



# **Recreation Opportunities for Individuals with Disabilities**

An activity guide for Edmonton and surrounding areas

Summer 2019 Edition

Edmonton

# Introduction

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. Check out the City of Edmonton program guides for inclusive recreation opportunities.

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 guide, produced by the City of Edmonton's Citizen 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 welcomes children and adults of all abilities at our facilities and is committed to the inclusion of individuals with disabilities in our programs. In order for us to plan more effectively, please indicate what, if any, supports or accommodations are required to ensure successful participation in our programming. We want to work together, along with other community organizations as needed, to ensure a positive and fun experience. Individuals who require additional assistance are welcome to bring an attendant. Attendants can attend at no additional cost when assisting an individual to attend our facilities, services or programs.

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

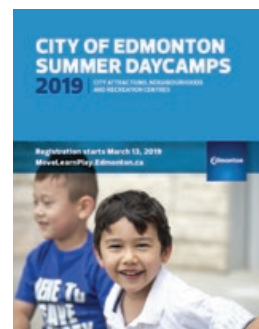
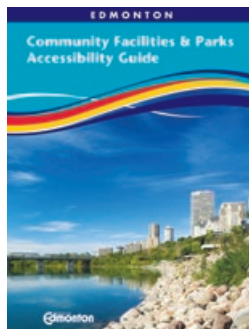
If you prefer, this flyer can be accessed on the City of Edmonton's website at [www.edmonton.ca/accessibility](http://www.edmonton.ca/accessibility)

Alternative formats available on request.



The following leisure brochures are available by calling 311 or by visiting [www.edmonton.ca/activities\\_parks\\_recreation/program-guides.aspx](http://www.edmonton.ca/activities_parks_recreation/program-guides.aspx):

- Rec Centres Summer Guide
- Summer Day Camps Guide
- Summer in the City
- Central Lions Seniors Association Summer Guide
- Priceless Fun Guide
- E-Active (Leisure, Sports and Fitness Facilities Recreation Guide)
- River Valley Programs
- Community Facilities & Parks Accessibility Guide
- Brochures for each Major Attraction and Facility



The City of Edmonton's "Recreation Centres" and "In the City" guides transitioned to a print-free model in July 2018.

Citizens can expect the most up-to-date information on all facilities, programs and City of Edmonton Attractions through [www.edmonton.ca](http://www.edmonton.ca), the program guide webpage, My Rec Guide and 311.



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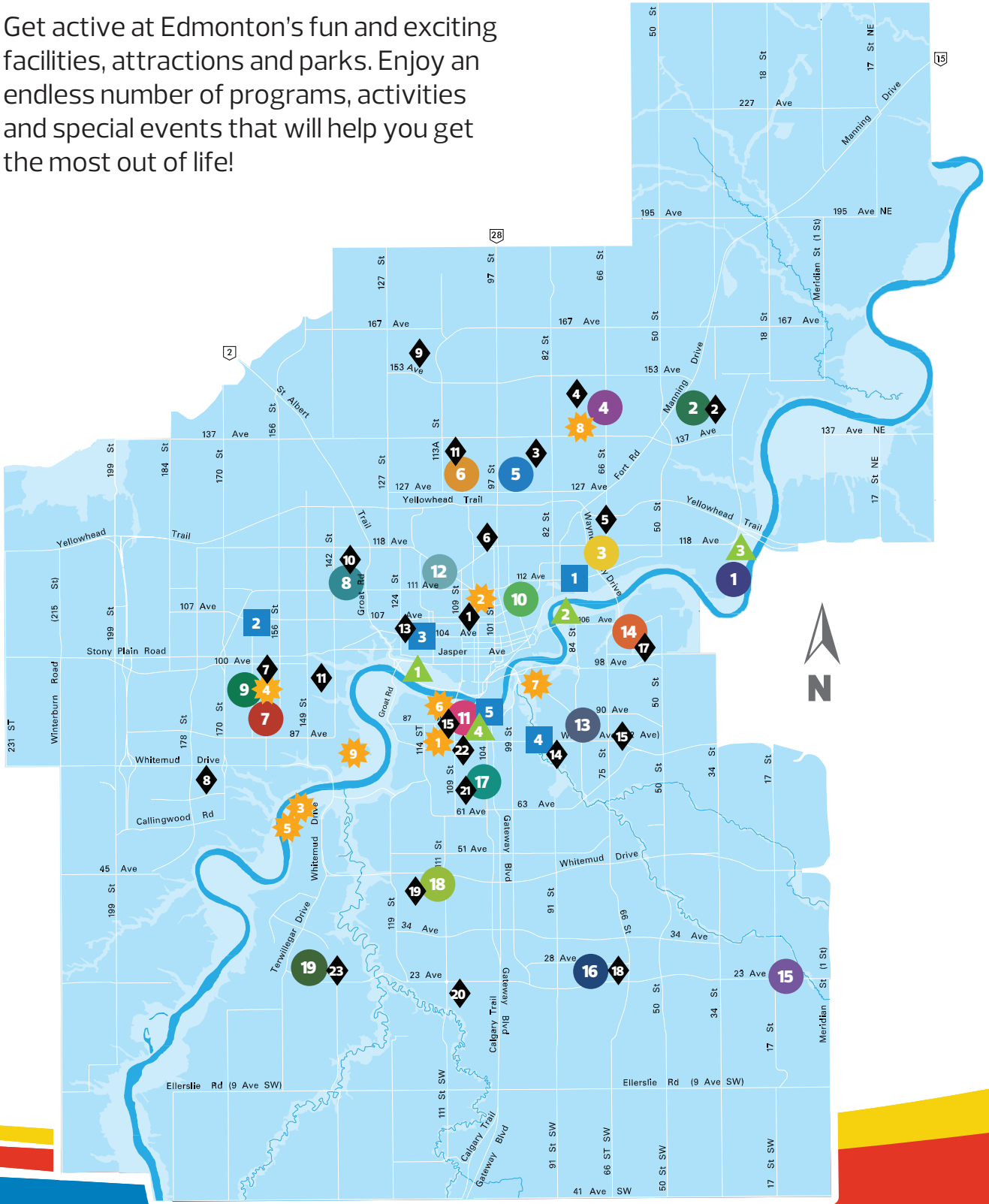


FACILITY ACCESSIBILITY GUIDE			A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	COMMONWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	TERWILLEGAR
BUILDING AND EXTERIOR	PARKING	ACCESSIBLE PARKING STALLS	20	4	8	7	6	4	2	4	5	0	6	4	23	4	2	4	22
		SAFE DROP-OFF AND PICK-UP	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		CURB CUT	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	ENTRANCE X	W/C RAMP TO DOOR	•	NA		•	NA	•	•	NA	•	•	•	NA	•	•	•	NA	•
		NO. STAIRS TO DOOR	0	0	0	0	0	0	6	0	0	•	18	0	0	0	0	0	0
		MOST ACCESSIBLE DOOR	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	WEST	MAIN	MAIN	MAIN	MAIN
	FACILITY INTERIOR	W/C ACCESSIBLE WASHROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		UNISEX WASHROOMS	•	•	•	•	•	•	•	•	•	•		•	•	•			•
		ACCESS PHONE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•
		STAIRS, RAMPS, ELEVATORS	NA	NA	E	NA	3	E	12S	NA	NA	15S	E	E	2E 1R	E	NA	NA	3
		LOWERED SERVICE COUNTER	•		•	•	•								•			•	•
		ACCESSIBLE CHANGEROOMS	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•
		ACCESSIBLE SPECTATOR VIEWING	•			NA	•	•	•	•	•	•	•	•	•	•	•	•	•
AQUATIC FACILITIES	CHANGEROOMS	CO-ED/FAMILY CHANGEROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		ACCESSIBLE WASHROOM STALLS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		SHOWER BENCH	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
		MECHANICAL TRANSFER LIFT	•				•						•		•				•
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	C	H	C	**		C	C	C	C			•	H		C	
	POOL ACCESS	RAILINGS	•	•	•		•			•				•	•				•
		RAMP INTO POOL	•	NA			•							•	•	•			•
		POOL LIFT	•	•	•		NA	•			•		•		•		•	•	•
	POOL DECK	PORTABLE STAIRS		•	•		NA	•	•	•	•	•	•		•		•	•	•
		MAIN POOL TEMPERATURE (°C)	32.5	29.5	29.5		28.0	29.5	29.5	29.8	29.5	29.5	27.0	29.5	29	29.0	29.8	27.5	29.0
		SALT/CHLORINE GAS	C	C	S		S	S	S	C	C	C	C	C	S	C	C	C	S
		HOT TUB (40 °C)	•	•	•		•	•	•	•	•			•	•	•	•	•	•
		COMMODORE OR W/C FOR WATER	•	•	•		•			•	•			•	•	•	•		•
		GURNEY FOR WATER	•												•				
		ACCESS TO STEAM ROOM	NA	•	•		•	•	•	•	•	•	NA	•	•		•	•	•
	AMENITIES	ACCESS TO SAUNA	NA	•	NA		NA	NA	NA	NA	•		•	•		•	NA	•	
		LIFT ACCESS TO HOT TUB	•	•	•		NA						NA		NA				•
		ACCESS TO FITNESS CENTRE	NA	NA	•		•	NA	NA	•	•	•	•	•	•	•	•		•

\*\*Individual rooms with doors

# WHAT'S IN YOUR NEIGHBOURHOOD?

Get active at Edmonton's fun and exciting facilities, attractions and parks. Enjoy an endless number of programs, activities and special events that will help you get the most out of life!



## City of Edmonton Leisure, Sports and Fitness Facilities

### NORTHEAST

- 1 A.C.T. Aquatic and Recreation Centre  
2909 – 113 Avenue
- 2 Clareview Community Recreation Centre  
3804 – 139 Avenue
- 3 Eastglen Leisure Centre  
11410 – 68 Street
- 4 Londonderry Fitness and Leisure Centre  
14528 – 66 Street
- 5 O'Leary Fitness and Leisure Centre  
8804 – 132 Avenue

### NORTHWEST

- 6 Grand Trunk Fitness and Leisure Centre  
13025 – 112 Street
- 7 Jasper Place Fitness and Leisure Centre  
9200 – 163 Street
- 8 Peter Hemingway Fitness and Leisure Cen.  
13808 – 111 Avenue
- 9 St. Francis Xavier Sports Centre  
9240 – 163 Street

### CENTRAL

- 10 Commonwealth Community Recreation Cen.  
11000 Stadium Road
- 11 Kinsmen Sports Centre  
9100 Walterdale Hill
- 12 Central Lions Recreation Centre  
11113 – 113 Street

### SOUTHEAST

- 13 Bonnie Doon Leisure Centre  
8648 – 81 Street
- 14 Hardisty Fitness and Leisure Centre  
10535 – 65 Street
- 15 The Meadows Community Rec Centre  
2704 – 17th Street NW
- 16 Mill Woods Recreation Centre  
7207 – 28 Avenue
- 17 Scona Leisure Centre  
Operated by an independent contractor  
10450 – 72 Avenue

### SOUTHWEST

- 18 Confederation Leisure Centre  
11204 – 43 Avenue
- 19 Terwillegar Community Rec Centre  
2051 Leger Road NW

## Outdoor Swimming Pools

### NORTHEAST

- 1 Borden Park Outdoor Pool  
11200 – 74 Street
- 2 Fred Broadstock Outdoor Pool  
15720 – 105 Avenue

### CENTRAL

- 3 Oliver Outdoor Pool  
10315 – 119 Street

### SOUTHEAST

- 4 Mill Creek Outdoor Pool  
9555 – 84 Avenue
- 5 5 Queen Elizabeth Outdoor Pool  
9100 Walterdale Hill

## City of Edmonton Golf Courses

- 1 Victoria Golf Course & Driving Range  
12130 River Road
- 2 Riverside Golf Course  
8630 Rowland Road
- 3 Rundle Golf Course  
2902 – 118 Avenue
- 4 Kinsmen Pitch and Putt

Operated by the Kinsmen Club of Edmonton

9100 Walterdale Hill

## City of Edmonton Attractions and Specialized Facilities

- 1 City Arts Centre  
10943 – 84 Avenue
- 2 City of Edmonton Archives/ Prince of Wales Armouries  
10440 – 108 Avenue
- 3 Fort Edmonton Park  
Fox Drive & Whitemud Drive
- 4 Jasper Place Annex  
9200 – 163 Street
- 5 John Janzen Nature Centre  
Fox Drive & Whitemud Drive
- 6 John Walter Museum  
9100 Walterdale Hill
- 7 Muttart Conservatory  
9626 – 96A Street
- 8 Northgate Lions Recreation Centre  
7524 – 139 Avenue
- 9 Edmonton Valley Zoo  
Buena Vista Road and 134 Street

## City of Edmonton Indoor Ice Arenas

### CENTRAL

- 1 Downtown Community Arena  
10330 – 105 Avenue

### NORTHEAST

- 2 Clareview Recreation Centre  
3804 – 139 Avenue
- 3 Glengarry Arena  
13340 – 85 Street
- 4 Londonderry Arena  
14520 – 66 Street
- 5 Russ Barnes Arena  
6725 – 121 Avenue
- 6 Westwood Arena  
12040 – 97 Street

### NORTHWEST

- 7 Bill Hunter Arena  
9200 – 163 Street
- 8 Callingwood Rec Centre  
17740 – 69 Avenue
- 9 Castle Downs Rec Centre  
11520 – 153 Avenue
- 10 Coronation Arena  
13500 – 112 Avenue
- 11 Crestwood Arena  
9940 – 147 Street
- 12 Grand Trunk Arena  
13025 – 112 Street
- 13 Oliver Arena  
10335 – 119 Street

### SOUTHEAST

- 14 Donnan Arena  
9105 – 80 Avenue
- 15 Kenilworth Arena  
8311 – 68 A Street
- 16 The Meadows Community Rec Centre  
2704 – 17th Street NW
- 17 Michael Cameron Arena  
10404 – 56 Street
- 18 Mill Woods Recreation Centre  
7207 – 28 Avenue

### SOUTHWEST

- 19 Confederation Arena  
11204 – 43 Avenue
- 20 Kinsmen Twin Arena  
Operated by Kinsmen Club of Edmonton  
1979 – 111 Street
- 21 George S. Hughes South Side Arena  
Formerly known as South Side Arena  
10525 – 72 Avenue
- 22 Tipton Arena  
10828 – 80 Avenue
- 23 Terwillegar Subway Arena  
2051 Leger Road NW

For more information about any of these City of Edmonton Recreation Centres, sports fields, parks or trails, please call 311 (780-442-5311 if outside Edmonton) or visit [edmonton.ca/eReg](http://edmonton.ca/eReg).

# PROGRAM REGISTRATION (City of Edmonton programs)

## How to Register

Registrations are accepted on a first-come, first-served basis and are subject to availability. Please register as soon as possible.

**New!** City of Edmonton Recreation Centre Members have the opportunity to register one day early.

### ONLINE

Register online at any time with [edmonton.ca/eReg](http://edmonton.ca/eReg).

### BY PHONE

You can register for programs any time by calling 311. Please call 780-442-5311 if outside Edmonton.

### IN PERSON

You can register for programs in person at any City of Edmonton Leisure, Sports and Fitness Facility.

## Providing Registration Information

When registering, please provide the necessary information regarding guardianship, medical, physical or behavioural conditions, and emergency contact phone numbers.

## Payment and Confirmation

Program fees are subject to change and will be confirmed with you at the time of registration. Fees must be paid in full at the time of registration. Participants are not considered registered until payment has been received.

Payment can be made by VISA, American Express, MasterCard, cheque, money order, debit or cash. Make cheque or money orders payable to the City of Edmonton. Post-dated cheques are not accepted. Please do not send cash in the mail.

Once you are registered, a course confirmation will be mailed to you, as well as additional program requirements.

For the Advanced Aquatic Courses, fees will be adjusted to include the course material and the exam fees at the time of registration.

## Program Registration Fees

Program registration fees do not include drop-in admission.



## Withdrawing or Transferring

You can transfer immediately into another program, subject to availability. Withdrawals and transfers are permitted without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a withdrawal or transfer is requested 15 days or less prior to the program start date. If the program has started, a \$10 administration fee will apply, and a prorated balance of the program fee will be refunded.

## Program Cancellations

In the event that a program is cancelled due to inclement weather conditions, low registration, facility or equipment problems, instructor illness or unavailability, staff will notify participants prior to the program start date.

## Emergency Medical Procedures

In the event of an emergency, staff may render first aid and/or contact emergency medical services.

## Photography and Media Consent

On occasion, the City of Edmonton may invite a photographer or the media to visit a program. In this case, you may be asked to sign a consent form giving permission for the images to be used for news or promotional purposes.

## MY REC GUIDE

Now you can search for programs online and create your customized program guide. Try MyRecGuide.ca today!

Little Bits Therapeutic Riding Association (LBTRA)





# LEISURE ACCESS PROGRAM (LAP)

Edmonton

## WHAT IS THE LEISURE ACCESS PROGRAM?

The program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo etc.) through an annual pass or a subsidized monthly pass.

PROUDLY  
WORKING WITH



## ANNUAL PROGRAM

The LAP Annual Program is valid for one year from issue date and provides free unlimited access to participating facilities and discounts on registered programs (daycamps, art classes, swimming lessons etc).

You may qualify for the LAP Annual Program if:

- You are currently on AISH
- You have an income below the low income threshold
- You are a recently landed immigrant or refugee
- You are not a full-time student at University of Alberta, NAIT or MacEwan University, unless you have children

## MONTHLY PASS

The LAP Monthly Pass provides discounted opportunities to participating facilities, including drop-in and instructor-led programs. Individual passes are \$20/month and family passes are \$70/month.

You may qualify for the LAP Monthly Pass if:

- You have an income near the low income threshold

**Note:** If you have an income below Edmonton Transit Service's (ETS') Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at [edmonton.ca/ridetransit](http://edmonton.ca/ridetransit).

## HOW CAN I GET AN APPLICATION FORM?

- At any City of Edmonton Recreation Centre
- By calling **311**
- At [www.edmonton.ca/lap](http://www.edmonton.ca/lap)
- Edmonton Tower 2<sup>nd</sup> Floor  
10111-104 Avenue NW  
Edmonton, Alberta T5J 0J4

# LEISURE PROGRAMS AND GROUPS

## Citizen Services Department, City of Edmonton

Box 2359  
Edmonton, AB T5J 0J4

**Contact:** 311

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

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

## 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.

**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 needs 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 on a first come, first serve basis, when the room is available. Please call the Program Coordinator for more info.

**Dates:** Weekdays, September to June

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

## DROP-IN PROGRAMS

### Zumba Gold

Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

**Dates:** Tuesdays

**Times:** 10:30 – 11:30 am

**Location:** ACT 2909 – 113 Avenue NW

### Rockin in Rundle

A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.

**Dates:** Tuesday

**Times:** 12:30 – 2:30 pm

**Location:** ACT 2909 – 113 Avenue NW

### Rockin in Rundle

Come out for an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. This dance is geared towards older adults with multiple and/or developmental disabilities. (Previously called Senior Leisure Dance).

**Dates:** Wednesday

**Times:** 1:00 – 2:30 pm

**Location:** ACT 2909 – 113 Avenue NW

### Zumba Gold

Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

**Dates:** Thursday

**Times:** 10:30 – 11:30 am

**Location:** ACT 2909 – 113 Avenue NW

### Rockin in Rundle

A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.

**Dates:** Thursday

**Times:** 12:30 – 2:30 pm

**Location:** ACT 2909 – 113 Avenue NW

### Zumba Gold

Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

**Dates:** Tuesday

**Times:** 3:15 – 4:15 pm

**Location:** Terwillegar Recreation Centre,  
2051 Leger Road NW

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## Fit N' Fun

A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.

**Dates:** Thursday

**Times:** 1:00 – 2:00 pm

**Location:** The Meadows Community Recreation Centre, 2704 – 17 Street NW

## City of Edmonton PWD Programs (Programs for Persons with Disabilities)

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

**Location:** City of Edmonton Recreation Facilities

**Contact:** PWD Program Coordinator, 780-414-8650

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

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

**Disability Group:** Adults with Developmental Disabilities

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## Pools/Leisure Centres

**Phone:** 311

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

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## Red Cross Swim Adapted

**Contact:** 311 to register

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

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

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

# Looking for **S.U.R.F & Accessible** Programming?

Watch for new program listings, including expanded locations and programs for persons with disabilities in a new guide coming February, 2019.



*For questions about accessible programs or to provide feedback, contact us at: 780-414-8650*

[edmonton.ca/reccentres](http://edmonton.ca/reccentres)

City of Edmonton  
**Recreation  
centres** 

**Edmonton**

## Central Lions & Northgate Lions Senior Recreation Programs

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

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

## Central Lions Seniors Association (CLSA)

11113 – 113 Street NW  
Edmonton, AB T5G 2V1

**Phone:** 780-496-7369

**Email:** CLSAinfo@clsaedmonton.ca

**Newsletter:** CLSAnews@clsaedmonton.ca

**Website:** [www.CLSAedmonton.ca](http://www.CLSAedmonton.ca) or  
[www.edmonton.ca/eReg](http://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. Participants may register for CLSA programs in person (cash, cheque, debit or credit), online (via [www.Edmonton.ca/eReg](http://www.Edmonton.ca/eReg) – programs under ‘Seniors’ section) or by phone (call 311 locally; 780-442-5311 if outside Edmonton). Memberships (\$30 per year) must be purchased in person at Central Lions Recreation Centre. Visit CLSA's website or call 780-496-4369 for more information.



## Northgate Lions (NESA)

7524 – 139 Avenue  
Edmonton, AB T5C 3H7

**Phone:** 780-496-6969

**Email:** [info@nesa1.ca](mailto:info@nesa1.ca)

**Website:** [www.nesa1.ca](http://www.nesa1.ca) Seasonal Program  
Guides and Newsletters

**Facebook:** [www.facebook.com/  
northedmontonseniors](https://www.facebook.com/northedmontonseniors)

**Twitter:** @NESAYeg

**Instagram:** @NESAYeg

The North Edmonton Seniors Association [NESA] where “Fun Keeps You Young” is the largest seniors organization in Edmonton, providing Edmonton’s most comprehensive older adult recreational and social programs and experiences. For more information, please call, stop by, or visit the website!

Membership details: 55 Years and Older, an annual membership is \$30, 54 years old and younger, an annual membership is \$60. A subsidy program may be available to seniors who meet the financial criteria. Contact our Outreach Department at 780-414-8790 for more information.

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## River Valley Programs

**Phone:** 311 to register

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

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

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## Fort Edmonton Park

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

**Phone:** 311

**Construction on a \$165 Million enhancement project is underway at Fort Edmonton Park. The Park is closed for the 2019 general admission season, however, remains open for private and special events. The impact on the 2020 season is unknown at the time of printing, and the Park will be fully reopened in May 2021. For more information, please visit [FortEdmontonPark.ca](http://FortEdmontonPark.ca) or call 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.

Starting in Fall 2018, construction will begin on a \$165 Million enhancement project at Fort Edmonton Park. The Park will remain open

for private and special events, however, the impact to core heritage programming for the summer of 2019 is unknown at the time of printing. For more information, please visit [FortEdmontonPark.ca](http://FortEdmontonPark.ca) or call 311.

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## John Walter Museum

9180 Walterdale Hill NW  
Edmonton, AB

**Contact:** 311

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

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

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 on select days, please check the website for details [edmonton.ca/johnwalter](http://edmonton.ca/johnwalter) Programs accommodate special needs wherever possible.

Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

### How to Book:

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

**Phone:** 780-442-1442

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

To book a program, please call 780-442-1442 or e-mail: [cmsschoolbookings@edmonton.ca](mailto:cmsschoolbookings@edmonton.ca). Please note at the time of registration that accommodation may be required. Personal Care Attendants are welcome to attend at no extra cost. Please visit the website for a full list of programs: [edmonton.ca/johnwalter](http://edmonton.ca/johnwalter)

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## John Janzen Nature Centre

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

**Phone:** 311

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

A gateway to the heart of Edmonton's River Valley, the John Janzen Nature Centre takes visitors for a walk on the wild side with programs, events and interactive exhibits designed to promote awareness and engagement with nature in an urban setting. John Janzen Nature Centre has limited accessibility, depending on the area of the facility accessed. Please contact the facility for more information. A wheelchair lift provides access to the classrooms which are used during programs and special events.

Programs accommodate special needs wherever possible. Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

### How to Book:

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

**Phone:** 780-442-1442

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

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## Muttart Conservatory

9626 – 96 A Street  
Edmonton, AB T6C 4L8

**Phone:** 311

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

**The Muttart Conservatory will close to the public starting July 2019 for scheduled rehabilitation work. We anticipate to reopen in early 2021. For more information visit [edmonton.ca/Muttart](http://edmonton.ca/Muttart).**

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. There is accessible parking, power doors at the entrance way and into pavilions and accessible washrooms. There are ramps to pavilions, but they are steep and some assistance may be required. One pyramid has several steps and is only partially accessible.

Programs accommodate special needs wherever possible. Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

### How to Book:

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

**Phone:** 780-442-1442

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

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## Edmonton Valley Zoo

13315 Buena Vista Road  
Edmonton, AB T5J 2R7

**Phone:** 311

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

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

- Most of the Edmonton Valley Zoo is accessible, including the elephant viewing area and our new Arctic Shores Exhibit and Wander Trail.
- Walkways are a combination of paved and gravel surfaces.
- The outer zoo has some steeper inclines.

Programs accommodate special needs wherever possible. Personal Care Attendants are welcome to attend free of charge.

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### On Site Group Programs

<b>Program Length:</b>	1.5 hours; program fee includes admission to the Zoo
<b>Fees:</b>	\$215

### How to Book:

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

**Phone:** 780-442-1442

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

## 2019 City of Edmonton Summer Daycamps: Facilities and Neighbourhoods

The City of Edmonton offers a wide range of daycamps for children and youth 3 to 17 years of age. Registration is required for all daycamps. You may register your child one of three ways:

**Online:** [edmonton.ca/ereg](http://edmonton.ca/ereg)

Register day or night through the online registration system. It's fast, easy and secure. First time users will require a PIN number. Go online for details on acquiring a number.

**Phone:** Call 311 (780 – 442 – 4311) to register. Phone lines are open 24 hours per day.

**In Person:** Your registration can be completed at any City of Edmonton facility.

**For payment use:**

Visa, MasterCard or AMEX

Cheque

Cash/Debit Card

## Alberta Abilities Lodges Society

P.O. Box 4455

Edmonton, AB T6E 4T5

**Contact:** Ross Wein

**Phone:** 780-436-0141

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

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

**Facebook:** see photo album at "Coyote Lake Lodge Alberta"

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

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

**Location:** Various River Valley locations in Edmonton. Secondly, at our 480 acre Coyote Lake Lodge (60 km west of Leduc) we have overnight accommodation, trails, gardens and silence. We are family inclusive and accept all skill levels, all ages and all disability groups.

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

## Alberta AdaptAbilities Association

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

**Contact:** Bonnie Walzack, Program Manager

**Phone:** 780-431-8446

**Fax:** 780-669-5762

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

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

AdaptAbilities, a registered charity, provides essential respite care to families and individuals with special needs, creating the opportunity for families to pause, take a break and practice self-care. AdaptAbilities offers a variety of programming for individuals 3 – 18 years +, empowering individuals to grow, succeed and belong.

AdaptAbilities incorporates three components into each day:

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

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

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## **Orange Hub Respite Centre: 10045 – 156 Street**

### **Snoezelen Room and Sensory/Motor Development Room**

AdaptAbilities is excited to announce an expansion initiative into the Orange Hub facility in Edmonton's West End, and we are pleased to offer a new Snoezelen and Sensory/Motor Development rooms within the space.

A multi-sensory environment provides a feeling of both relaxation and stimulation, through the senses of touch, sight, hearing, and smell. Individuals are free to choose, control and explore the stimuli within the space, engaging different areas of the brain, and tackling problems with behavior in overactive and distressed individuals.

The Sensory/Motor Development space will offer a safe, structured environment for individuals to hone fine and gross motor skills through a variety of fun, engaging opportunities. Boasting a climbing wall, ball pit, and a variety of exciting swings, tunnels, and rockers, the space can support individuals with a range of disabilities and challenges.

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### **Weekend Respite**

Weekend respite provides children and their families with the opportunity to receive high-quality care when parents need to run errands, take a break or go to an appointment.

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

AdaptAbilities Out-of-School Care offers a number of structured activities in a safe and supportive environment. Each day, children and youth have the opportunity to do homework, play games and keep active. High School Transition supports adults who are continuing their high school education by offering a safe and welcoming "home away from home" after school. Individuals will begin to explore what it means to become an independent adult through experiential learning opportunities.

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### **Social Nights**

Each week we offer youth and young adults the chance to hang out and meet new friends. Individuals plan a variety of recreational activities and participants are guided in making appropriate and fun choices. We strive to improve decision making skills, independence and inclusion in the community.

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### **Essential Transit Training**

Essential Transit Training aims to build independence within individuals on public transit, through a structured, 2 part program. Each week, individuals participate in a lesson centering around safety, navigation, and communication, and then apply the skills they have learned by taking transit to a community location for a field trip. At the end of the program (which runs from September – June), participants should be successfully able to navigate the Edmonton Transit system independently.

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## **In-Home Program**

We introduce Community Specialists to individuals and families, and together they develop a personalized plan for success. Services offered include respite, establishing community connections, finding employment and personal care.

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## **Community Connect**

Once finished high school, Community Connect supports young adults 18+ to build confidence and autonomy by identifying personal strengths, interests and desires. Based on their chosen pathway, we will support individuals to volunteer, find employment, connect with community, build meaningful relationships, seek further education and live an active healthy lifestyle.

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## **Hearts In Action Camps**

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

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## **Inclusive Camp Opportunities**

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

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

# Alberta Cerebral Palsy Sports Association (ACPSA)

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

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

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

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

Our current programs include Boccia, Power Chair Soccer, Para Soccer and Inclusive Cross Training. Through our activities we wish to provide opportunities and support to individuals who wish to lead an active lifestyle.

We offer ongoing programming throughout the year in the following sports:

## Boccia

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

## Power Chair Soccer

Power soccer is a competitive team sport played by individuals who use power wheelchairs, with guards attached to pass an enlarged soccer ball. Ages 6+ invited to participate, no experience necessary. A power wheelchair is required; all other equipment is provided, but limited so register early.

## Para Soccer

The Para Soccer program is for any individual, ages 6+ with a disability and is interested in developing their soccer skills in a social and supportive environment. We welcome anyone with a physical, cognitive or developmental disability who is ambulatory (can walk or run independently) to join our group!

## Inclusive Cross Training

We are offering a new inclusive cross-training program for youth with and without disabilities and we are trying to spread the word about this new program. Participants will work on speed, agility and physical literacy skills! The class runs for 1.5 hours split into two 45 minute sessions.

The first 45 minute session is geared towards youth without a disability – they are taught an agility and speed cross-training program usually offered to junior and professional athletes by a certified trainer. The second group for 45 minutes will be geared to athletes with a disability aimed to improve physical literacy skills. The youth in the

first group will also participate, and help the individuals in the second group where needed.

Locations and dates change each season, so check our website [acpsa.ca](http://acpsa.ca) for all the details, including online registration.

## Alberta Northern Lights Wheelchair Basketball Society

Saville Community Sports Centre, University of Alberta

Office # 2 – 209, 11610 – 65 Avenue  
Edmonton, AB T6G 2E1

**Contact:** Ross Norton

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

**Website:** [www.albertanorthernlights.com](http://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 from ages 4 to 64, and if you would like to try, come out to our open gym night!

**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:** 780-683-1227 or 780-263-0128

**Email:** [program.edmonton@asrab.ab.ca](mailto:program.edmonton@asrab.ab.ca)

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

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

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

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## Goalball

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

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

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

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

## Autism Edmonton

101, 11720 Kingsway Avenue  
Edmonton, AB T5G 0X5

**Contact:** Autism Support  
Services Team

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

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

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



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## Parents of Adults with ASD

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

This group of parents discusses the challenges and the regards of having adult children with 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 Edmonton (FREE)

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## The League of Extraordinary Individuals

**Contact:** support@autismedmonton.org

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

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

**Times:** 7:00 – 9:00 pm

**Location:** Various locations

**Disability Group:** For adults with ASD 18+ not eligible for PDD funding

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

Requires an intake interview.

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## Adults with Autism

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

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

**Dates:** Various

**Location:** Various

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

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

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## Family Connections

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

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

**Dates:** TBA

**Times:** TBA

**Location:** Various

**Cost:** Must be a member of the AutismEdmonton (FREE)

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## Partners of Individuals with Autism

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

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

**Dates:** TBA

**Times:** TBA

**Location:** Autism Edmonton

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

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## Occasio – Social Recreational Respite Program

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

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

**Dates:** Various

**Times:** Various

**Location:** Various

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

## Braille Tone Music Society of Canada

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

**Contact:** Fahim Rajabali

**Email:** info@btones.ca

**Website:** www.btones.ca

### Braille Tone Choir

**Contact:** Susan Farrell (Director)

**Phone:** 780-298-5027

**Email:** choir@btones.ca

The Braille Tone Choir is a safe, fun and enriching choir for adults with all levels of ability, musical and otherwise! Rehearsals are led by our professional conductor and accompanist and the choir sings in four part harmony with the help of section leaders drawn from local choirs in Edmonton. The choir performs many times a year at various venues around Edmonton. Contact Susan Farrell, our choir director, for more information!

**Dates:** Saturdays from September to June

**Hours:** 10:30 am – 12:00 pm

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

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

**Cost:** Free

## Semitones Children's Choir

**Contact:** Susan Farrell (Director)

**Phone:** 780-298-5027

**Email:** choir@btones.ca

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

**Dates:** Saturdays from September to June

**Hours:** 11:45 am – 1:00 pm

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

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

**Cost:** Free

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## Music Lessons

**Contact:** Fahim Rajabali

**Email:** lessons@btones.ca

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

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

**Hours:** TBD by student and teacher

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

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

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

## 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

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## 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 and crafts programs and much more. Camp He Ho Ha hires 35 post-secondary students to provide all personal care, behavior management, and summer camp programming. Supervision ratios are approximately 3 campers per staff member. There are also two nurses hired each summer to operate the onsite medical center and provide all medication administration or medical care.

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

**Location:** Approximately 85 kilometres 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 Adaptive Snowsports — Edmonton (CADS)

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

**Contact:** Sharon Veeneman

**Phone:** 780-721-7071

**Fax:** 587-269-1731

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

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

### CADS Edmonton Ski & Snowboard Program

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

**Dates:** Monday nights,  
January 2019 – March 2019

**Times:** 7:00 – 9:00 pm

**Location:** Rabbit Hill

**Disability Group:** Beginner to Advanced

**Cost:** TBD – depending on how many lessons are being held

**Dates:** Saturdays,  
January 2019 – March 2019

**Times:** 9:30 – 11:30 am

**Location:** Rabbit Hill

**Disability Group:** Beginner to Advanced

**Cost:** TBD – depending on how many lessons are being held

### Edmonton Adaptive Sports Association (EASA)

PO Box #92566

Nottingham PO

Sherwood Park, AB T8A 3X4

**Contact:** Sharon Veeneman

**Phone:** 780-721-7071

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

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

The Edmonton Adaptive Sports Association was formed to educate and provide a positive experience for participants of all abilities through the sport of sledge hockey.

**Dates:** Spring/Summer Ice: May 7, June 14,  
June 27, July 25, August 19

**Times:** Varies

**Location:** Varies

**Cost:** \$10 for members/\$15 for non-members

## Canadian Mental Health Association — Edmonton Region

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

**Contact:** Youth Transitional Worker Yazmin

**Phone:** 780-782-5042

**Email:** challengebychoice@ahs.ca

**Website:** www.twitter.com/yegCBC

### Challenge by Choice Youth Program

**Contact:** Yazmin – Addiction and Mental Health Recovery Worker

**Phone:** 780-782-5042

**Email:** challengebychoice@albertahealthservices.ca

**Website:** www.twitter.com/yegCBC

#### Challenge by Choice Youth Program

The eligibility criteria for Challenge by Choice is young adults aged 16–25 years of age who are impacted by mental health and/or addictions concerns, do not require one to one support to participate in programming and who would have the ability to safely navigate home if separated from the group in the community.

#### Goals:

- self-management skill development
- increased recreation and leisure involvement
- improved physical health
- improved mental health
- increased social and peer connection
- reduced substance use
- community integration
- reduced stigmatization and isolation of young individuals with mental health concerns

**Dates:** Every weekday afternoon (please refer to schedule on twitter)

**Time:** 1:00 – 3:00 pm; 4:00 – 5:30 pm; 4:00 – 8:00 pm (please refer to the schedule for exact times)

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

***Referrals are currently being accepted.***

#### Activities:

The program features activities such as individual and group fitness, creative arts, psychosocial education and social recreation opportunities offered in various community facilities.

- Medications for conditions and/or allergies are the responsibilities of the young adult or parents/guardians to provide.
- Pick up and drop off are the responsibility of the young adult.

## Catch the Wave Water Fitness

Edmonton, AB

**Contact:** Susan  
Kisilevich

**Phone:** 780-915-1132

**Email:** susan@

catchthewavewaterfitness.com

**Website:** www.catchthewavewaterfitness.com



## Personal Aquatic Training and Aquatic Rehabilitation

Promoting Wellness Through Water®. Catch the Wave Water Fitness® provides each individual with a safe and unique water fitness or rehabilitation experience. By creating a specifically targeted aquatic program, individuals are able to improve muscle strength, endurance, flexibility, posture, balance and cardiorespiratory fitness.

Catch the Water Water Fitness® Values:

- **Dedication:** Dedicated to the well being of each client.
- **Collaboration:** Collaborates with health industry leaders, physicians and organizations to provide clients with relevant health and wellness information.
- **Celebration:** Celebrates the steps, however big or small that each individual makes towards their fitness or rehabilitation goals.

To book a session, contact Susan

**Dates:** Available upon request

**Times:** Available upon request

**Location:** Any City of Edmonton Pool

## Centre for Autism Services Alberta

4752 – 99 Street  
Edmonton, AB T6E 5H5

**Phone:** 780-488-6600

**Fax:** 780-488-6664

**Email:** info@centreforautism.ab.ca or

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

Join us for some unforgettable adventures this summer!



## Community Recreational Activities

The Centre for Autism Services Alberta offers a wide range of recreational activities for children and youth diagnosed with autism spectrum disorder. Our community-based group activities take place in various locations in the Edmonton area. For full program details, including dates and registration fees, please visit the Centre for Autism Services Alberta website or contact Gail.



Centre for Autism

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## Cooking Programs

### *Shop, Cook and Learn*

In Shop, Cook and Learn, teens will enjoy hands-on experience while developing their cooking skills. Teens learn recipe planning, shopping, budgeting and money management. Participants will gain an understanding of healthy eating and will develop the confidence to create delicious meals at home.

**Ages:** 13 – 18 years

**Date:** Fall, Winter and Spring programs

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

### *Junior Chef Cooking Class*

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

**Ages:** 7 – 12 years

**Date:** Fall and Spring programs

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

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## Visual Arts Programs

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

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

### *Fun with Art*

Get ready to discover your inner artist! Draw, paint and work with other media under the guidance of supportive professional artists. Unleash your creativity as you express yourself through art. Create your own masterpieces!

**Ages:** 7 – 12 years

**Dates:** Fall, Winter and Spring programs

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

### *Exploring Art*

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

**Ages:** 13 – 17 years

**Dates:** Fall, Winter and Spring programs

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

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## Creative Expression

Unleash your creativity in this stimulating class that provides you the freedom to explore the world of visual arts. Taught by professional artists, Creative Expression offers instruction on a wide variety of techniques and media including drawing, painting, ceramics and digital media. When this class is over, you'll have an opportunity to display your work in the Stollery Gallery.

**Ages:** 18+

**Dates:** Fall, Winter and Spring programs

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

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## Sports & Recreation Programs

### *Basketballers*

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

**Ages:** 7 – 12 years

**Dates:** Fall, Winter and Spring programs

**Location:** Alberta Avenue Community League

### *Kickstart Soccer*

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

**Ages:** 7 – 12 years

**Dates:** Fall, Winter and Spring programs

**Location:** Alberta Avenue Community League

### *Teen Basketball*

Teens rule the court, developing their basketball skills while learning what it means to be a teammate!

**Ages:** 13 – 17 years

**Dates:** Fall, Winter and Spring programs

**Location:** Alberta Avenue Community League

### *Active for Life*

Young adults with autism get motivated and moving with Active for Life. Presented in partnership with the YMCA of Northern Alberta, this unique fitness program inspires participants to keep active each week. A movement expert (kinesiologist) develops and leads all classes. We keep the focus on fun, grouping everyone according to ability and compatibility.

**Ages:** 13 – 29 years

**Dates:** Fall, Winter and Spring programs

**Location:** Jamie Platz YMCA

## Skating

### First Steps (4 years and older):

2:45 – 3:30 pm

This program introduces children to skating. No experience 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; Fall, Winter and Spring

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

**Contact:** Extreme Edge, 780-456-6851, extreme.edge@shaw.ca

**Cost:** please contact for details

## Taekwondo – Young Masters Club

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

**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

**Date:** Wednesdays; Fall, Winter and Spring

**Website:** www.qicreative.com

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

780-554-8745, info@qicreative.com

**Cost:** please contact for details

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## Summer Day Camps

We guarantee fun at our theme-based summer camps!

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## Little Aces

Make this the best year yet with Little Aces' half-day, week-long programs. Your child will experience a diverse range of age-appropriate activities designed to encourage development including:

- Physical Activities – climbing, swinging and water play
- Creative Activities – arts, crafts, Lego and music

**Ages:** 3 – 5 years

**Date:** July / August

**Time:** 9:30 am – 12:30 pm

**Location:** Centre for Autism Services Alberta

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## Camp ACE

At Camp ACE, children with autism rock the summer with the help of our well-trained support staff. We focus on building essential skills through play and interactions within the community. Each day, campers head out for a new adventure aboard the yellow camp bus, and come home with new confidence and memories to last a lifetime. Camp ACE is community-based with opportunities to explore new places and activities.

**Ages:** 5 – 12 years

**When:** July / August

**Time:** Monday to Friday 8:30 am – 3:30 pm

**Location:** Campers meet at the Centre and climb aboard buses to head out for the day's adventure!

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## Teen Camp

Our Teen Camps create a special summer community of friends and shared experiences in safe and well-supervised environments. Teens will explore interest-based challenges and new activities in their community while growing, gaining independence, and forming lasting memories. Get out of the house this summer and into a Teen Camp!

**Ages:** 13 – 19 years

**Date:** July / August

**Time:** 8:30 am – 3:30 pm

**Location:** Drop-off and pick up at the Centre for Autism Services Alberta

Camp details and registration available on the Centre website.

Is the camp you're looking for full? Call us to be added to the waitlist!

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## CommunityWorks Canada®

Ages 14 – 17

CommunityWorks Canada® (CWC) is a job sampling, volunteer experience for teens with ASD and their peers.

This innovative program provides a structured opportunity for high school students with ASD to prepare for future employment and build their resumes while volunteering in their community

- Incorporates peer mentors
- Sample jobs and find your interests
- Develop employment-readiness skills in a supportive environment
- Gain valuable skills for life
- Work with peer mentors
- Build lasting friendships

*An initial screening assessment will be conducted to ensure appropriateness of program application. This program is now eligible for FSCD funding!*

**Ages:** 14 – 17 years

**Date:** July 29 to August 30

**Time:** Wednesday and Fridays  
1:00 pm – 3:30 pm

For more information or to apply:

**Contact:** Brady Hughes

**Email:** bhughes@centreforautism.ab.ca

**Phone:** 780.488.6600 ext. 249

## Volunteer Opportunities

We are always on the lookout for CWC Peer Mentors. We're looking for neuro-typical teens and young adults (ages 15 – 21) who would be interested in supporting and encouraging CommunityWorks Canada® participants while they volunteer in their community.

Know somebody who'd be interested?

**Contact:** Catherine

**Email:** cbuhr@centreforautism.ab.ca

**Phone:** 780.488.6600 ext. 226



## Let's Ride

Are you a teen (aged 13 – 17) with autism looking to gain better access to your city and increase your independence? Let's Ride gives young people the confidence they need to navigate their community.

Offered in partnership with Edmonton Transit System, Let's Ride provides all you need to know to use public transit. From planning your trip using ETS trip tools and using your smartphone to get the latest information to boarding, riding, transferring, and finding your destinations, Let's Ride is designed to help you be an independent public transit traveller. You'll get lots of practice in the community alongside new friends and, with an emphasis on safety, you'll be well-prepared to make the most of your new-found independence.

### Two sessions to choose from!

**Time:** Saturdays | May 25 – June 22

1 pm – 4 pm OR

Everyday | August 19 – 23

9:30 am – 12:30 pm

Drop-off and pick-up at Centre for Autism Services Alberta

For more information or to apply:

**Contact:** Brady Hughes

**Email:** bhughes@centreforautism.ab.ca

**Phone:** 780.488.6600 ext. 249

*This program is partially supported by Edmonton Transit System and Family Support for Children with Disabilities.*

DATS

# Cerebral Palsy Association in Alberta

CEREBRAL PALSY  
ASSOCIATION IN ALBERTA



## Edmonton Programs

**Main Contact:** Kim Henye

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

**Email:** kim@cpalberta.com

**Website:** www.cpalberta.com

**Program Registration:** www.cpalberta.com

**Program Information, Registration Support or Drop-in Inquiries please contact:**

Kim Henye (Client Services Coordinator)  
780-238-9232 or email: kim@cpalberta.com

Cerebral Palsy Association in Alberta (CPAA) offers programs to people with cerebral palsy and other disabilities that provide essential social interaction and healthy activities in nurturing environments. We believe that sport, recreation and leisure activities foster a balance between mental, physical, emotional and spiritual well-being. All CPAA programs are inclusive which means, they are open to all members and clients within the age categories regardless of ability.

## Art Expressions (In partnership with Art Gallery of Alberta)

**Contact:** Kim Henye

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

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

**Email:** kim@cpalberta.com

An integrated community-based creative arts program for persons with disabilities; all abilities welcome. This program enables participants to develop their fine motor skills while working with a variety of media on diverse projects, including painting, drawing, sculpture, printing, collage and more. Clients additionally learn to think creatively, and interpret instructions in their own way to produce their own artistic expressions.

**Summer Session:** July 3, 10, 17, 24, 31;  
August 7, 14, 21, 28; September 4, 11, 18, 2019

**Fall Session:** September 25;  
October 2, 9, 16, 23, 30;  
November 6, 13, 20, 27; December 4, 11, 2019

**Times:** Wednesday's, 2:30 pm – 4:30 pm

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

**Room:** LL1 (Orange studio)

**Age Group:** Adult

**Session Fee:** \$150 /12 week session

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## Edmonton Meet-up Group

**Contact:** Kim Henye

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

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

**Email:** kim@cpalberta.com

This group is for persons with cerebral palsy and other disabilities who wish to develop a social network and explore the community in a group setting. The group provides a private forum to seek advice as well as to develop strong bonds with others who have common interests.

**Dates:** Ongoing

**Location & Time:** Varies depending on activity

**Age:** All ages welcome

**Disability Group:** All disabilities and skill levels welcome

**Fee:** \$5 (Monthly Registration) or \$60 (Annual Registration)

\*Registration is required to participate in events, to register visit: [www.cpalberta.com](http://www.cpalberta.com)

**Event Calendar:** Once registered you will receive event schedule for the month(s)

**\*\*Please note:** some activities require an additional cost\*\*

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## ComputAbility

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

**Location:** ATB Tower, Main floor, Suite #103, 10025 Jasper Avenue NW

**Days Offered:** Tuesday, Wednesday and Thursday

**Age Group:** Adult

**Session Fees:** \$90 / \$12 Wk Session

**Curriculum Course Options:** (Please see schedule below to select: Course, Session, Day & Time)

\*Weekly classes are 1 hour in duration

### iPad (Intro)

Learn how to use iPads for everyday basic use. This program provides an introductory knowledge of how to use basic iPads applications. Devices provided.

### Tuesday Time Schedule:

\*Select Class Time Below

12 pm – 1 pm

1 pm – 2 pm

**Summer Session:** July 2, 9, 16, 23, 30;  
August 6, 13, 20, 27; September 3, 10, 17, 2019

**Fall Session:** September 24,  
October 1, 8, 15, 22, 29,  
November 5, 12, 19, 26,  
December 3, 10, 2019

## iPad (Social Media)

Learn how to use social media applications on iPads (Facebook, Instagram, YouTube, etc.), how to create email accounts, post pictures, movies and more. A lot of practice time is included so you can practice your new skills!

**Wednesday Time Schedule:** \*Select Class Time Below  
12 pm – 1 pm  
1 pm – 2 pm

**Summer Session:** July 3, 10, 17, 24, 31;  
August 7, 14, 21, 28;  
September 4, 11, 18, 2019

**Fall Session:** September 25;  
October 2, 9, 16, 23, 30;  
November 6, 13, 20, 27;  
December 4, 11, 2019

## Basic 1

Learn the basics about computers in a supportive environment. The Basic 1 is for anyone who wants to learn how to use basic Microsoft Office programs as well as the basics of social media. Participants do not need to own a computer or have any previous experience. Just come and learn!

**Thursday Time Schedule** \*Select Class Time Below  
11 am – 12 pm  
12 pm – 1 pm

**Summer Session:** July 4, 11, 18, 25;  
August 1, 8, 15, 22, 29;  
September 5, 12, 19, 2019

**Fall Session:** September 26;  
October 3, 10, 17, 24, 31;  
November 7, 14, 21, 28;  
December 5, 12, 2019

## Basic 2

Learn the basics about computers in a supportive environment. The Computability Basic 2 teaches more Microsoft Office Programs skills and explores social media more in depth. A lot of practice time is provided so you can apply your new skills.

**Thursday Time Schedule:** 1 pm – 2 pm

**Summer Session:** July 4, 11, 18, 25;  
August 1, 8, 15, 22, 29;  
September 5, 12, 19, 2019

**Fall Session:** September 26;  
October 3, 10, 17, 24, 31;  
November 7, 14, 21, 28;  
December 5, 12, 2019

## Social Circuit

An alternative to our regular Computability curriculum. This program lets the participants enjoy some non-structured time on computers and iPads and offers a fun-focused atmosphere with some games for fun provided as well. Team of supportive instructors provided.

**Thursday Time Schedule:** 2 pm – 3 pm  
**Summer Session:** July 4, 11, 18, 25;  
August 1, 8, 15, 22, 29;  
September 5, 12, 19, 2019

**Fall Session:** September 26;  
October 3, 10, 17, 24, 31;  
November 7, 14, 21, 28;  
December 5, 12, 2019

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## CookAbilities

CookAbilities is an integrated, Community-based cooking program for persons with disabilities. This program allows our CookAbilities Chefs to experience different recipes each week related to themes & hands on experience in making the recipes. Clients explore different flavors and textures through these diverse dishes, while working as a team with their peers.

**Fall Session:** September 20, 27; October 4, 18, 25; November 1, 8, 15, 22, 29; December 6, 13, 2019 (No Class October 11 Thanksgiving Weekend)

**Times:** Fridays, 11 am – 12:30 pm

**Location:** Palates Culinary Kitchen & Learning Centre 5546 Calgary Trail NW

**Age Group:** Adult

**Fee:** \$180/12 Week Session

Drop-in **Fee:** \$15/Class \*Drop in registration contact kim@cpalberta.com or 780-238-9232

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## Dance Without Limits

This inclusive program allows children of all abilities the opportunity to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a certified ballet teacher 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!

**Fall Session: Tentative Date:** Sept 14, 21, 28; Oct 5, 19, 26; Nov 2, 16, 23, 30; Dec 7, 2019

**Recital Date:** TBD

**Children's Class Time:** TBD

**Age Group:** 2.5–6 Yrs.

**Youth Class Time:** TBD

**Age Group:** 7–16 Yrs.

**Location:** TBD

**Session Fee:** TBD

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

This introductory gentle movement yoga class is designed to assist with healing body and mind and provides the opportunity for participants to explore Yoga in a warm, non-competitive, and supportive environment. Clients increase mobility and manage stress by stretching their muscles in this class.

**Fall Session:** September 18, 25;  
October 2, 9, 16, 23, 30;  
November 6, 13, 20, 27; December 4, 2019  
**Times:** Wednesdays, 10:30 am – 11:30 am  
**Location:** Winnifred Stewart Association  
11130 – 131 Street Gym (upstairs 1st level)  
**Age Group:** Adult  
**Session Fee:** \$120/12 Week Session  
**Drop-in Fee:** \$15/Class \*Drop in  
registration contact kim@cpalberta.com or  
780-238-9232

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## Scribbles & Giggles

**Contact:** Kim Heyne  
**Phone:** 1-888-477-8030  
**Direct Line:** 780-238-9232  
**Email:** kim@cpalberta.com

This eight 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!

**1st Session:** July 21, 28; August 4, 11, 18, 25;  
September 8 & 15, 2018  
(No class September 1)  
**Location:** Art Gallery of Alberta (#2 Sir  
Winston Churchill Square)  
**Times:** Saturday, 12:00 pm – 1:00 pm  
**Room:** LL1 (Orange Room)  
**Age:** 4 – 17 years  
**Disability Group:** All disabilities and skill  
levels are welcome  
**Cost:** \$120/8 week session

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## Sound Connections

Through this Music Therapy Program, participants gain the opportunity to learn and express themselves through a variety of instruments and songs, while interacting with peers in a community-based group setting. The supportive, warm atmosphere of this program provides a safe space for participants to make their own sound, and has been shown to increase self-confidence.

**Summer Session:** July 4, 11, 18, 25;  
August 1, 8, 15, 22, 29;  
September 5, 12, 19, 2019

**Fall Session:** September 26;  
October 3, 10, 17, 24, 31;  
November 7, 14, 21, 28;  
December 5, 12, 2019  
**Times:** Thursdays, 6:30 pm – 7:30 pm  
**Location:** ATB Tower, Main floor, Suite #103,  
10025 Jasper Avenue NW  
**Age Group:** 15 years and over  
**Session Fee:** \$150/12 Week Session

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## Tempo Gusto (In Partnership with the Winnifred Stewart Association)

Through this Music Therapy Program, participants gain the opportunity to learn and express themselves through a variety of instruments and songs, while interacting with peers in a community-based group setting. The supportive, warm atmosphere of this program provides a safe space for participants to make their own sound, and has been shown to increase self-confidence.

**Fall Session:** September 17, 24;

October 1, 8, 15, 22, 29;

November 5, 12, 19, 26;

December 3, 2019

**Times:** Tuesdays, 1 pm – 2 pm

**Location:** Winnifred Stewart Association  
11130 –131 Street NW Gym (upstairs 1st level)

**Age Group:** Adult

**Session Fee:** \$150 / 12 Week Session

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## Tranquil Movements Yoga (Evening)

This introductory gentle movement yoga class is designed to assist with healing body and mind and provides the opportunity for participants to explore Yoga in a warm, non-competitive, and supportive environment. Clients increase mobility and manage stress by stretching their muscles in this class.

**Summer Session:** July 2, 9, 16, 23, 30;  
August 6, 13, 20, 27; September 3, 10, 17, 2019

**Fall Session:** September 24,  
October 1, 8, 15, 22, 29,  
November 5, 12, 19, 26, December 3, 10, 2019

**Times:** Tuesdays, 6:30 pm – 7:30 pm

**Location:** ReYu Paralysis Recovery Centre,  
17716–107 Avenue NW

**Age Group:** Adult

**Session Fee:** \$120/12 Week Session

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## YogaBees

**Contact:** Kim Henye

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

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

**Email:** kim@cpalberta.com

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

**1st Session:** July 6, 13, 20, 27; August 3, 10, 17, 24, 2018

**Times:** Friday, 11:00 am – 12:00 pm

**Location:** ATB Tower, Main Floor, TELUS Plaza North, Suite# 103, 10025 Jasper Avenue NW

**Age:** 4 – 17 years

**Disability Group:** All disabilities and skill levels are welcome.

**Cost:** \$120/8 week Session

**Sip & Learn** – A support group for parents of children 6 & under

In collaboration with the Whitemud Public Library, the Sip and Learn Parent Support Group will offer parents with children under 6 years, the opportunity to connect with peers and to learn from each other, by brainstorming solutions to concerns, guest speakers and learning opportunities on topics chosen by the parents. While the parents are meeting, their children will be welcomed to attend a child program, with the support of volunteers. Starts April 30th, 2019 from 10:00 to 11 am, and meets the last Tuesday of the month, except for May; will be meeting on May 21st. We will be breaking for the summer and Fall dates TBD.

**Life's Journey** – A support group for parents of adult children with disabilities. A Parent's Support Group provides a unique opportunity for parents of adult children with disabilities, to share their experiences and their role as both a parent and an advocate. The parents learn from each other by sharing community resources and support services and provide support within the group as required.

\*If interested in the Youth Transitions Program, Sip & Learn or Life's Journey Supports Groups posted above please contact Kimberly Mayer for more details: Direct Line 780-405-2954 or email: kimberly@cpalberta.com

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## Support Program & Groups

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### Youth Transitions

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.

## 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 which 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:** \$100/new members

## CNIB

11150 Jasper Avenue  
Edmonton, AB T5K 0L1

**Contact:** CNIB Office

**Phone:** 780-488-4871

**Fax:** 780-482-0017

**Email:** alberta@cnib.ca

**Website:** www.cnib.ca



### Edmonton VIP's

Join this lively bunch for presentations, entertainment and fun! This is one of CNIB's largest and most active groups.

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

**Location:** 600, 11150 Jasper Ave

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

**Cost:** \$1 – 2 (for snacks)

### 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 Wednesdays of the month @ 1:00 pm

**Location:** 600, 11150 Jasper Ave

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

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## CNIB Women's Group

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

**Dates:** 1<sup>st</sup> Thursday of the month @ 1:00pm

**Location:** 600, 11150 Jasper Ave

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

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## Buddy Group

**Dates:** Monthly throughout school year. Please see website or contact CNIB for more information.

**Time:** Monday evening once per month

**Location:** CNIB Edmonton office

**Ages/Group:** School age children and teenagers with vision loss

**Cost:** None

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## Parent Support Group

Our parent support group is geared towards topics that families may find useful when raising a child with vision loss. Examples include PUF Funding, stories from adults with vision loss and time for resource sharing. Please contact the Children's Team at CNIB for more information.

**Dates:** Monthly throughout school year. Please see website or contact CNIB for more information.

**Time:** Monday evening once per month, during Buddy Group.

**Location:** CNIB Edmonton office, and by call-in teleconferencing

**Ages/Group:** For parents of children with vision loss

**Cost:** None

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## Play Groups

Our playgroups are sensory-based, providing tactile, auditory and highly visual and motor based activities. There is a range of activities for young infants to older toddlers and preschoolers.

**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)

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## 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 (600, 11150 Jasper Avenue)

**Ages:** Birth – 18 years old

**Cost:** None

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## 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  
(600, 11150 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](http://wellnessnetworkedmonton.com)

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

## Purpose

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

## Objectives

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

**Please Note** Programs run every day with the exception of the following:

- Statutory Holidays
- Two week break during the Christmas Holidays
- During extreme weather (colder than -25\*, tornado warnings, etc). Please call program facilitator to confirm if the program is running that day if you are unsure.

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## Sport Check

Come and join a team sport, meet people, get active and enjoy the competition. Please note that the programs occasionally run out of the Boys & Girls Club (9425 – 109 Ave.) when the Boyle Street Plaza is unavailable.

### Soccer

**Contact:** Rebecca, 587-337-9860 / rkaiser@boylestreet.org or

Mike, 780-288-1778 / msiek@boylestreet.org

**Date:** Tuesdays

**Time:** 1:00 – 3:00 pm

**Location:** 101 Boyle Street Plaza  
9538 103A Avenue (Winter);

McCauley Apartments

9541 – 108 A Avenue

(Summer; after May Long Weekend)

**Ages:** Birth – 18 years old

**Cost:** Drop In/Free

### Floor Hockey

**Contact:** Rebecca, 587-337-9860 / rkaiser@boylestreet.org or

Mike: 780-288-1778 / msiek@boylestreet.org

**Date:** Fridays

**Time:** 1:00 – 3:00 pm

**Location:** 101 Boyle Street Plaza  
9538 103 A Avenue

**Cost:** Drop In/Free

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## Central Edmonton Programs

### Bridge to Sport

Opportunities to explore and develop skills for sport will be provided in a non-competitive environment. Games will focus on team building and provide modifications based on participant needs. This program's overall goal is for adults experiencing disability to connect through sport in the community. Activities will require participants to ambulate independently.

**Contact:** Deb, 780-722-9708

**Date:** Fridays

**Time:** 1:30 – 2:30 pm

**Location:** Don Wheaton YMCA

10211 – 102 Avenue

**Cost:** Drop In/Free with YMCA Membership or Cost of Day Pass

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### Community Yoga at the Bissell

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

**Contact:** Alicia, alewis@bissellcentre.org

**Date:** Wednesdays

**Time:** 2:00 – 3:00pm

**Location:** Bissell Centre, Wicitowin Room  
(10527 – 96 Street)

**Cost:** Drop In/Free

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## Venture Out

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.

**Contact:** Sherianna, 780-342-5530

**Date:** Tuesdays

**Time:** 1:00 – 2:00 pm

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

**Cost:** Drop In/\$1.00

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## Walking Club

Meet new people, socialize, and get fit rain or shine!

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

**Date:** Mondays, Wednesdays and Fridays

**Time:** 11:00 am – 12:00 pm

**Location:** Pathways 9942 – 108 Street

**Cost:** Drop In/Free

---

## Community Linking Karaoke

Sing for the health of it! Come share a tune with friends in a fun and relaxing environment.

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

**Date:** Every 2nd Friday (May 10, May 24)

**Time:** 10:00 am – 12:00 pm

**Location:** Pathways 9942 – 108 Street

**Cost:** Drop In/Free

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## Drama Group

Let's get dramatic!

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

**Date:** Thursdays

**Time:** 1:00 – 2:00 pm

**Location:** Pathways 9942 – 108 Street

**Cost:** Drop In/Free

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## Leisure Education

Meet with a Rec T and learn about the various social rec and leisure opportunities available in your community.

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

**Date:** First Monday of each month

**Time:** 1:00 – 2:00 pm

**Location:** Recovery Supports Office, Main Floor 9942 – 108 Street

**Cost:** Drop In or pre-register/Free

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## LEAP

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

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

**Date:** Thursdays

**Time:** 2:00 pm – 5:00 pm

**Location:** Meet at Pathways 9942 – 108 Street, Main floor

**Cost:** Drop In/Cost may vary depending on activity

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## Prosper Place Games

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 crafts and karaoke.

**Contact:** 780-426-7861

**Date:** Wednesday

**Time:** 1:30 – 4:00 pm

**Location:** Prosper Place Clubhouse  
10455 – 172 Street

**Cost:** Drop In/Free

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## West End Aqua-Fit

Get your body moving in the water! Come experience this low impact workout and make friends at the same time. Finish up your workout with a soak in the hot tub. **Please note:** no Rec T on third Wednesday of the month but program still runs.

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

**Date:** Wednesdays

**Time:** 9:00 – 10:30 am

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

**Cost:** Drop In/Free with Leisure Access Pass

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## West Edmonton Programs

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### Aqua-Fit Peter Hemingway

Get your body moving and grooving in the water! Come experience this low impact workout and make friends at the same time.

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

**Date:** Wednesdays

**Time:** 9:00 – 10:00 am

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

**Cost:** Drop In/Free with Leisure Access Pass

---

### Prosper Place Yoga

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

**Contact:** Prosper Place, 780-426-7861

**Date:** Thursdays

**Time:** 2:00 – 3:00 pm

**Location:** Prosper Place Clubhouse,  
10455 – 172 Street

**Cost:** Drop In/Free – please bring a mat if you have one!

---

## Prosper Place Games

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 crafts and karaoke.

**Contact:** Prosper Place, 780-426-7861

**Date:** Wednesdays

**Time:** 1:30 – 4:00 pm

**Location:** Prosper Place Clubhouse,  
0455 – 172 Street

**Cost:** Drop In/Free

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## The Café

Come on your own or invite your friends, family, and caregivers to come together and socialize. This is a great opportunity to network and meet new leisure partners. Enjoy coffee, tea, and snacks, while learning valuable resource information for programming and supports in the community.

**Contact:** 780-452-4661

**Date:** Thursday (last Thursday of the month)

**Time:** 10:00 am – 12:00 pm

**Location:** Schizophrenia Society of Alberta,  
5215 – 87 Street

**Cost:** Drop In/Free

## South Edmonton Programs

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### Walleyball

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

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

**Date:** Mondays

**Time:** 12:45 – 2:00 pm

**Location:** Millwood's Recreation Centre:  
7207 – 28 Avenue

**Cost:** Drop In/Free with Leisure Access Pass

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### Pottery Class Viva Clayworks

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

**Contact:** Lacey, 780-999-0792

**Date:** Last Wednesday of the month

**Time:** 1:00 – 3:00 pm

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

**Cost:** Drop In/\$15.00 (cash is preferred)

## North Edmonton Programs

### Bowling

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

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

**Date:** Wednesday

**Time:** 1:00 – 2:00 pm

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

**Cost:** Drop In/Cost \$4.00 (includes bowling & shoe rental)

### Clareview Fitness

Improve your fitness level, learn about the equipment at the facility and meet new people.

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

**Date:** Fridays

**Time:** 10:00 – 11:30 am

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

**Cost:** Drop In/Free with Leisure Access Pass

### Clareview Swim

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

**Contact:** Lisa, 780-405-1264

**Date:** Tuesdays

**Time:** 2:00 – 3:15 pm

**Location:** Clareview Community Recreation Centre, 3804 – 139 Avenue

**Cost:** Drop In/Free with Leisure Access Pass

## Meditation through Movement

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

**Contact:** Shelley, 780-342-5509 or Pearl, 780-342-5374

**Date:** Thursdays

**Time:** 1:30 – 2:30 pm

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

**Cost:** Drop In/Free – Yoga mats provided

## East Edmonton Programs

### AMSA Art Programs

Have you ever wanted to create an art project? Are you looking to explore new mediums and show your art? More info: [www.artmentorshipab.com/calendar.html](http://www.artmentorshipab.com/calendar.html)

**Contact:** AMSA, 780-705-7760 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)

**Dates/Times/Locations:**

- Last Monday of the month 1:00 – 3:00 pm, Pathways main floor 9942 – 108 Street
- Tuesday 1:30 – 3:30 pm, DECSA 11515 – 71 Street
- Wednesday 1:00 – 3:00 pm, St Andrews Centre 12720 – 111 Avenue
- Thursday 1:00 – 3:00 pm, Harcourt House 10215 – 112 Street NW
- Friday 1:00 – 3:00 pm Harcourt House, 10215 – 112 Street NW

**Cost:** Drop In/\$2.00

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## Commonwealth Swim

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

**Contact:** Ashley, 780-862-2537

**Date:** Thursdays

**Time:** 2:00 – 3:15 pm

**Location:** Commonwealth Recreation Centre  
11000 Stadium Road

**Cost:** Drop In/Free with Leisure Access Pass

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## Hatha Yoga

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

**Contact:** Raschel, 780-342-5378 or Jill, 780-342-5327

**Date:** Monday

**Time:** 1:30 – 2:30 pm

**Location:** East Edmonton Health Centre,  
11240 79 Street

(North Building in the Circle Room)

**Cost:** Drop In/Free – Yoga mats provided

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## 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, 780-863-1184

**Date:** Fridays

**Time:** 1:30 – 2:30pm

**Location:** Commonwealth Stadium  
Recreation Center 11000 Stadium Road

**Cost:** Drop In/\$1.00

## Referral Programs

### Challenge by Choice

Recovery focused programming for young adults 16 to 24 who are living with a mental health concern.

**Contact:** Deanna, 780-700-2189 for referral form and to schedule an intake

**Date:** Weekdays

**Time:** 1:00 – 3:00 pm and 4:00 – 5:30 pm

**Location:** Bill Rees YMCA, Room 1 – 3,  
10211 – 15 Street

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## LEAP

Recovery focused programming for adults aged 25–40 who are living with a mental health concern.

**Contact:** Pathways to schedule intake, 780–342–7766

**Date:** Thursdays

**Time:** 1:00 – 4:00 pm

**Location:** Meet at Pathways 9942 – 108 Street, Main Floor

**Cost:** May vary depending on activity

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## Pathways

Recovery focused day program for adults aged 18 – 65 who are living with a mental health concern.

**Contact:** Pathways, 780–342–7766 / 780–342–7790 for referral form and to schedule an intake

**Date:** Weekday

**Time:** 9:30 am – 12:00 pm and

1:00 pm – 3:00 pm

**Location:** Pathways 9942 – 108 Street, Main Floor

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## Prosper Place

Prosper Place Clubhouse is a member driven organization serving people living with the effects of mental illness.

**Contact:** Prosper Place, 780–426–7861 or [info@prosperplace.org](mailto:info@prosperplace.org)

**Date/Time:** Monday / Wednesday

9:00 am – 4:30 pm,

Tuesday / Thursday 9:00 am – 5:30 pm,

Friday 9:00 am – 2:30 pm

**Location:** Prosper Place, 10455 – 172 Street

## Dreamcatcher Nature– Assisted Therapy Association

53011 R. R. #213

Ardrossan, AB T8G 2C4

**Contact:**

Administration

**Phone:** 780–809–1047 ext. 1

**Fax:** 780–809–1046

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

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

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## Furry Foundations and Fuzzy Face Express

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

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

**Dates:** By appointment

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

**Disability group:** All levels

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

## Edmonton Down Syndrome Society

9139 – 39 Avenue NW  
Edmonton, AB T6E 5Y2

**Contact:** Julie Boucher  
**Phone:** 780-944-4224  
**Fax:** 780-944-4221  
**Email:** contact@edss.ca  
**Website:** www.edss.ca

### 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:** TBD

**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.

## Edmonton Public Library



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

### Available Materials

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

**Daisy Books and Daisy players:** Digital talking books (located at the Lois Hole Library branch), used exclusively on a DAISY player, 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.

**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 <https://www.epl.ca/online-resources>

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.

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

For more details including branch contact information, visit [www.epl.ca/epl2you/](http://www.epl.ca/epl2you/)

## Edmonton Sled Hockey Club



10615 74 Street  
Edmonton, Alberta T6A 2Y6

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

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

### Adult Sledge Hockey

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

**Dates:** September 2019 – April 2020  
(every Saturday)

**Times:** 1.5 hours

**Location:** Leduc Recreation Centre

**Ages:** Recreation and Competitive level

**Cost:** \$350 – \$400



Sledge Hockey

## Elves Special Needs Society

### Preschool and Kindergarten Programs & FASD Respite Program

10825 – 142 Street  
Edmonton, AB T5P 3A6

**Contact:** Student Services Coordinator

**Phone:** 780-454-5310

**Fax:** 780-454-5889

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

### Elves Adult Program

**Dates:** Monday – Friday

**Time:** 9:00 am – 3:00 pm

**Ages:** 20 years and up

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.

**Disability Group:** Severe to profound disabilities

**Cost:** Dependent on the participants needs (PDD contract)

**Phone:** 780-481-5335

**Fax:** 780-483-5316

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

## Gateway Association

Suite 201, 10941 120 Street  
Edmonton, AB T5H 3R3

**Phone:** 780-454-0701

**Email:**

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

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



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

Our services include, but are not limited to:

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

## Jurassic Forest and Learning Centre

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

**Contact:** Greg Suess

**Phone:** 780-470-2446

**Email:** info@jurassicforest.com

**Website:** www.jurassicforest.com

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### Attraction–Education/ Entertainment Facility

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

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

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

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

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

**Age:** All ages

**Cost:** Adults \$15, Seniors and Youth \$12; Children \$10, Family of 4 – \$45 (2 adults and 2 children) and Family of 5 – \$55 (2 adults and 3 children); Children under 3: complimentary admission

## Multiple Sclerosis Society of Canada

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

**Contact:** Andy Wong

**Phone:** 780-463-1190

**Fax:** 780-479-1001

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

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

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

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### Art for the Heart

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

**Dates:** TBD

**Times:** TBD

**Location:** TBD

**Cost:** \$5 (may vary)

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### MS Bowling (5 pin)

The Edmonton Chapter is very excited to continue offering the five-pin bowling program! Please note that Bonnie Doon Lanes are wheelchair accessible with an elevator in the mall going to the lanes. Registration is required, so please contact 780-463-1190

**Dates:** TBD

**Times:** 11:00 am – 1:00 pm

**Location:** Bonnie Doon Bowling Lanes

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

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## Christmas Party

To register please call 780-463-1190. 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

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## Networks

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

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

**Times:** 10:00 am – 3:00 pm

**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

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## 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

# Paralympic Sports Association

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



**Contact:** Kacey Paplawski

**Phone:** 780-439-8687

**Email:** programs@parasports.net

**Website:** www.parasports.net

## Fall/Winter Programming

### Sledge Hockey

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

**Dates:** September to April

**Hours:** Junior (5 – 14yrs):

Tuesdays 6:30 – 8:00 pm

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

**Disability Group:** All abilities

**Cost:** TBD

### Taekwondo

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

**Dates & Hours:** September to April

Junior (5 – 13 years):

Saturdays 10:00 – 11:00 am

Intermediate (14 +):

Saturdays 10:00 – 11:00 am

**Location:** Tiger Taekwondo  
(7619 – 104 Street)

**Disability Group:** All abilities

**Cost:** TBD

### Swimming

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

**Dates & Hours:** Saturdays

(September to April)

Beginner: 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:** TBD

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## Wheelchair Floor Hockey

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

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

**Hours:** 6:00 – 7:00 pm

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

**Disability Group:** All abilities

**Cost:** TBD



ACT Centre

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## Wheelchair Floor Hockey Tournament

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

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

**Date:** May 25, 2019

**Hours:** 9:00 am – 5:00 pm

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

**Disability Group:** All abilities

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## Integrated Spin Class

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

**Dates:** Mondays or Wednesdays  
(September – December & January – April)

**Hours:** 6:30 – 8:00 pm

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

**Disability Group:** All abilities

**Cost:** TBD

## Spring/Summer Programming

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### Swimming

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

**Dates:** Saturdays (May – June)

Junior: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

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

**Disability Group:** All abilities

**Cost:** TBD

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### Adapted Golf

Instructed by Pro Golfers, PSA is in partnership with the River Valley Junior Golf Club to bring you Adapted Golf. No matter your ability or mobility aid, you will be taught to swing the clubs in a way that will work for you! Details on how to register coming soon!

**Dates:** TBD

**Hours:** TBD

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

**Disability Group:** All abilities welcome,  
ages 6+

**Cost:** TBD

For more info or to register please e-mail [programs@parasports.net](mailto:programs@parasports.net) or contact the office at 780-439-8687.

## Outdoor Paracycling

This is a 12 week program. Depending on the level of cycling you are comfortable doing, the skills and drills we will be doing will vary. The Intermediate program will focus on expanding the skills beyond the neighbourhood and entering into the River Valley pathways. We will be increasing our ride distance, speed and difficulty over the 12 weeks.

**Dates:** June 5 – September 11  
(excluding July 31st and August 7)

**Location:** Various Locations – from  
Cloverdale Community League

**Disability Group:** Geared for more advanced  
cyclists

**Cost:** TBD

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### Adapted Kayaking

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

**Dates:** TBD

**Hours:** Mondays, 6:30–7:30

**Location:** TBD

**Disability Group:** All abilities

**Cost:** TBD

## Pathways Day Program (Alberta Health Services)

9942 – 108 Street  
Edmonton, AB T5K 2J5

**Contact:** Pathways main line

**Phone:** 780-342-7766

**Fax:** 780-425-9317

Pathways is a Monday to Friday drop in activity day program for adults age 25 to 56, with options aimed to promote socializing, skill development, leisure and community resource connection. It is intended for individuals with challenges in these areas related to their addictions or mental health.

Participants are required to be independent in terms of travelling 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

## Qi Creative

9410 – 118th Avenue  
Edmonton, AB T5G 0N6



**Contact:** Deanna Halls

**Phone:** 780-554-8745

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

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

The Qi Adventure Club (Qi AC) provides inclusive, adventure-based programs for all abilities and special needs. This summer we are facilitating two adventures: Qi Rides with You 2 (a learn to ride a bike adventure) and Qi Skateboarding (a learn to skateboard adventure).

In Qi Rides with You 2, coaches and volunteers will support your child to learn to ride a two wheel bike over 6-weeks. The adventure is lead by Coach Trent, physical therapist, who breaks down the skills for each participant and builds on the learning week by week. No prior experience required.

Qi Skateboard is an opportunity to learn how to skateboard and the different tricks and flips that can be done with a skateboard. The adventure is lead by Coach Bronwen, an Occupational Therapist and avid skateboarder, who has lead the adventure for over 6 years. No prior experience required.

Awesome volunteers join the team to create a meaningful and successful adventure for each participant.

More information about the adventures can be found at [iac.qicreative.com](http://iac.qicreative.com)

**Dates:** Summer 2019 – see website  
**Location:** Various locations in Edmonton  
**Cost:** See website for details  
**Disability Group:** All ages and abilities

## Qi Creative Adventure Club – Quest Adventures

Quest Adventures are short programs that take place over a few hours or one full day. Quest Adventures introduce simple tasks and activities that do not require lengthy practice.

Quest Adventures include ice skating, bike riding, dance, yoga, and parkour, among others.

We have experienced volunteers and Qi Creative Coaches who collaborate to create a successful adventure for everyone. More information on the Quest programs can be found at [qiac.qicreative.com](http://qiac.qicreative.com).

**Dates:** Year round – see website  
**Location:** Various locations in and around Edmonton  
**Cost:** See website for details  
**Disability Group:** All ages and abilities



## Qi Creative Adventure Club – Odyssey Programs

Odyssey Adventures are progressive programs that occur once a week (minimum) for a number of weeks. Odyssey Adventures are intended for learning more complicated skills that take time to learn and practice.

Odyssey Adventures include rock climbing, dance, skateboarding, downhill skiing, skating, cross country skiing, biking, Taekwondo (Young Master Club), and Capoeira (Brazilian Martial Arts), among others.

Odyssey Adventures may also be delivered in the form of a camp. This form of service delivery would occur over a short span of time, such as one week for several hours per day.

We have experienced volunteers and Qi Creative Coaches who collaborate to create a successful adventure for everyone. More information on the Odyssey programs can be found at [qiac.qicreative.com](http://qiac.qicreative.com).

**Dates:** Year round – see website  
**Location:** Various locations in and around Edmonton  
**Cost:** See website for details  
**Disability Group:** All ages and abilities

## 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. 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:** Rocky Mountain Adaptive Office

**Phone:** 1-403-431-1354

**Email:** info@rockymountainadaptive.com

**Website:** www.rockymountainadaptive.com

### Outdoor Pursuits (Multi Sport)

Rocky Mountain Adaptive (RMA) is a not-for-profit organization whose mission is to enable 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.



Rocky Mountain Adaptive

Our activities include biking, canoeing, frisbee golf, golf, hiking, horse riding, kayaking, paddleboarding, skiing, snowboarding, snowshoeing, swimming, tennis, whitewater rafting and more!

We offer adaptive equipment rentals, volunteer assistance, private lessons, multi week programs, 1 – 5 day camps, and many other options of programming.

**Dates:** All year, including holidays

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

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

**Ages:** Age 4 years +

**Cost:** Varies from free to \$250/day, depending on activity; group rates also available.

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

## Solidance Inclusive Recreation Society

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

**Phone:** 780-455-5224

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

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



Solidance  
Inclusive Recreation Society



## Intergenerational Integrated Creative Movement and Dance Class

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

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

Come enjoy some great physical activity in an amazing community.

**Dates:** Session 1 runs Tuesdays from September 10 – October 22; Session 2 runs Tuesdays from October 29 – December 10, 2019

**Times:** 5:30 – 7:00 pm

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

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

**Cost:** Sliding scale – \$50–75 per session

**Registration:** [www.solidance.ca/programs](http://www.solidance.ca/programs) or on the first day of classes

## Special Olympics Alberta

Jerry Forbes Centre  
#3, 12122 – 68 Street NW  
Edmonton, AB T5B 1R1

**Phone:** 780–415–0719

**Fax:** 877–561–8055 Ext. 1002

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

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

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

## Special Olympics Alberta & Alberta Schools' Athletic Association

11759 Groat Road  
Edmonton, AB T5M 3K6

**Contact:** Shanna Kurylo

**Phone:** 780–427–8182

**Fax:** 780–415–1306

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

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



**Special Olympics**  
Edmonton  
WINNING AT LIFE

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## Special Olympics Unified Sports

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

**Dates:** TBA

**Hours:** TBA

**Location:** TBA

**Disability group:** Intellectual disability

**Cost:** Free

## Special Olympics Edmonton

16011 – 118 Avenue NW  
Edmonton, AB T5V 1C7

**Contact:** Celina Comeau, General Manager

**Phone:** 780-448-1886

**Email:** information@

specialolympicsedmonton.ca

**Website:** www.specialolympicsedmonton.ca

Special Olympics Alberta is dedicated to enriching the lives of Albertans with intellectual disabilities through the transformative power and joy of sport. Our vision is that sport will open hearts and minds towards people with intellectual disabilities and create inclusive communities.

Special Olympics Alberta's programs cater to all ages and a wide range of abilities to over 3,300 athletes in more than 140 communities. We provide world class sports programs that are run daily by over 1,300 volunteers. For more information on Special Olympics Alberta in Edmonton, visit, [www.specialolympicsedmonton.ca](http://www.specialolympicsedmonton.ca).

There are 28 Sports programs for people with intellectual disabilities. For more information and details go to [www.specialolympicsedmonton.ca](http://www.specialolympicsedmonton.ca). Registration to occur in August 2018.

## Spina Bifida and Hydrocephalus Association of Northern Alberta

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

**Contact:** Kim McDonald

**Phone:** 780-451-6921

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

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

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## Camp Freedom

Camp Freedom is a four day overnight camp for teens 12 to 19 years old living with spina bifida. Camp Freedom was founded in 2000 in response to the growing need for increased independence and decreased social isolation among our teens and young adults. We provide a safe atmosphere for teens to form social connections, increase

their self-care and independence skills and try numerous adapted recreational activities. Teens constantly thank us for providing them with a camp where everyone has the same disability, so no one feels “different.”

The camp is run entirely by volunteer staff, including the camp directors. Volunteers come primarily from the medical field with the majority being nurses and nursing students.

**Dates:** August 4 to 7, 2019

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

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

**Disability group:** Youth with Spina Bifida

**Cost:** \$250/camper

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## NoLimits Adult Peer Support Group

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

**Dates:** First Thursday of each month

**Hours:** 6:00 – 8:00 pm

**Location:** Local coffee shop

**Ages:** Adults with spina bifida

**Cost:** Free with membership

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## All Abilities Walk Run & Roll

(5km,10km,15km and 25km for Walkers, Wheelers, or Runners)

The All Abilities is a family-friendly fundraising event in support of four local Edmonton disability organizations. Participants of all abilities are welcome to walk, run or wheel through a paved course in Rundle Park. After finishing the run there will be a BBQ and Entertainment for all to enjoy. Hope to see you there! For more information contact the SBHANA organization at 780-451-6291.

**Dates:** Saturday in August 10th

**Hours:** 10:00 am – 2:00 pm

**Location:** Rundle Park Picnic Site #5 (2909 – 113 Avenue)

**Disability group:** All Abilities

**Cost:**

5 & 10KM – \$25/ participant (children under 6 free, registration form required)

15KM Run – \$35/ participant

15KM Handcycle – \$25/ participant

25KM Run – \$45/ participant

25KM Handcycle \$35/ participant

### TEAM PRICING:

**Family/Team:** \$100/ family/team of 5; \$20/ each additional member

## Spinal Cord Injury Alberta

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

**Contact:** Guy Coulombe – Manager of Programs & Services Edmonton  
**Phone:** 780-424-6312 or 587-410-2427  
**Fax:** 587-410-2427  
**Email:** [guy.coulombe@sci-ab.ca](mailto:guy.coulombe@sci-ab.ca)  
**Website:** [www.sci-ab.ca](http://www.sci-ab.ca)

### Peer & Family Social Events

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

Peer events have included: barbecues, poker nights, kitchen gadgets, Christmas social, etc. For more information check out our website: [www.sci-ab.ca](http://www.sci-ab.ca) or contact the Edmonton Peer Program Coordinator by email: [steve.crochetiere@sci-ab.ca](mailto:steve.crochetiere@sci-ab.ca)

**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

## The Steadward Centre for Personal & Physical Achievement



1-670 Van Vliet Complex  
Faculty of Kinesiology, Sport, and Recreation  
University of Alberta  
Edmonton, AB T6G 1P7

**Phone:** 780-492-3182

**Fax:** 780-492-7161

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

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

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



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## **Adapted Fitness Programs for Adults**

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

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## **Functional Electrical Stimulation**

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: cycling, arm cycling, and/or a recumbent elliptical. Participants have the option of pursuing FES at the Steadward Centre or at one of the community locations (Saville Community Sports Centre or Don Wheaton YMCA). Interested participants require an assessment to determine eligibility.

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## **Community Exercise Transition**

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 are transitioned to community sites through collaboration between The Steadward Centre and community partners.

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## **Athlete Development for Disability Sport**

Athlete Development for Parasport focuses on engaging individuals experiencing disability who currently participate in sport to increase their current fitness levels from grassroots sport through to high performance sport. Program aims include: increased physical fitness through individualized Strength & Conditioning programs and development of competitive sport skills (swimming and athletics). Programs offered include: Para-Swimming Development, Para-Athletics, Athlete in Training, High Performance Para-Development and Team Training.

# Wheelchair Sports Alberta

11759 Groat Road  
Edmonton, AB T5M 3K6

**Contact:** Ryan van Keulen, Technical Director

**Phone:** 403-473-4881

**Email:** wsa2@telus.net

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

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

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

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

- Wheelchair Basketball — Club and Provincial Team programs
- Wheelchair Rugby — Club and Provincial Team programs
- Para-Athletics — Club and Provincial Team programs

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

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## Bridging the Gap — Getting Physically Active

**Contact:** Shawn Walter

**Phone:** 780-427-8721

**Email:** wsa3@telus.net

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

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

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

In patients and outpatients of all levels of experience. Friends and family are welcome! This program is held year round with breaks over the Christmas Season.

**Times:** 6:30 – 8:00 pm, Thursdays

**Ages:** All ages welcome

**Location:** Glenrose Rehabilitation Hospital

**Cost:** Free

### **Key Program Elements:**

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

## **YMCAs**

Offers an Inclusive environment, please contact for more information.

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

## **Bridge to Wellness – Level 1 and 2**

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

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

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

Level 1 offered at Don Wheaton, Castle Downs, William Lutsky and Jamie Platz YMCA locations, and will run pending interest and registration. Level 2 is offered at Castile

Downs YMCA location. Bridge to Wellness includes a registration fee.

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

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

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## Castledowns Family YMCA

11510 – 153 Avenue  
Edmonton, AB T5X 6A3

**Phone:** 780-476-9622

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## Don Wheaton Family YMCA

10211 – 102 Avenue  
Edmonton, AB T5J 0A5

**Phone:** 780-476-9622

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## Jamie Platz Family YMCA

7121 – 178 Street  
Edmonton, AB T5T 2N9

**Phone:** 780-481-9622

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## William Lutsky Family YMCA

1975 – 111 Street  
Edmonton, AB T6J 7C6

**Phone:** 780-439-9622

## You Can Ride 2

11415 168 Street  
Edmonton, AB T5M 3S1

**Contact:** Meredith Mantooth, Program Coordinator

**Phone:** 780-944-2699

**Email:** info@youcanride2.ca

**Website:** youcanride2.ca

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## Learn to Ride

Learn to Ride is a specialized cycling course for children with special needs aged 8 and older. The goal is to help them ride a 2 wheeled bicycle without training/balance wheels. The Edmonton program runs on a referral basis only. Please contact your physio or occupational therapist to discuss if your child is eligible for our program.

**Dates:** 7 week course in May and June

**Time:** 6:00 – 7:00 pm and 7:00 – 8:00 pm

**Location:** Goldbar Park

**Cost:** \$125 – \$100 deposit and \$25 administrative fee, the deposit is refundable if equipment is returned in excellent condition

**Disability Group:** Children who have the physical ability to ride a 2 wheeled bicycle, but need specialized training

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## Borrow a Bike

The Borrow a Bike Program provides each child with an adaptive bike to take home for the summer. Registration opens January 9, 2019 and a referral from a medical professional is required. The bikes are matched to each child by volunteers and are fit to each individual child in the spring. The families take the bikes home for the summer in March or April and return the bikes in September.

**Dates:** Registration opens January 9, 2019

**Location:** 11415 168 Street

**Cost:** \$200 – \$100 refundable deposit, \$75 rental fee (can be waived with volunteer work) and \$25 administrative fee

**Disability Group:** All aged 3 to 20

## ACCESSIBILITY INFORMATION

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

## OTHER RESOURCES/ NEW INITIATIVES

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

**Contact:** Accessibility Administrative Support

**Phone:** 780-496-4910

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

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

**Fax:** 780-577-3525

**TTY:** 780-944-5555

**Transfer Code:** DISBOARD

The Advisory Committee acts as a liaison between the community and City of Edmonton departments and services. The AAC keeps City departments and Council informed of the many issues affecting the disability community in our city.

## DATS

DATS is a door-to-door, shared ride transit service for Edmonton residents 16 years and older who cannot use regular accessible transit for some or all trips due to a physical or cognitive disability.

All passengers must be registered with DATS before booking trips.

**Registration:** 780-496-4567 ext. 3

**Trip bookings:** 780-496-4567 ext. 2

**TTY:** 780-496-5506

**Transfer Code:** DATSBOOK

**Email:** Dats@edmonton.ca

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

## Access 2 Entertainment Card

**Contact:** Adrienne Cheng

**Email:** [access2card@easterseals.ca](mailto:access2card@easterseals.ca)

**Tel:** 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](http://www.access2card.ca) for more information.

# UPCOMING FESTIVALS AND SPECIAL EVENTS

Edmonton offers many special events and is known as Festival City. Learn about event and activity ideas in newspapers, the front section of your Yellow Pages phone book, or the listings on the [www.festivalcity.ca](http://www.festivalcity.ca) website. Most importantly – get out and enjoy!

Festival/Event	Location	Date(s)	Contact Info
<b>Symphony Under the Sky</b>	Hawrelak Park	August 29 – September 1, 2019	<a href="https://www.winspearcentre.com/tickets/subscriptions/2019-20-season/symphony-under-the-sky/">https://www.winspearcentre.com/tickets/subscriptions/2019-20-season/symphony-under-the-sky/</a>
<b>Edmonton International Film Festival</b>	Various Locations	September 26 – October 5	<a href="http://www.edmontonfilmfest.com">www.edmontonfilmfest.com</a>
<b>NorthWest Fest</b>	Various locations	April – May 2019	<a href="http://northwestfest.ca">http://northwestfest.ca</a>
<b>Festival of Trees</b>	Shaw Conference Centre	November 28 – December 1, 2019	<a href="http://www.festivaloftrees.ca">www.festivaloftrees.ca</a> <b>Email:</b> <a href="mailto:info@festivaloftrees.ab.ca">info@festivaloftrees.ab.ca</a> for more information.
<b>New Years Eve Downtown</b>	Alberta Legislature Grounds	December 31	Call 311 or email <a href="mailto:311@edmonton.ca">311@edmonton.ca</a> for more info
<b>Silverskate Festival</b>	Hawrelak Park	February 7 – 17, 2020	<a href="http://www.silverskatefestival.org">www.silverskatefestival.org</a>

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