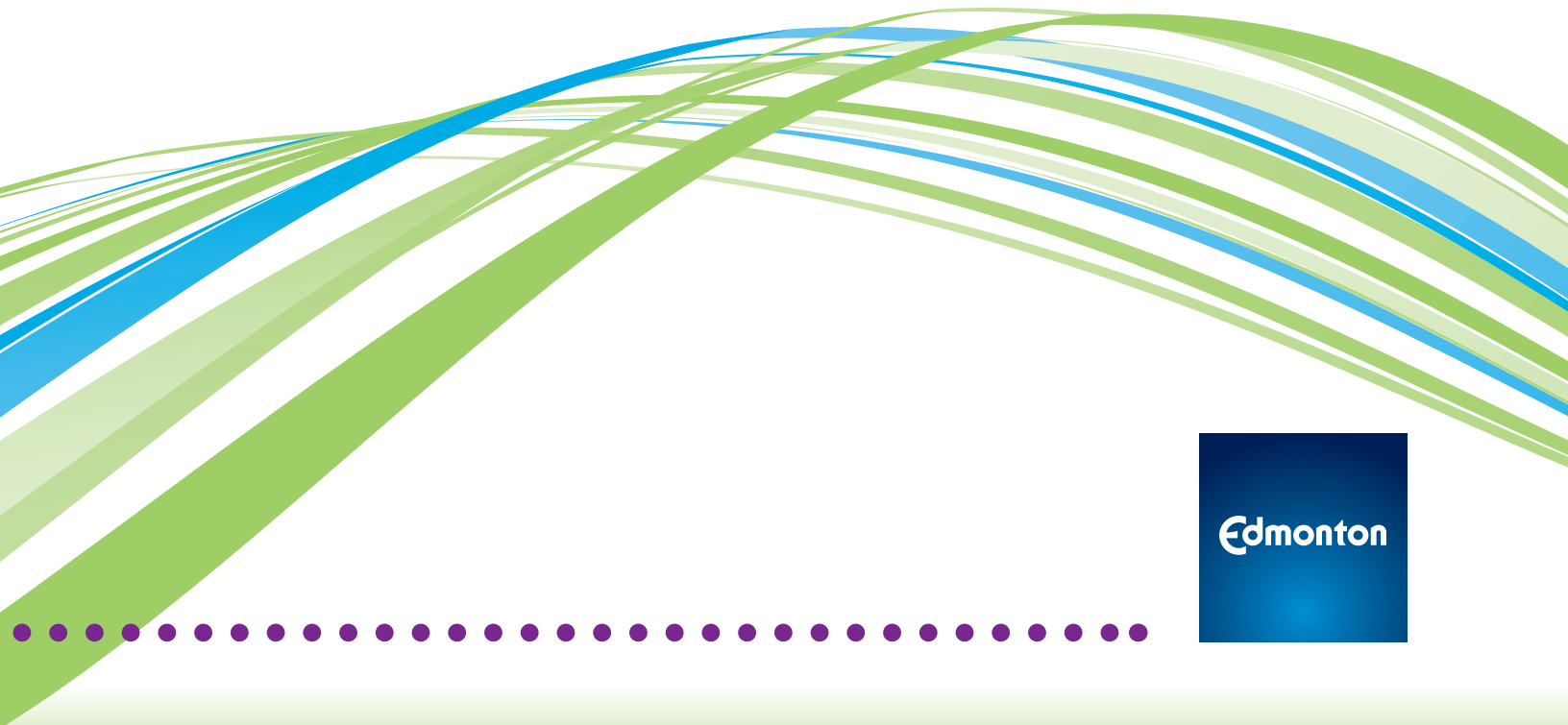




City of Edmonton Services for Seniors



A Message from Age Friendly Edmonton



All Edmontonians will have parents, friends, neighbours, customers, or colleagues who are seniors, and of course, most Edmontonians will themselves be seniors at some point in time.

Along with cities around the world, Edmonton is working to become age-friendly — an inclusive city where age is not a barrier to access services, programs, businesses or facilities. Creating an age friendly city helps us all.

The Age Friendly Edmonton™ initiative was built on a common vision of Edmonton as a community that values, respects and actively supports the wellbeing of seniors. It is the result of extensive community consultation with seniors and their caregivers, along with key stakeholders, who all came together to achieve a vision for an inclusive, age-friendly Edmonton.

To learn more about Age Friendly Edmonton visit www.edmonton.ca/agefriendly

A 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 Initiative, Age Friendly Edmonton 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. The City of Edmonton strives to involve and support Edmonton's seniors through recreation and social programs; transportation resources; support to seniors centres and organizations; and grant programs.

To obtain copies of the guide or provide future recommendations, please email 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 of Edmonton programs, services, and events. 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 services, events and resources in the community.

Visit www.edmonton.ca/seniors for highlights of 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:

2nd 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 visit the following to connect with the Mayor or City Councillors www.edmonton.ca/city_government/mayor-city-councillors.aspx.

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



Real Time Captioning Services for City of Edmonton Events

Real Time Captioning Services (CART) and American Sign Language (ASL Interpreting) can be requested for City of Edmonton public meetings, consultations, forums and events. Using CART, a transcript is generated and appears on a monitor for people to read as the event or meeting progresses. CART is effective for

people who are Deaf or hard of hearing, who may have certain types of learning disabilities, and for individuals whose first language is not English. 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 of Edmonton recreation centres, pools, arenas, golf courses and major attractions. It is 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 call **311**.

Leisure Access Program

Low income seniors from Edmonton can qualify for free use of City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park, etc.) and discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Obtain an application form at 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, 14th floor, CN Tower, 10004 – 104 Avenue Edmonton, AB, T5J 2R7 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 service and information hubs 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 opportunities related to aging, health and social opportunities to connect other seniors.

Many other seniors organizations and groups throughout the City of Edmonton provide services for seniors. For more information call **211**.

North

Seniors Centre	Address	Phone
Calder Seniors Drop In 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 & Multicultural Centre/ Mill Woods Seniors Association	2610 Hewes Way, 2nd Floor	780-496-2997
Senior Citizens Opportunity Neighborhood Association (SCONA)	10440 – 84 Avenue	780-433-5377
South West Edmonton Seniors Association	Yellowbird Community Hall 10710 – 19 Ave Terwillegar Community Recreation Centre 2051 Leger Road	587-987-3200
Southeast Edmonton Seniors Association	9350 – 82 Street	780-468-1985
Southwest Seniors Outreach Society	10832 – 62 Avenue	780-435-9515
Strathcona Place Senior Centre	10831 University Avenue	780-433-5807



City of Edmonton Recreation Facilities

Seniors can take part in many of the programs and services offered at City of Edmonton recreation centres, arenas and pools.

Opportunities to be active include: aquafit, pickleball, walking programs, Zumba, yoga and much more. Several arenas offer free weekly public skate times just for seniors.

The following chart provides information on accessibility features at the City of Edmonton recreation centres and pools. For more information on a specific facility call **311**.

FACILITY ACCESSIBILITY GUIDE			NORTHEAST				
			A.C.T	CLAREVIEW	COMMONWEALTH	EASTGLEN	LONDONDERRY
BUILDING AND EXTERIOR	PARKING	ACCESSIBLE PARKING STALLS	20	6	6	2	4
		SAFE DROP-OFF AND PICK-UP	●	●	●	●	●
		CURB CUT	●	●	●	●	●
	ENTRANCE	W/C RAMP TO DOOR	●	●	NA	●	NA
		NO. STAIRS TO DOOR	0	0	0	6	0
		MOST ACCESSIBLE DOOR	Main	Main	Main	Main	Main

The City of Edmonton offers a wide variety of drop-in and registered programs for older adults.

For more information on programs and activities that best suits your needs – go to your nearest recreation centre or visit www.edmonton.ca/activities_parks_recreation/activities-recreation-programs.aspx



	NORTHWEST			SOUTHEAST				SOUTHWEST		
O'LEARY	GRAND TRUNK	JASPER PLACE	PETER HEMINGWAY	BONNIE DOON	HARDISTY	THE MEADOWS	MILL WOODS	CONFEDERATION	KINSMEN	TERWILLEGAR
2	4	0	4	4	5	23	4	4	6	22
●	●	●	●	●	●	●	●	●	●	●
●	●	●	●	●	●	●	●	●	●	●
●	NA	●	NA	NA	●	●	●	●	●	●
0	0	•	0	0	0	0	0	0	18	0
Main	Main	Main	Main	Main	Main	West	Main	Main	Main	Main

FACILITY ACCESSIBILITY GUIDE			NORTHEAST				
			A.C.T	CLAREVIEW	COMMONWEALTH	EASTGLEN	LONDONDERRY
BUILDING AND EXTERIOR	FACILITY INTERIOR	W/C ACCESSIBLE WASHROOMS	●	●	●	●	●
		UNISEX WASHROOMS	●	●	●	●	●
		ACCESS PHONE	●	●	●	●	●
		STAIRS, RAMPS, ELEVATORS	NA	NA	3	12S	E
		LOWERED SERVICE COUNTER	●	●	●		
		ACCESSIBLE CHANGEROOMS	●	●	●	●	●
		ACCESSIBLE SPECTATOR VIEWING	●	●	●	●	●
AQUATIC FACILITIES	CHANGEROOMS	CO-ED/FAMILY CHANGEROOMS	●	●	●	●	●
		ACCESSIBLE WASHROOM STALLS	●	●	●	●	●
		SHOWER BENCH	●	●	●	●	●
		MECHANICAL TRANSFER LIFT	●	●	●		
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	H/C	**	C	

	NORTHWEST			SOUTHEAST				SOUTHWEST		
O'LEARY	GRAND TRUNK	JASPER PLACE	PETER HEMINGWAY	BONNIE DOON	HARDISTY	THE MEADOWS	MILL WOODS	CONFEDERATION	KINSMEN	TERWILLEGAR
●	●	●	●	●	●	●	●	●	●	●
	●	●		●	●	●	●	●		
●	●	●	●	●	●	●	●	●	●	●
NA	NA	15S	NA	NA	NA	2E 1R	E	E	E	3
			●			●		●		
●	●		●	●	●	●	●	●	●	●
●	●	●	●		●	●	●	●	●	●
●	●	●	●	●	●	●	●	●	●	●
●	●	●	●	●	●	●	●	●	●	
●	●		●	●	●	●	●	●	●	●
									●	
	C	C	C	C	C		H			

FACILITY ACCESSIBILITY GUIDE			NORTHEAST				
			A.C.T	CLAREVIEW	COMMONWEALTH	EASTGLEN	LONDONDERRY
AQUATIC FACILITIES	POOL ACCESS	RAILINGS	●	●	●		●
		RAMP INTO POOL	●	●	●		●
		POOL LIFT	●	●	NA		
	POOL DECK	PORTABLE STAIRS		●	NA	●	
		MAIN POOL TEMPERATURE (°C)	32.5	29.5	28.0	29.5	29.5
		SALT/CHLORINE GAS	C	S	S	S	C
		HOT TUB (40 °C)	●	●	●	●	●
		COMMODE OR W/C FOR WATER	●	●	●		●
		GURNEY FOR WATER	●				
	AMENITIES	ACCESS TO STEAM ROOM	NA	●	●	●	●
		ACCESS TO SAUNA	NA		NA	NA	●
		LIFT ACCESS TO HOT TUB	●	●	NA		
		ACCESS TO FITNESS CENTRE	NA	●	●	NA	●

	NORTHWEST			SOUTHEAST				SOUTHWEST		
O'LEARY	GRAND TRUNK	JASPER PLACE	PETER HEMINGWAY	BONNIE DOON	HARDISTY	THE MEADOWS	MILL WOODS	CONFEDERATION	KINSMEN	TERWILLEGAR
	●			●		●				
				NA		●	●			●
●			●	●	●	●		●	●	
●	●	●	●	●	●	●		●	●	
29.8	29.8	29.5	27.5	29.5	29.5	29.0	29.0	29.5	28.0	29.0
C	C	C	C	C	C	S	C	S	C	
●	●		●	●	●	●	●	●		
●	●			●	●	●	●			●
●	●	●	●	●	●	●		●	NA	●
NA	NA		●	●	●		●	NA	●	
				●		NA			NA	
●	●	●		NA	●	●	●	NA	●	●

Attractions

City Arts Centre	10943 – 84 Avenue	Accessible parking, power door at entranceway, accessible washrooms, elevator to connect floors.
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Fort Edmonton Park	7000 – 143 Street
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Credit: City of Edmonton

Accessible parking, designated DATS drop-off zone, accessible entranceway, accessible lift on train. Access to washrooms at Columbia House, Gyro Park, Masonic Hall, Reed's Tea Room, Bill's Confectionery, A.G.T (during certain times) and Freight Shed (family). Some buildings and the Fort have limited accessibility. Most ground level buildings have ramps. Accessible wagon with wheelchair access is available in the summer. Wheelchairs are available on a first come, first serve basis at no additional cost.

John Janzen Nature Centre	7000 – 143 Street
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Accessible parking, lift to access classrooms and other facilities, and an accessible washroom located near the front entrance. There are accessible nature exhibits and the interactive Tegler Discovery Zone is wheelchair accessible.
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John Walter Museum	9180 Walterdale Hill
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Visitor orientation building entranceway is accessible with accessible washrooms in that facility. The other three historic buildings have ramps to access main levels but ramps may be difficult for some to access.

Muttart Conservatory

9626 – 96A Street

Accessible parking, power doors at entranceway and into pavilions, accessible washrooms. Ramps to pavilions but are steep – some assistance may be required. One pyramid has several steps and is only partially accessible. There is a ramp to access the greenhouse and accessible surfacing.

Edmonton Valley Zoo

13315 Buena Vista
Road

Accessible parking close to entranceway. The entranceway includes an accessible ticketing gate and washrooms and power doors to access the café, Zoo-tique and EdVenture Lodge. There are also accessible washrooms in the Saito Centre and administration building with power door access in both buildings. The carousel ride is accessible and has a ramp. There are family washrooms by the carousel as well. Accessible viewing area of Lucy the Elephant in the Saito Centre and an accessible picnic site close to camels. Power scooters for rent. The Wander interpretive pathway also features a paved path.



Credit: City of Edmonton

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/activities_parks_recreation/documents/CommunityFacilitiesAccessibilityGuide.pdf.

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

Golf Courses

Riverside Golf Course	8630 Rowland Road	Accessible parking, limited access to course greens by wheelchairs and no accessible washrooms. Access is available to main floor of clubhouse.
Rundle Park Golf Course	2902 – 118 Avenue	Accessible parking. Access to main floor of clubhouse, new unisex family washroom and power doors.
Victoria Golf Course and Driving Range	12130 River Road	Accessible parking and entranceway with power door access to clubhouse. Unisex washroom on main floor in clubhouse. Access is available to main floor of clubhouse with stairs to upper floor. The driving range has accessible parking, entranceway, washrooms and two accessible tees.



Credit: City of Edmonton

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.

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. EPL also provides large print format books in small collections on deposit to many seniors living facilities across Edmonton. For more information or to register, contact your local EPL location or visit www.epl.ca.

Help Around the House

Assisted Waste Collection Service

The City of Edmonton'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 pick up garbage and recycling from outside the front or back door of the home. There is no additional charge for this service. For more information or to apply go to edmonton.ca/assistedwaste, call 780-496-5698 or email wasteman@edmonton.ca

Seniors Home Supports Programs

The Edmonton Seniors Home Supports Program provides seniors with referrals to vetted businesses and community groups which offer snow removal, yard work, housekeeping or minor home repair services. For more information call **211**.

211 Seniors Information Phone Line

211 Edmonton is a program of the Canadian Mental Health Association (Edmonton Region) 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, and community resources. For information on driving assistance programs, meal delivery services, and outreach call **211**.

Social Services

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**. If you need advice on a situation of suspected elder abuse call the Senior Protection Partnership at **780-477-2929**. You can also access the 24-hour Seniors Abuse Helpline. Call **780-454-8888** for information, support and referral.

Relationships with Your Adult Children Group

The City of Edmonton offers drop in support groups that provide education on dealing with challenges with adult children. The group includes discussion to identify safe relationships and learn communication and limit-setting skills. Call **780-496-4777** for more details.



Transit

Bus and LRT

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 grocery and 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.

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 or visit www.takeets.com/dats

Accessible Buses, Transit Centres and LRT 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 at the front of every bus. Full-sized and articulated ("bendy") buses have a kneeling feature to lower the front entrance to curb level, as well as a ramp. Community buses have ramps. Both features are available for use by all customers.

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 weekday midday hours. For more information call **311**.

Mobility Choices Customer Training

ETS provides a free, customized travel training program for seniors, persons with disabilities, 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 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. 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**.

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

Snow Removal

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

Walk Edmonton

This initiative provides resources to encourage walking in Edmonton communities. The Communities on Foot Map Series has walking maps of many Edmonton neighborhoods with suggested walking routes. The maps are available at your local library or online at www.edmonton.ca/walkmap. Walking guides and tours, walking clubs, pedestrian safety and more can be found at www.edmonton.ca/walkable. For more information call **311**.

Recognition

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 to nominate a Snow Angel.

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

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, make sure you have at least a three day supply of provisions. Visit our website at www.edmonton.ca/oep for more information.

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

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

This program 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.

For further questions, please call **311** or email hope@edmonton.ca

Housing for Seniors

The online Alberta Seniors Housing Directory lists virtually every independent and supportive living seniors residence across Alberta. Visit to <http://housingdirectory.ascha.com>

Sage's Housing Information Services provides information, referrals and support for seniors seeking subsidized or non-subsidized housing. Contact **780-701-9018** or visit www.mysage.ca/help/housing

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 Seniors can also request an application by calling the Alberta Supports Contact Centre at **1-877-644-9992 (780-644-9992 in Edmonton)**.

Other Resources and Guides

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 online at www.edmonton.ca/activities_parks_recreation/program-guides.aspx 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/activities_parks_recreation/program-guides.aspx. 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 or 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/accessibility or can be requested by email at 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/accessibility or can be requested by email at recreationdisabilities@edmonton.ca. For more information 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

Recreation and Wellness Directory for Older Adults

This comprehensive guide lists arts, fitness, technology, health and recreational activities for adults 55+ and includes more than 1000 courses, clubs, programs and events in the Edmonton area. For more information contact the Edmonton Seniors Coordinating Council at **780-423-5635** or visit www.seniorscouncil.net/programs to search the online directory.

Directory of Seniors Services

Sage produces an annual Directory of Senior's Services that is available from their website or at the location downtown. Please contact **780-423-5510** or visit www.mysage.ca

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.

