonton coordinates ongoing accessibility improvements to sidewalks, bus shelters and crosswalks. As neighborhoods are revitalized, accessibility improvements are included at that time. Improvements can also be requested outside of larger revitalization projects. To make a request for upgrades to sidewalks, curb ramps or controlled crossings, call **311**.

27 walking maps of 79 Edmonton neighborhoods with suggested walking routes. The maps are available at your local library or online at [www.edmonton.ca/walkmap](http://www.edmonton.ca/walkmap). Walking guides and tours, walking clubs, pedestrian safety and more can be found at [www.edmonton.ca/walkable](http://www.edmonton.ca/walkable). For more information call **311**.

## Snow Removal

For snow removal at bus stops and crossing points call **311**.

## Walkable Edmonton

This initiative provides resources to encourage walking in Edmonton communities. The Communities on Foot Map Series currently has

## Cycling

To support cycling, many designated bike lanes have been established in the city. Bike racks are available at many public parking lots, along rights-of-way throughout the city, along major commercial corridors and near businesses and institutions. Bike maps are available for free at libraries and bicycle stores or online at [www.edmonton.ca/cycling](http://www.edmonton.ca/cycling)

# Recognition

## Driving Angels

Recognize a dedicated driver in your community who has provided outstanding service to seniors. A driver can be a volunteer such as a neighbour, friend, family member who takes seniors to medical appointments, to essential services and on errands, and to social/recreational activities. This program also recognizes excellent customer service to seniors by other transportation providers including taxi or bus drivers and other driving services. Nominated drivers will receive an Award of Merit Certificate and Driving Angel Pin to recognize their contribution to seniors' transportation. If you have an angel, or know of one, please fill out the form at [www.seniorscouncil.netdriving-angels-award-of-merit](http://www.seniorscouncil.netdriving-angels-award-of-merit) and mail it to the Edmonton Seniors Coordinating Council, or call **780-423-5635**.

## Snow Angels

Has someone volunteered to help a senior shovel their walk? Seniors can say thanks by nominating their Snow Angel with the City of Edmonton. Snow Angels will receive official recognition by the Mayor and are automatically entered to win great prizes. While a great way to recognize volunteers, Snow Angels is not a matching program. Call **311** or visit [www.edmonton.ca/snowangels](http://www.edmonton.ca/snowangels) to nominate a Snow Angel.

## Good Neighbors

The Good Neighbour Awards is an open call for all citizens of Edmonton to nominate a neighbour in their community who is helping achieve a vibrant and connected neighbourhood.

Good Neighbours can be individuals of any age, couples, families or groups. Actions of a good neighbour can be anything from helping an individual neighbour to motivating the neighbourhood to address a local issue or hosting a neighbourhood event. Good neighbours help to build connections between people and create a sense of community.

For more information call **311** or email [GNAwards@edmonton.ca](mailto:GNAwards@edmonton.ca).

## Salute to Excellence Program

The Salute to Excellence program upholds the City's tradition of identifying and providing recognition to the citizens of Edmonton whom, through their participation in Edmonton's arts and culture, sports or community service activities have made significant contributions to the quality of life in the City of Edmonton. If you know of a senior who should be nominated, further information can be found at [www.edmonton.ca/salute](http://www.edmonton.ca/salute)





# Safety

**In the event of an emergency, call 911.**

## Fire Safety Presentations

Fire Rescue prevention officers are available to speak to seniors' groups about fire safety. Call **780-496-3628** to talk to the public education section about a presentation for seniors.

## Personal Emergency Preparedness

Disasters can strike without warning. For a major emergency like a blackout or severe storm you have at least a three day supply of provisions. City of Edmonton staff can provide a presentation to groups on personal disaster preparedness upon request. Call **780-944-6420** or visit our website at [www.edmonton.ca/oep](http://www.edmonton.ca/oep) for more information.

## Neighborhood Watch — Wisdom Crew Program

Seniors are encouraged to join the Wisdom Crew Program to help be the "eyes and ears" of community by reporting suspicious activity to the authorities. Seniors can learn how to report suspicious activities without their names and personal information being shared. To join the Wisdom Crew program, contact **780-433-7458** or email [admin@enwatch.ca](mailto:admin@enwatch.ca).

## Fraud Protection for Seniors

As the number of seniors in Edmonton increases sadly the incidences of fraud aimed at seniors also increases. If you are a victim of fraud or suspect fraudulent activity, contact the Edmonton Police Service at **780-423-4567**.

# Housing

## GEF Seniors Housing Supportive Living for Seniors

GEF Seniors Housing offers safe and affordable housing communities for Edmonton senior citizens for low and moderate income seniors. Call **780-482-6561** or visit [www.gef.org](http://www.gef.org) for more information.

## Housing Opportunities for Edmonton (H.O.P.E.)

Helps qualifying low-income homeowners bring their homes to a minimum standard of health and safety relating to plumbing, heating, electrical, structural, fire safety, disability modifications and energy efficiency.

Applicants must be low-income residents of one of six (6) designated priority neighbourhoods (McCauley, Boyle Street, Queen Mary Park, Central McDougall, Alberta Avenue and Eastwood). Seniors and persons with a disability within those neighbourhoods will be given priority.

For further questions, please contact the H.O.P.E. Coordinator at **780-423-3135**.

## Seniors Property Tax Deferral Program

This program allows eligible senior homeowners to defer all or part of their property taxes through a low-interest home equity loan with the Alberta government. The Alberta government will pay a qualifying senior's residential property taxes directly to the municipality on the senior's behalf. The senior then repays the loan, with interest, when the senior sells the home, or sooner if the senior chooses.

To be eligible for the Seniors Property Tax Deferral, homeowners must be 65 years or older, be an Alberta resident, and have minimum 25 per cent equity in their home. Only residential properties in Alberta are eligible and the home must be the senior's primary residence - where he or she lives most of the time. For full eligibility details, visit [www.health.alberta.ca/seniors/property-tax-deferral.html](http://www.health.alberta.ca/seniors/property-tax-deferral.html) Seniors can also request an application by calling the Alberta Supports Contact Centre at **1-877-644-9992 (780-644-9992 in Edmonton)**.

# Arts

## Creative Age Edmonton

Creative Age Edmonton hosts a festival in June to celebrate arts and aging and:

- Recognizes the vital contribution and benefit of the arts in relation to life-long learning, creative expression, mental and physical health, and well-being
- Celebrates the artistic accomplishments of seniors
- Encourages seniors to become more involved in the arts
- Promotes quality arts-based programming and engagement in later life
- Encourages seniors to be creative year round

Contact **780-423-5635** or visit the website at [www.creativeageedmonton.ca](http://www.creativeageedmonton.ca) for more details.

## Community Resources and Agencies

### Edmonton Seniors Coordinating Council

The Edmonton Seniors Coordinating Council is a communication hub for the senior sector. They also help organizations plan and collaborate to improve programs and services for seniors. Phone: **780-423-5635** or visit [www.seniorscouncil.net](http://www.seniorscouncil.net)

### Seniors' Association of Greater Edmonton (SAGE)

The Senior's Association of Greater Edmonton produces an annual Directory of Seniors' Services that is available from their website or at the SAGE centre downtown. Phone: **780-423-5510** or visit [www.mysage.ca](http://www.mysage.ca)

## Community Leagues

Many community leagues have seniors programs and events such as bingo, bridge, dance, gardening and socials. There are also many opportunities for seniors to help with community programming as volunteers. Some community leagues offer Seniors Liaison positions. Contact the Edmonton Federation of Community Leagues at **780-437-2913** or visit the website at [www.efcl.org](http://www.efcl.org) to find out what is available at the community league in your area.

## The E-Active Guide

E-Active is a guide to the programs, services, activities and events offered at the City of Edmonton leisure, sports and fitness facilities. The E-Active guide is available at a variety of locations for your convenience: City of Edmonton Recreation Centres, Edmonton Public Libraries, and online at [www.edmonton.ca](http://www.edmonton.ca). For more information call **311**.

## Priceless Fun

Your guide to free and low cost recreation opportunities in Edmonton. The guide is available online at: [www.edmonton.ca/attractions\\_recreation/documents/PricelessFunFallWinter.pdf](http://www.edmonton.ca/attractions_recreation/documents/PricelessFunFallWinter.pdf). For more information call **311**.

## Inclusive Recreation for People with Disabilities

A brochure that lists leisure opportunities and contacts throughout Edmonton and area suitable for individuals with disabilities. Some programs are designed for people with disabilities, however many programs are open to everyone. This brochure is available at [www.edmonton.ca/disability](http://www.edmonton.ca/disability) or can be requested by email at [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca). For more information call **311**.

## Community Facilities and Parks Accessibility Guide

This Guide is produced to inform Edmontonian's and visitors about accessibility features in City of Edmonton community facilities and parks. This Guide can be accessed at [www.edmonton.ca/disability](http://www.edmonton.ca/disability) or can be requested by email at [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca). For more information call **311**.

## Specialized Equipment

Adapted Specialized Equipment such as a TrailRider, Hand Cycle, and Sit Ski can be borrowed from the City of Edmonton. For more information Contact the City by email at [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca) or call **311**.

## Multigenerational Resource Kit

The Multigenerational Collection includes games and activities that promote fun for all ages including games with a multi-ethnic flavour. Perfect for a special event or gathering, with both indoor and outdoor appropriate games and complete instruction guides. The portable shuffleboard set, bocce, Mah Jong, Apples to Apples board game, and so much more, can be rented (for free) from the City of Edmonton. Call **311** for more information. The Multigenerational Kits are stored in 4 locations:

### North West:

Parks and Community Service Bldg.  
110, 11410 – 149 Street

### North East:

Kennedale Site 12830 – 58 Street

### South West:

Bonnie Doon Site  
#255 Bonnie Doon Shopping Centre,  
8330 – 82 Avenue

### South West:

110, Mill Woods Site  
6203 – 28 Avenue

## Physical Activity and Recreation Directory for Older Adults

This comprehensive guide lists recreation opportunities for seniors to get active in their community. A detailed listing of programs and where they are offered is included. For more information or to receive a copy contact the Edmonton Seniors Coordinating Council at **780-423-5635** or [www.seniorscouncil.net](http://www.seniorscouncil.net).

The directory is also available online at [www.edmonton.ca/for\\_residents/PDF/PhysicalActivityRecreationDirectory2013-2014.pdf](http://www.edmonton.ca/for_residents/PDF/PhysicalActivityRecreationDirectory2013-2014.pdf)

## Seniors' Transportation Information Guide

This guide provides transportation information for seniors in Edmonton. To receive a copy of this guide contact the Edmonton Seniors Coordinating Council at **780-423-5635** or call **311**. The guide is also available online at [www.edmonton.ca/for\\_residents/AMA-SeniorsTransportationInformationGuide.pdf](http://www.edmonton.ca/for_residents/AMA-SeniorsTransportationInformationGuide.pdf)

## Notes



# EDMONTON SENIORS Declaration

*Edmonton's commitment to seniors rests on four ideals:*

**Individuals are respected** regardless of age.

All generations have much to teach and learn from each other.

**People of all ages are safe** in their homes and neighbourhoods.  
Safety has physical, environmental, financial and health aspects.

**The city's transportation systems, urban design and physical infrastructure**  
allow all people to participate in full lives. No one is barred by mobility or  
resources from involvement in city life.

**Older people have ready access** to programs, employment, activities  
and services that help them stay engaged, respected and appreciated.

City Council declares that it will work towards making Edmonton age-friendly as part of our vision for an integrated, sustainable, liveable city. To do so, we will use the best knowledge available from international, national and local research. We will ensure our decision-making and policies embrace this perspective. We will encourage other organizations, individuals, businesses and institutions to adopt this declaration. And we will work with other orders of government to increase commitment and co-ordination on seniors' issues.

Age is a gift to the city. We will value all the individuals who bring it to us.



*Declared by Edmonton City Council on June 3, 2010.*

