



Inclusive Recreation for People with Disabilities

An activity guide for Edmonton
and surrounding areas

Fall 2011 – Spring 2012

Leisure Access Program

Do you know about the Leisure Access Program?

The Leisure Access Program gives lower-income individuals and families the opportunity to use City of Edmonton recreation facilities for free or at a reduced cost.

For more information, please visit www.edmonton.ca or call 780-496-4918.

What is available?

The Leisure Access Program offers:

- Unlimited free admissions to City of Edmonton Recreation Facilities.
- Access to three registered leisure programs per year for adults and seniors at 25% of the regular cost.
- Access to four registered leisure programs per year for children and youth at 25% of the regular cost.
- Manuals and program supplies at 25% of regular cost.



Inclusion...

Did you know that the City of Edmonton has a summer Inclusion Coordinator?

The coordinator will accommodate individuals with needs such as allergies, behaviour management, or a physical disability in order to fully participate in a registered or playground program. For further information on accessible sites and program options please contact **780-496-2979**.

Introduction

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

This brochure, (formerly called “Leisure Opportunities for Persons with Special Needs”) produced by the City of Edmonton’s Community Services Department, lists recreation opportunities throughout Edmonton suitable for individuals with disabilities. It is produced twice annually; a summer edition and a fall/winter/spring edition.

This brochure provides a summary of specialized programs and other valuable contacts. If you require further information about a program, call the organization directly to receive their detailed brochure. The City of Edmonton offers this publication as a list of resources only and is not necessarily associated with the organization that submitted the advertisement.

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

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

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

Alternative formats available on request.

Heather Crowe
Special Needs Recreation Liaison

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LEISURE PROGRAMS AND GROUPS

Community Services Department City of Edmonton

Box 2359
Edmonton, AB T5J 2R7

Contact: General Information (ph) 311

Website: www.edmonton.ca

Special Needs Recreation Liaison

Phone: 780-496-4917

TTY: 780-944-5555

transfer code: DISREC

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

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

A.C.T. Aquatic and Recreation Centre

2909 – 113 Avenue
Rundle Park

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.

Specialized Programs at ACT

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

Teen Quest

Teen Quest is a program designed for Teens with developmental disabilities. The program gives the opportunity to participate in various activities such as; crafts, games, swimming, outings and much more. Each participant will receive a schedule the first day of programs. Each program includes a time for break which participants are welcome to bring a snack or money to purchase a snack. The Leisure Access Pass or additional discounts are not applicable.

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 skill. Call 311 for more information.

Cost: \$2.05/person/half hour usage
(Price subject to change)

Locations: ACT Aquatic and Recreation Centre and Mill Woods Recreation Centre

Details: Up to 5 people can use the equipment at a time plus attendant/parents. The Multi Sensory Environment is booked out on a first come, first serve bases, when the room is available.

Adult Senior Leisure Dance

This program is for the young at heart! Live bands provide toe-tapping music. Enjoy an afternoon of musical entertainment, fun, light refreshments and meeting new people. Admission into the dance is \$2.50

Participants using DATS transportation must register for this program to guarantee a booking with DATS.

Rockin' In Rundle

Feel like dancing? This program is for you! Come out and enjoy a variety of music all afternoon. Light refreshments are served. Admission into the dance is \$3.00. Participants using DATS transportation must register for this program to guarantee a booking with DATS.

Fitness on Fridays

This is a drop-in program. Come and independently explore your fitness potential. A variety of sports equipment is available to you each week in the gymnasium. Come and get fit and have fun and the same time. Admission is \$2.50. Please pay at the front desk.

S.U.R.F. (Social Unique Recreational Fun)

The SURF programs are recreational activities designed for adults with developmental disabilities. Each program includes time for a break to socialize. Participants are welcome to bring a snack or money to purchase food. The Leisure Access Pass or additional discounts are not applicable.

ACT Aquatic and Recreation Centre

Scrap booking Club 18+, Mondays,
1:00 – 3:00 pm

423808 Sept 19 – Nov 21 \$100.00

427083 Jan 9 – Mar 19

Cost: TBA

Evening Crafts 18+, Tuesdays,
6:30 – 8:30 pm

418258 Sept 20 – Nov 22

Cost: \$75.00

427075 Jan 10 – Mar 13

Cost: TBA

Outing Club 3 Ages 18 – 24, Tuesdays

418801 Sept 20 – Nov 22

Cost: \$40.00

427082 Jan 10 – Mar 13

Cost: TBA

Fit Night 18+, Wednesday

7:00 – 9:30 pm

418260 Sept 21 – Nov 23

Cost: \$40.00

427077 Jan 11 – Mar 14

Cost: TBA

Cooking Class 18+, Wednesdays

7:00 – 9:30 pm

418261 Sept 21 – Nov 23

Cost: \$75.00

Music/Dance/Drama 18+, Wednesdays

7:00 – 9:30 pm

427078 Jan 11 – Mar 14

Cost: TBA

Evening Crafts 18+, Fridays

7:00 – 9:30 pm

418257 Sept 23 – Dec 2

Cost: \$75.00

427074 Jan 13 – Mar 16

Cost: TBA

Afternoon Crafts 18+, Fridays

1:00 – 3:00 pm

418259 Sept 23 – Dec 2

Cost: \$75.00

427076 Jan 13 – Mar 16

Cost: TBA

Social Night 18+, Fridays

7:00 – 9:30 pm

418262 Sept 23 – Dec 2

Cost: \$40.00

427079 Jan 13 – Mar 16

Cost: TBA

Outing Club 1 18+, Fridays

7:00 – 9:30 pm

418263 Sept 23 – Dec 2

Cost: \$40.00

427080 Jan 13 – Mar 16

Cost: TBA

Outing Club 2 18+, Fridays

7:00 – 9:30 pm

418264 Sept 23 – Dec 2

Cost: \$40.00

427081 Jan 13 – Mar 16

Cost: TBA

Rockin' in Rundle Programs:

Drop In Tuesday **418253**

Sept 20 – Dec 6, 12:30 – 2:30 pm

Cost: \$3.00

Registered Tuesday **418255**

Sept 20 – Dec 6, 12:30 – 2:30 pm

Cost: \$36.00

Drop In Thursday **418254**

Sept 22 – Dec 8, 12:30 – 2:30 pm

Cost: \$3.00

Registered Thursday **418256**

Sept 22 – Dec 8, 12:30 – 2:30 pm

Cost: \$36.00

Drop In Tuesday **427070**

Jan 10 – Mar 27, 12:30 – 2:30 pm

Cost: TBA

Registered Tuesday **427072**

Jan 10 – Mar 27, 12:30 – 2:30 pm

Cost: TBA

Drop In Thursday **427071**

Jan 12 – Mar 29 12:30 – 2:30 pm

Cost: TBA

Registered Thursday **427073**
Jan 12 – Mar 29, 12:30 – 2:30 pm
Cost: TBA

Senior Leisure Dance Program:
Drop In Wednesday **418251**
Sept 21 – Nov 23, 1:00 – 2:30 pm
Cost: \$2.50

Registered Wednesday **418251**
Sept 21 – Nov 23, 1:00 – 2:30 pm
Cost: \$25.00

Drop In Wednesday **427068**
Date: Jan 11 – Mar 14
Time: 1:00 – 2:30 pm
Cost: TBA

Registered Wednesday **427069**
Jan 11 – Mar 14, 1:00 – 2:30 pm
Cost: TBA

Mill Woods Recreation Centre

SURF Programs:

Crafts 18+, Wednesdays, 6:30 – 8:30 pm
423809 Sept 21 – Nov 11
Cost: \$75.00

427120 Jan 11 – Mar 14
Cost: TBA

Terwillegar Community Recreation Centre

SURF:

Crafts 18+, Thursdays, 10:00 – 12:00 pm
418267 Sept 22 – Nov 24
Cost: \$75.00
427118 Jan 12 – Mar 15
Cost: TBA

Fit Night 18+, Mondays, 7:00 – 9:30 pm
418268 Sept 19 – Nov 28
Cost: \$40.00
427119 Jan 9 – Mar 12
Cost: TBA

Leisure Dance

Drop In Twistin in Terwillegar,
Wednesdays, 12:30 – 2:30 pm
Sept 21 – Dec 7
Jan 11 – Mar 21

Surf & Registered Program Descriptions:

Friday Evening Crafts

AGES 18+
A creative program that offers the opportunity to meet new people and experience a variety of craft projects. Maximum 15 participants.

Tuesday Evening Crafts

AGES 18+
A creative program that offers the opportunity to meet new people and experience a variety of crafts. Maximum 20 participants.

Friday Afternoon Crafts

AGES 18+

A creative program that offers the opportunity to meet new people and experience a variety of crafts projects. Maximum 20 participants.

Fit Night

AGES 18+

This is an active program that includes 9 evenings of swimming along with a session based on health and wellness. The evenings includes activities such as, personal fitness, sports and games. Program time is from 7 – 9:30 pm Maximum 45 participants.

Cooking Club

AGES 18+

This program will provide the skills needed to prepare and cook food while having fun making new friends. Learn how to create food that is not only good for you but tastes great too! Enjoy a variety of dishes each week. Maximum 20 participants.

Fee includes all supplies.

Music/Dance/Drama

AGES 18+

Come and experience 10 weeks of music, dance and drama! Each week with focus on a particular musical genre and will include learning dance to follow along. Drama activities will be included throughout the 10 week session.

Social Night

AGES 18+

The focus of this program is a variety of recreational activities centred on a principle theme for that evening. This includes seasonal activities, dancing, arts, culture, games and an outing all within the natural beauty of Rundle Park. Maximum 60 participants. Extra fee for outings and special events apply.

Outing Club 1

AGES 18+

This program allows participants to experience different activities throughout Edmonton. The groups will meet on the first night and help plan some of the outings. All costs for outings are extra and please note most of the outings require Personal Care Attendants to pay. This program is great for individuals who like to get out into the community and try new things. Please budget \$10 – \$15 per week. Maximum 20 participants.

Outing Club 2

AGES 18+

This program allows participants to experience different activities throughout Edmonton. The groups will meet on the first night and help plan some of the outings. All costs for outings are extra and please note most of the outings require Personal Care Attendants to pay. This program is great for individuals who like to get out into the community and try new things. Please budget \$10 – \$15 per week. Maximum 20 participants.

Outing Club 3 – Young Adults

AGES 18 – 24

This program allows young adults to experience different activities throughout Edmonton. The groups will meet on the first night and help plan some of the outings. All costs for outings are extra and please note most of the outings require Personal Care Attendants to pay. This program is great for individuals who like to get out into the community and try new things. Please budget \$10 – \$15 per week. Maximum 20 participants.

Scrapbooking Club

AGES 18+

Join us for 10 weeks of scrapbooking your personal photos into albums and frames. \$100 fee includes all materials needed. Please bring 3 personal photos to each class. Maximum 10 participants.

Rockin in Rundle

Rockin' In Rundle is a leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments. Participants taking DATS are still responsible for booking and cancelling their DATS rides. Participants will need to pay \$3.00 each week to attend the dance. Please pay at the front desk. Registration Forms must be filled out and given to ACT Aquatic and Recreation Centre to guarantee your transportation booking with DATS.

River Valley Programs

11808 St. Albert Trail T5L 4G4

Contact: Karina Ma

Email: karina.ma@edmonton.ca

Website: edmonton.ca/rivervalleyprograms

River Valley Programs provides children, teens, and adults with the opportunities to explore Edmonton's river valley, get fit, and have fun all year 'round. The varieties of programs that are offered include: GPS and geo-caching, orienteering, archery, fishing, biking, canoeing, shelter building, fire building, initiatives, snowshoeing and cross-country skiing. All programs are offered for groups and/or individuals. Adapted equipment is available including a trailrider and sit ski. Call for more details.

For bookings please call 780-496-2983.

Visit www.edmonton.ca/rivervalleyprograms for more information.

Pools/Leisure Centres

Many pools have additional amenities such as whirl pools and exercise areas. Commonwealth, Confederation, terwillegar and Mill Woods Recreation Centres have salt water systems as added features. Try the accessibility features which are available at most pools: easy ladders to enter pool, wheelchair accessible pool lifts, accessible change rooms or unisex change rooms and power doors.



Swim Abilities

This community-based, leveled swimming program is geared for children ages 3 to 16, with special needs, who need additional support to achieve their beginning swimmer goals and to increase their safety, independence, and enjoyment in and around the water.

The swim abilities swim program is offered at the ACT Aquatic and Recreation Centre, Terwillegar Community Recreation Centre and Jasper Place Fitness and Leisure Centre Visit www.swimabilities.ca

Hardisty Leisure Centre

Water Works

Dates: Tuesdays and Thursdays

Time: 1:00 – 2:00 pm

Persons suffering from arthritis or other joint mobility problems.

Program consists of mild exercises and slow movements. Open to swimmers and non-swimmers comfortable in shallow or mid-pool.

Central Lions Seniors Recreation Centre

11113 – 113 Street NW
Edmonton, AB T5G 2V1

Email: info@clsa2.com

Website: www.clsa2.com

Central Lions Recreation Centre provides recreation and social programs and events for older adults (55+), during the day and community programs in the evening. The building is accessible and senior friendly. Program participants must bring their own personal aide if needed. The facility features: Fitness Centre, gymnasium, auditorium, classrooms and cafeteria. Programs include: Fitness, music, dance, sports, arts, computers, crafts and more.

Programs designed specifically for those with special needs include: Connections, Gentle Move & Groove, Gentle Yoga and Tai Chi.

For more information, visit our website or call to obtain a detailed program brochure.



Northgate Lions Senior Citizens Recreation Centre

7524 – 139 Avenue NW
Edmonton, AB T5C 3H7

Contact: Bridgitte Cormier

Email: bridgitte.cormier@edmonton.ca

Website: www.nesa1.ca

The Recreation Centre provides an opportunity for older adults 55 years of age and up to take part in recreational activities and social events, some of which include: dinner and dance every Wednesday, activity programs such as badminton, yoga, fitness, computers, cards, choir, pottery, quilting, painting plus much more. For more information, or to obtain a detailed program brochure, call the number listed above.

Kinsmen Sports and Fitness Centre

Come and enjoy the many accessibility features the Kinsmen Centre has to offer including elevators, a ramp to the front entrance and large alleyways. There is also a pool lift at Kinsmen that will allow you to access the pools.



Commonwealth Sports and Fitness Centre

Pulse Aiders is a fitness program that is offered for individuals who have experienced a cardiac complication. The program is ongoing and is offered Monday, Wednesday and Friday from 4:00 pm – 5:00 pm Call for further details and costs. Visit the new expanded fitness centre. Many washroom improvements have also been completed at the Stadium. Accessible parking stalls are available.

Mill Woods Recreation Centre

7207 – 28 Avenue

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.

Cost: \$2.05/person/half hour usage
(Price subjected to change)

Location: Mill Woods Recreation Centre and ACT Aquatic and Recreation Centre

Up to 5 people can use the equipment at a time plus attendant/parents. The Multi Sensory Environment is booked out on a first come, first serve bases, when the room is available.

Edmonton Valley Zoo

13315 Buena Vista Road

Discover the many wild and wonderful things at the Edmonton Valley Zoo. Open year round, except on Christmas Day.

Most of the Edmonton Valley Zoo is accessible, including the elephant viewing area. Walkways are a combination of paved and gravel.

www.edmonton.ca/attractions_recreation/attractions/edmonton_valley_zoo/accessibility-zoo.aspx

Fort Edmonton Park

7000 – 143 St. (Corner of Whitemud Freeway and Fox Drive)

The Fort Edmonton Park site is accessible with a series of connected boardwalks. Many buildings have stairs, so are not completely accessible. The steam train is wheelchair accessible, but the streetcar is not.

Programs accommodate special needs wherever possible. Please note at time of registration that accommodation may be required. Aids are welcome to attend free of charge.

Call 311 to receive a program brochure.

www.fortedmontonpark.ca/plan-your-trip/available-services.aspx

John Janzen Nature Centre

7000 – 143 St. (next to Fort Edmonton Park)

Discover nature in the city! Nestled in the heart of the river valley, the John Janzen Nature Centre offers programs, events, exhibits and information to encourage awareness and understanding of nature in an urban setting. The Centre is fully accessible, including the Tegler Discovery Zone which is ramped and allows wheelchairs to access the play equipment. An accessible washroom is located at the front of the building. A wheelchair lift allows for access to the classroom areas and additional accessible washrooms.

Programs accommodate special needs wherever possible. Please note at time of registration that accommodation may be required. Aids are welcome to attend free of charge.

Call 311 to receive a program brochure.

www.edmonton.ca/attractions_recreation/attractions/john_janzen_nature_centre/accessibility.aspx

John Walter Museum

10661 – 91A Ave. (next to the Kinsmen Sports Centre)

The John Walter Museum displays the three original homes of John Walter. Here you will learn not only about John Walter, but also about the growth of the river valley and its communities.

John Walter Museum is partially accessible. Paved walkways and boardwalks connect the houses and the public parking lot. The 1901 House is accessible by ramp. Accessible washrooms are found in the Visitor Orientation Building. The museum is open Sunday afternoons and admission is free of charge.

Programs accommodate special needs wherever possible. Please note at time of registration that accommodation may be required. Aids are welcome to attend at no extra cost.

Call 311 to receive a program brochure.

www.edmonton.ca/attractions_recreation/attractions/john_walter_museum/accessibility.aspx

Muttart Conservatory

9626 – 96A Street

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

www.edmonton.ca/attractions_recreation/attractions/muttart_conservatory/accessibility.aspx

Alberta Abilities Lodges Society

C/O Canadian Paraplegic Association
(Alberta)
#305, 11010 101 Street NW
Edmonton, AB T5H 4B9

Contact: Ross Wein

Phone: 780-436-0141

Email: rosswein@shaw.ca

Website: www.aals.ca

TrailRiders for Disabled Persons

Various River Valley locations, all skill levels

Cost: none, but accept donations for equipment repairs and replacement

AALS provides opportunities for persons with physical and cognitive challenges to enjoy nature. We believe this outdoor experience raises the quality of life and gives respite. We will partner with any

group that has complementary goals. We hold special events that depend heavily on volunteers and we encourage Alberta camps, parks, and other facilities in natural areas to work toward Universal Access and Inclusiveness. We loan TrailRiders, canoes, and other outdoor equipment so that families and groups can give their loved ones the thrill of being in nature. Families and groups have taken our equipment to the mountains or stayed closer to Edmonton.

Other Information: Contact us if you wish to participate as a volunteer to give disabled persons opportunities or if you wish to support this worthy program financially.

Alberta AdaptAbilities Association

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

Phone: 780-431-8446

Fax: 780-634-5518

Email: info@adaptabilities.ca

Website: www.adaptabilities.ca



Programs run out of 3 locations: Meadowlark
Respite Centre (8721 – 163rd Street),
McKernan Respite Centre (11226 – 75th
Ave) & McKernan School (11330 – 76th Ave)

Respite Centre

Our Respite Centres provide children and young adults high-quality care when parents need to run errands, take a break or go to an appointment. Our knowledgeable Relief Care Specialists give families peace of mind knowing their child is having fun and participating in specialized activities.

Out of School Care

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

Teen Night Programs

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

Thursdays

McKernan School: Teen/Young Adult Night (ages 13 – 18+) for Youth able to function in a 1:5 ratio

Fridays

Meadowlark Respite Centre: Teen Night for Youth with Tourettes Syndrome

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

Hearts In Action

A unique day camp that provides enjoyable goal-directed activities in a small group setting during school holidays and professional development days. Each day a structured routine is offered where children and young adults rotate through three components within their designated age group; recreation and motor development, essential life skills, and expressive arts.

Winter break

December 27 – 30, 2011
& January 2 – 6, 2012

Teachers Convention
March 1 & 2, 2012

Spring Break
March 26 – 30, 2012

Registration for Summer Camps opens
March 2012

Third party billing available.

Alberta Cerebral Palsy Sports Association

(formerly known as SportAbility Alberta)

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

Phone: 780-422-2904

Fax: 780-422-2663

Toll-free: 1-866-282-4356

Email: contact@acpsa.ca

Website: www.acpsa.ca

Bocce

September – December
1 Hr/week, location TBA

Ages: 12 +

Cost is dependant upon enrollment

A weekly program dedicated to teaching the game of bocce to anyone interested in learning. Bocce is a game that can be specifically tailored to participants with physical disabilities.

Alberta Health Services

9942 – 108 Street

Edmonton, AB T5K 2J5

Contact: Cathy McAlear

Phone: 780-342-7765

Email: cathy.mcalear@albertahealthservices.ca

Out of the Shadows Artist's Collective

Dates: Thursdays

Time: 1:00 to 3:00 pm

Location: Harcourt House Arts Centre,
10215 – 112 St

Ages: 18 – 65

Disability group: Adult mental health concerns, experience with art

Cost: \$20 per year membership or a \$2.00 drop-in fee for art classes

Come and join our visual arts program that promotes learning new art skills, sharing ideas with other artists, learning about community resources, and low-cost art opportunities. Exhibit and sell your artwork and much more.

No referral necessary.

Alberta Northern Lights Wheelchair Basketball Association

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

Contact: Office Staff

Phone: 780-433-4310

Email: info@albertanorthernlights.com

Website: www.albertanorthernlights.com

Everyone welcome to come out and try our sport.

Adults and other youth are welcome any Tuesday night at open gym time in Edmonton at the Go Centre from 11:30 am – 12:30 pm.

Children 6 years and up can also drop in to check us out most Sundays at the Go Centre from 11:30 am – 12:30 pm

The easiest way for interested new participants to get information is to email: programs@albertanorthernlights.com



Alberta Sports and Recreation Association for the Blind (ASRAB)

#007, 15 Colonel Baker Place N.E.
Calgary, AB T2E 4Z3

Contact: Marilyn McIntosh

Phone: 403-262-5332

Fax: 403-265-7221

Email: info@asrab.ab.ca

Website: www.asrab.ab.ca

Programs are geared for persons with visual impairments, most programs are free.

Goalball camp

Geared to get people interested in the sport. A program will start again in the fall. Goalball is a fast paced Paralympic sport developed uniquely for blind or visually impaired athletes. Players wear goggles that are blacked out to eliminate any light, allowing athletes with all degrees of visual acuity to play equally

Lawn Bowls

Is a sport played outdoors on a well-kept lawn area. The object of the game is to roll a biased ball (similar in size to an oversized softball) down the lawn attempting to get it close to a smaller white target ball with the help of a director who gives the athletes verbal clues. Ages 8 and up.

Recreation Programs in all sorts of different sports, ages vary per program, ages 4 and up.

Sight Night Training to Run Program

Runs in the fall for all ages.

Art Gallery of Alberta

2 Sir Winston Churchill Square
Edmonton, AB T5J 2C1

Contact: Nicole Reeves (Education Business Manager)

Phone: 780-392-2479

Fax: 780-426-3105

Email: Nicole.reeves@youraga.ca

Website: www.youraga.com

Art Express

Dates: Thursday evenings

Sept 15 – Oct 27 &

Nov 3 – Dec 15, 2011

Time: 12:00 – 1:00 pm

Location: Singhmar Education Centre, Lower Level, AGA

Age: 16 years minimum (adult class)

Cost: \$42 + GST

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

The Arthritis Society

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

Contact: Ellen Donaldson

Phone: 780-424-1740

Email: info@ab.arthritis.ca

Website: www.arthritis.ca/alberta

Arthritis 101 & Arthritis Self Management

Various dates, times, locations.

Cost: Free of charge

2 hour training and information (interactive workshop) on how to get in control of your arthritis. This program is offered at various times during the year. Call 1-800-321-1433 ext: 1 to register.

Autism Society of Edmonton Area

101, 11720 Kingsway Avenue
Edmonton, AB T5M 4G5

Contact: Linda Dowell

Phone: 780-453-3971

Fax: 780-447-4948

Email: autism@autismedmonton.org

Website: www.autismedmonton.org

Adult Groups: Social, Support, Drama

Dates: Evenings or Saturdays

Hours vary

Location: 11720 Kingsway Avenue

Age: 18+

Disability Group: Asperger syndrome or high functioning autism

Cost: none

Club Quirk

Social Group for adults with Asperger's Syndrome

Support Group

Support group for adults with Asperger's Syndrome and for parents of children and adults with Asperger's Syndrome.

Drama Group

Adults with autism have written and acted in their own play designed to educate the public about autism. Currently producing a drama documentary. "Autism Society Players".

Children & Teen Social Groups

Dates and Times: Varies

Location: Varies

Age: 8 – 13 and 14 – 17

Disability Group: Asperger syndrome/High functioning autism

Cost: call for information

Friday Night Social Group – for teens aged 14 – 17

Saturday Night Social Group – for children aged 8 – 13

Girls Social Group – social and arts group for girls aged 9 – 12.

Summer Program – Programs for children and young adults with Autism Spectrum Disorders.

Brail Tone Music Society of Canada

#107, 15207 Stony Plain Road
Edmonton, AB T5N 1A3

Contact: Teresa Baudin

Phone: 780-448-1807

Fax: 780-448-1786

Email: brailtone@telus.net

We provide people with vision loss the opportunity for music instruction and performance. Other special needs may be considered. Programs are funded through charitable donations and the fundraising efforts of our volunteers. The instructional year runs from September through June.

Music Lessons

Dates: September – June

Times: Variable

Locations: Variable

Ages: 8 and up (exceptions may be made)

Cost: Subsidies may be available

Applications will be considered any time for lessons in piano, keyboards, voice and guitar and we will consider other musical interests. Subsidies may be provided for music instruction at the discretion of the board. Inquiries may be made by calling or emailing Teresa at the office.

Brail Tone Choir

Dates: September – June

Times: Variable

Locations: Variable

Ages: 16 and up

Cost: No cost

The Brail Tone Choir is professionally directed. Rehearsals are held Saturday from 10:45 am to 12:00 pm at a downtown location; about 103 Avenue and 120 Street. The choir provides many opportunities for public performances in concerts and festivals.

Interested persons may phone or email Teresa at the office.

Brain Care Centre

#229 Royal Alex Place
10106 111 Ave
Edmonton, AB T5G 0B4

Phone: 780-477-7575

Email: admin@braincarecentre.com

Website: www.braincarecentre.com

Life Skill Classes

Contact: Alberto Ballester

Email: alberto@braincarecentre.com

Dates: Tuesdays and Thursdays

Time: 1:30 – 3:00pm

Ages: 18 and up

Cost: none

Disability Group: Documented mild to severe brain injury

Courses available: Executive functions, self esteem, effective communication and social skills, time management and stress management. For more information, please call Alberto at 780-477-7575.

Community Living Program (Computer Classes)

Contact: Jean Roy

Email: Jean@braincarecentre.com

Ages: 18 and up

Cost: none

Disability Group: Documented mild to severe brain injury

Courses and one-on-one training available: Image editing, basic computer, internet/ email, excel, google, facebook. For more information call Jean at 780-477-7575

Day Program – for 15 – 20 years old. — introductory to Mira.

Our introductory to Mira program offers staffing supports for individuals that are currently in school but need support on days that the school is not open. Examples include, Professional Development days, spring break, summer holidays and Christmas. Our program is closed all statutory holidays. Cost is \$100/day but can be dependent on the support needed.

For more information about our program and the application process please contact Richard MacKay at 780-450-9414 ext 208.

Camp Health Hope & Happiness (Camp He Ho Ha)

Box 182

Seba Beach, AB T0E 2B0

Contact: Heather Hurst (Summer Camp Coordinator)

Phone: 780-429-3277 ext. 240

Fax: 780-797-3812

Email: Heather@camphehoha.com

Website: www.camphehoha.com

Summer Camps for People with Disabilities

Dates: 10 week long camps May through August (residential summer camps)

Location: 90 kms west of Edmonton on Lake Isle

Ages: 6 to 105 years

Children and adults with any type or degree of disability welcome

Camp He Ho Ha provides week-long adapted recreational summer camps to children and adults living with physical and/or mental disabilities at its fully modern, barrier-free facility. Programs include 40' climbing wall and ropes course, waterfront activities, indoor swimming pool, arts and crafts program, etc.

Camp He Ho Ha hires and trains approximately 40 post secondary students to serve as camp counselors and hires two nurses to staff and operate its onsite medical centre.

Canadian Association for Disabled Skiing (CADS)

P.O Box 35073
11229 Jasper Ave
Edmonton, AB T5K 0L0

Contact: Dale Loyer

Phone: 780-577-1442 (General Info line)

Email: info@cadsedmonton.ca

Website: www.cadsedmonton.ca

Canadian Mental Health Association

#800, 10045 – 111 Street NW
Edmonton, AB T5K 2M5

Contact: Program Coordinator

Phone: 780-414-6300

Fax: 780-482-7498

Email: main@cmha-edmonton.ab.ca

Website: www.cmha-edmonton.ab.ca

CLUB – Adult Social Recreation

Contact: CLUB Coordinator

Dates: Tuesday, Wednesday and Thursday

Times: 1:00 – 3:00 pm

Some evenings 7:00 – 9:00 pm

Ages: 18 and up

Location: Main floor, CMHA office

Disability group: Adults living with mental illness

Cost: Occasional fee of \$1 to \$3, depending on activity

Phone: 780-414-6326 for recorded program information.

CLUB is a social/recreation program for adults who are living with a mental illness. Activities include crafts, community outings, sports and guest speakers, to name a few. Off-site activities on Friday afternoons take place at Santa Rosa "A." Call for more details.

Mindworks Program

Contact: Mindworks Coordinator

Dates: Various days and times

Ages: 18 – 65 years

Location: CMHA office

Disability group: Adults living with mental illness

Mindworks provides quality “mindful” activities that engage participants and provide thought-provoking opportunities through life skills and educational programming for those living with mental illness. Activities include crochet club, theatre exploration, and learning to quilt.

Women’s Web

Contact: Women’s Web Coordinator

Dates: Every first and third Wednesday of each month

Times: 3:15 – 5:00 pm

Ages: 18 – 65

Location: CMHA – ER (10045 – 111 St)

Disability group:

Women who have a chronic mental illness

Cost: \$0 – \$3, depending upon activity

Provides enriching activities in a supportive and open group environment. Past activities have included pot lucks, presentations, guided meditation, crafts, cooking, and facial care. Addresses physical, social, spiritual and intellectual needs. Activities are planned together by participants and facilitators.

Children’s Summer Fun Camps

Contact: Children’s Program Coordinator

Phone: 780-414-6304

Dates: July 4 to 14, July 18 to 28, August 2 to 11, August 15 to 25 2011

Times: 9:00 – 3:00 pm

Ages: 6 – 12 years

Location: King Edward Academy Park Community Hall

Disability group: Children with a mental health concern or behavioral issue.

Cost: \$100 per child per two-week session (4 spots are subsidized per session)

This is a social recreation program that features various physical activities and creative pursuits as well as community outings. Children must be able to function independently in a group setting and not require specialized (one-to-one) support. A referral from a professional with knowledge of the child’s mental health is required.

Challenge by Choice

Contact: Challenge by Choice Coordinator

Dates and times: Monday to Friday
1:00 – 3:00 pm

Location: Bill Rees YMCA 10211 105 Street

Age: 16 – 30 years

Disability group: mental illness/addictions

Cost: Occasional fee of \$1 to \$3

Youth programs for 16 – 19 year olds every Thursday at Bill Rees YMCA from 3:30 to 5:30 pm. Referral forms available online.

Wellness-oriented, recovery-focused programming using experiential learning approaches to teach recreation and leisure skills.

Canadian Paraplegic Association (Alberta)

305 – 11010 101 Street
Edmonton AB T5H 4B9



Contact:

Brian McPherson – Peer Coordinator

Phone: 780-424-6312 ext. 2241

Fax: 780-424-6313

Email: Brian.McPherson@cpa-ab.org

Website: www.cpa-ab.org

Peer & Family Social Events

Dates: Once a month

Time: 6:30 – 8:30 pm

Location: Various Locations across the City and or Province

Cost: Free

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

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

Topics include:

June 25 – BQ at Classic Health for incontinence supplies

July – Car Show and Shine

August – Camping trip to Elk Point

September – Peer Conference on physical activity at the 4 Points Sheraton

Outdoor Adventures Program

Join in exciting new activities in Edmonton that allow you to experience the outdoors like never before. This program is open to anyone with a physical disability or mobility impairment of any kind. Summer activities included rock climbing, canoeing/kayaking handcycling and trail running with the TrailRider. Winter 2011 – 2012 activities TBD.

Included in the program:

Access to adapted equipment

Access to instruction

Skill development

Opportunity to try new activities

Opportunity to network with likeminded individuals

Opportunity to participate in activity trips outside of Edmonton.

For more information call Amy Mackinnon at 780-424-6312 ext 2231 or email amy.macKinnon@cpa-ab.org.



Capital City Gymnastics

8278 – 175 Street
Edmonton, AB T5T 1V1

Contact: Katrina

Phone: 780-469-0662

Fax: 780-466-0839

Email: ccgc@telus.net

Website: www.capcitygym.com

Family Drop-In

Times: Sundays 3:00 – 5:00 pm

Cost: \$5 per person or \$12 per family

Ages and Disability Group: All ages,
all abilities

Participants are exposed to a wide range of equipment such as balance beams, an in-ground trampoline and foam pit, as well as various pieces of apparatus in our spacious 20,000 sq. foot facility. All participants/ caregivers will be under the supervision of a nationally certified coach, who will be on hand to assist when required.

Centre for Autism Services Alberta

4752 – 99 Street
Edmonton, AB T6E 5H5

Contact: Gail Stanford

Phone: 780-488-6600 Ext: 216

Fax: 780-499-6664

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

Website: www.centreforautism.ab.ca



Recreational Group Activities

The Centre for Autism Services Alberta offers a wide range of recreational activities for children diagnosed with autism. Our community-based group activities take place in various locations in the Edmonton area. For more information on the activities posted below or to learn more about our other groups, please visit our website at www.centreforautism.ab.ca or contact Gail Stanford at 780-488-6600, ext 216 or gstandford@centreforautism.ab.ca

Kitchen Kids

Real Canadian Superstore
4410 – 17 Street. NW (just off the
Whitemud)

Ages: 8 – 14 years

Date: Fridays, Sept. 10 – Oct. 29

Time: 4:30 – 7:30 pm

Cost: \$50

Cooking with kids is a wonderful adventure. Your child will learn the basics of food preparation, cooking techniques, baking, healthy eating, but most of all the kids in this session learn how to prepare and enjoy great food.

This hands-on and interactive cooking experience sees children create a grocery list, shop at Superstore, and pay the cashier for the ingredients before heading upstairs to create the recipes. This course is a fun and tasty experience for kids! For further information please contact Gail Stanford, consultant at 780-488-6600 ext 216 or email: gstanford@centreforautism.ab.ca Register early to avoid disappointment as this session fills up quickly.

Family Yoga

Lion's Breath Yoga Studio

Address: #206 10350 124 St. Edmonton

Dates: Saturdays, Sept. 10 – Oct. 29

Time: 3:00 pm – 4:00 pm

Cost: \$80 total per family

Contact: Gail Stanford

Phone: 780-488-6600, ext 216

Email: gstanford@centreforautism.ab.ca

Want to stretch your body and relax your mind? The whole family can experience the benefits of an adapted Yoga program. Yoga is great for all ages, but especially kids, as it helps develop body awareness, cooperation, observation, concentration and listening skills.

The Centre for Autism Services Alberta has teamed up with Lion's Breath Yoga Studio to offer an adapted program for families that have a child with autism. It will offer a mix of quiet and active poses as well as specialized breathing exercises. The entire family can participate in this recreational activity, which is part of a healthy and balanced lifestyle.

Tae Kwon Do — Young Masters Club

Contact: Gail Stanford

Phone: 780-488-6600, ext 216

Email: gstanford@centreforautism.ab.ca

This adapted program is designed specifically to help children who have trouble focusing on daily tasks. By dedicating an hour each week to practice cognitive behaviour strategies, children increase awareness of their energy levels and work on adopting strategies to achieve “just right” levels of attention and energy. Besides being an excellent source of fitness and recreation, Tae Kwon Do can foster improved self-esteem, perseverance, self-control and courtesy. The program incorporates occupational therapy strategies, Tae Kwon Do, yoga and relaxation training. For session dates, location and price, please contact Gail Stanford at 780-488-6600, ext 216 or gstanford@centreforautism.ab.ca

Children’s Art Expressions

2 Sir Winston Churchill Square

Contact: Kim Henye

Email: kim@cpalberta.com

Phone: 780-477-8030

Fax: 780-471-0855

Location: Art Gallery of Alberta

Dates: September 11, 2011 – October 23, 2011 (no class October 9th)

Times: Sundays, 1:00 – 2:00 pm

Cost: \$80/6 week session

This six week Children’s Art Program is a joint partnership between the Centre for Autism Services Alberta and the Cerebral Palsy Association in Alberta. Open to children of all disabilities this adapted program takes place at the Art Gallery of Alberta. Children’s Art Expressions 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!

Skating

Londonderry Arena, 14528 – 66 St.

Contact: Gail Stanford

Phone: 780-488-6600 ext 216

Email: gstanford@centreforautism.ab.ca

Taking to the ice is a fun Canadian winter activity. First Steps is an adapted program that allows children with autism to work on introductory level independent skating skills, such as falling down and getting up, walking forward, walking backward and gliding.

Second Steps & Advanced program is for kids who have some skating experience and would like to improve their skills.

The Centre for Autism Services Alberta has partnered with Extreme Edge Skating Club of Edmonton to offer fall and winter skating programs. Sessions run for a minimum 45 minutes and are held at Londonderry Arena, 14528 – 66 St.

FIRST STEPS *(4 years age and older)*

No experience necessary

Works on introducing children to skating

8 skaters to 1 professional Coach

SECOND STEPS & ADVANCED

Children require some skating experience

10 skaters to 1 professional coach

Family Night

Contact: Gail

Phone: 780-488-6600, ext 216

Email: stanford@centreforautism.ab.ca

Time: 6:00 – 8:00 pm

This innovative program sees the entire family — parents, children with autism and their siblings — participate in an evening of fun and support. Parents gather in one room to share experiences and learn while siblings (ages 6 – 13) participate in activities and get to know each other. Meanwhile, children and teens with ASD participate in social activities. These activities include games, crafts and music with an emphasis on socialization.

Meetings run the second Thursday of every month: Sept. 8; Oct. 13; Nov. 10; Dec. 8; and Jan. 12 (Winter Festival)

Cerebral Palsy Association in Alberta

17231 – 105 Avenue
Edmonton, AB T5S 1H2

Contact: Kim Henye

Phone: 780-477-8030

Fax: 780-471-0855

Website: www.cpalberta.com



Yoga for People with Disabilities

Age: All ages welcome

Disability Group: All disabilities and skill levels welcome.

Cost: \$20.00/Session

Date: Wednesdays

Time: 10:30 am – 11:30 am

Session 1:

September 28, 2011 – November 2, 2011

Session 2:

November 9, 2011 – December 14, 2011

This program provides a warm, non-competitive, and supportive environment in which to explore yoga. This introductory gentle movement yoga class is designed to make your body and mind feel better.

Art Expressions

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

Dates: Wednesdays

Times: 2:30 – 4:30 pm

Age: Open to all ages

Disability Group: All disabilities and skill levels welcome.

Cost: TBD (Contact office for details)

Session 1:

September 21, 2011 – October 26, 2011

Session 2:

November 2, 2011 – December 7, 2011

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

Art Expressions for Children

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

Dates: Sundays

Times: 1:00 – 2:00 pm

Age: Children 6 – 13 years

Disability Group: All disabilities and skill levels welcome.

Cost: \$80.00/ Session

Session 1:

September 11, 2011 – October 23, 2011
(Class cancelled October 9/11)

Registration Deadline: August 15, 2011

This program is geared toward enhancing the physical, mental and emotional well-being of children through the exploration of various of various art forms such as painting, clay and much more!

Computability Program

C meta Office (17231 – 105 Ave.)

Dates: Monday, Tuesday & Thursday

Times: 8:30 am – 3:30 pm

Age: All ages welcome

Disability Group: All disabilities and skill levels welcome

Cost: \$10/month (1hr/week)

The program provides all person's regardless of disability the opportunity to learn new skills while at the same time have fun. Computer instruction is available in all areas including Computer Basics, Internet Basics, Computer Games, Email Basics, and Word Processing. Assistive technology is available for use. This program is available year round. Please call to schedule your intake appointment.

Members' Support Group

Contact: Ralph Leibo

Phone: 780-477-8030

Email: ralph@cpalberta.com

Age: 18 +

Disability Group: All disabilities and skill levels welcome.

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

Meetings: First Thursday of every month

6:15 – 8:30 pm

Villa Marguerite (9810 – 165 Street)

Bowling:

Third Tuesday of every month

6:30 – 8:30 pm

Ed's (West Edmonton Mall)

Dinner Night:

Last Thursday of every month

6:00 – 8:00 pm

Location: Varies

Special Events – TBA

Disability Group: All disabilities and skill levels welcome.

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

Members' support group for individuals with disabilities. We participate in recreational activities, have informative guests and enjoy social camaraderie of others. Please contact our office for further information.

Music Therapy

Contact: Karen Quinn

Phone: 780-477-8030

Email: karen@cpalberta.com

Age: 18 years and over

Disability Group: All disabilities and skill levels welcome.

Cost: TBD

This program would enable participants to learn the different instruments, songs while interacting within a group setting and with others within the community. Music Therapy has been shown to allow people to express themselves using music and by learning to use the instruments and learn new songs, has been shown to increase a persons self-confidence.

Ballerina Dreams

DanceCo Studio (9030 McKenney Ave St Albert).

Contact: Kimberly Mayer

Email: Kimberly@cpalberta.com

Date: Saturdays Hours: 2:00 – 4:00 pm

Age: Children (3 – 15 Yrs)

Disability Group: All disabilities and skill levels welcome.

Cost: \$75.00/session

The Ballerina Dreams program allows children with disabilities to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a dance instructor and physical therapist. This program combines physical therapy with the opportunity to experience something new and is sure to boost your child's confidence and self-esteem!

Boccia

Villa Marguerite Gym (9810 – 165 Street)

Contact: Kim Henye

Email: kim@cpalberta.com

Age: 13+

Disability Group: All disabilities and skill levels welcome

Cost: TBD

Boccia is an activity that can be enjoyed by persons of all ages and persons with a wide variety of disabilities. It can be played for recreation, as a competitive sport, or for physical education. It can develop or increase hand-eye coordination. Boccia is an activity in which individuals with disabilities can participate and develop a

high level of skill. The game can be easily adapted to allow players with functional limitations to use chutes and ramps in order to place their game balls into play.

Choral Morphosis

20A Rosewood Drive,
Sherwood Park, AB T8A 2H2

Contact: Melissa Barnes

Phone: 780-964-4860

Fax: 780-482-1580

Email: info@choralmorphosis.com

Website: www.choralmorphosis.com

Choral Morphosis

Robertson – Wesley United Church (10209
123 St, Edmonton)

Dates: September – June (Saturdays)

Time: Mornings

Age: 16 and older

Disability (skill level): Open to anyone

Cost: \$50/new members, \$25/
returning members

Choral Morphosis is a music program designed specifically for adults 16 and older with a developmental or physical disability. We try and meet the needs of a wide array of ability levels while simultaneously taking financial ability into account.

Choral Morphosis offers two programs, A Choral Program and a Choral Arts Program.

Our **choral program** is for anyone with a love of music and singing no matter what their musical ability. This is a non-auditioned program that prides itself in welcoming all

ability levels. This program runs Saturday morning 10 – 11:15 am. Members sing a wide variety of music ranging from African tribal chants to Popular new Movie music. We use movement, dance and various percussion instrument in our choir practices and adapt all activities to include all abilities.

Our **Choral Arts program** is a brand new program starting September 2011. It is an advanced arts program open to individuals who are looking for a more challenging program. The program runs Saturday mornings 11:30 am – 12:30 pm, membership in choral program is required of this program. The program incorporates part singing, more in-depth movement, theatre, script reading as well as acting.

Music has the power to reach people no matter their race, age, gender or ability level. Choral Morphosis uses music as a way to help individuals express themselves and bring joy to life! Choral Morphosis is a high energy, group that can bring a smile to your face. We welcome anyone and have a firm belief that if you are there you must join in the fun

CNIB

12010 Jasper Avenue
Edmonton, AB T5K 0P3



Contact: Mindy Bodnarchuk/
Samantha Nitchie

Phone: 780-488-4871

Fax: 780-482-0017

Email: Alberta@cnib.ca

Website: www.cnib.ca

Edmonton VIP's

12010 Jasper Ave

Dates: Third Wednesdays of every month
from Sept – June

Time: 1:30 pm

Ages: Senior

Disability Group: Focused; blind or partially sighted individuals, support persons welcome

Cost: Silver collection

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

Recreation opportunities available during the summer months.

CNIB Bridge Club

12010 Jasper Ave

Dates: Wednesdays 9:30 am

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

Cost: Silver collection

Players with vision loss gather for a game of bridge using large print and Braille cards.

We are always searching for more players, so please phone to enquire.

CNIB Conversation Café – New Group!

12010 Jasper Ave

Dates: TBD from Sept – June (please phone to enquire)

Ages: Working age and senior focused;

Disability Group: blind or partially sighted individuals, support persons welcome

Cost: Silver collection

A casual social group discussing topics related to vision. A different topic relating to vision will be up for discussion each month. We will also have games, stories and much more!

CNIB Craft Class

12010 Jasper Ave

Dates: Tuesdays from September – June

Time: 10:00 am

Ages and Disability Group: Blind or partially sighted individuals, support persons welcome

Cost: Bring your own crafts or purchase supplies from CNIB (some limitations apply)

A drop in craft class where everyone is welcome!

Toy Lending Library Drop-In

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

Date: Wednesday mornings

Time: 10:30 – 11:30 am

Ages: Birth to 18 years old

Cost: None

Stop by the toy lending library during our weekly drop-in time and check out our exciting new toys.

We regularly update our toy library and always have interesting games and toys to play with. Items may be loaned for one month at a time.

Play Groups

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

Ages: 0 – 5 years

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

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

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

Depending on location, certain ages may not be appropriate for all planned activities. Please contact CNIB for more information.

Parent Information Sessions

CNIB Edmonton office

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

Time: Weekday evenings

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

Cost: None

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

Family Halloween Party

CNIB Edmonton Children's Centre (12010 Jasper Ave.)

Date: TBA

Time: 5:30 – 7:30 pm

Ages: Birth – 18 years old

Cost: None

Dress up and come carve pumpkins with the CNIB Children's Team to celebrate one of children's favourite holidays. Bring your favourite sweet treat to share. Drinks and dinner will be provided by CNIB. Join staff and other families for a costume contest, holiday themed games, and more.

Family Holiday Party

CNIB Edmonton Children's Centre (12010 Jasper Ave.)

Date: TBA

Time: 5:30 – 7:30 pm

Ages: Birth – 18 years old

Cost: None

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

Community Linking Programs

1st Floor, 9942 – 108 Street
Edmonton, AB T5K 2J5

Contact: Michelle Knox

Phone: 780-342-7786

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

Fun with Fitness

Grant MacEwan Sports & Wellness Centre
(10700 – 104 Ave Rm. #202)

Contact: Blaine 780-342-5558

Times: Fridays, 1:30 – 2:30 pm

Cost: \$1.00/day, drop-in format

Get fit while having fun & meeting others. Join in a variety of low impact fitness activities such as low impact aerobics, weight training, and walking. A nutrition break is included in the cost.

Community Linking Choir

Pathways Day Program, Main Floor
(9942 – 108 St.)

Times: Tuesdays, 3:00 – 4:00 pm

Contact: Michelle 780-342-7786

Cost: Free, drop-in format

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

Computer Classes

Community linking offers a variety of computer classes.

Contact: Michelle at 780-342-7786 for more information on current or upcoming computer classes.

Crafters

Canadian Mental Health Association
10045 –111 St. (Main Floor)

Times: Wednesdays, 1:15 – 2:45 pm

Contact: Tara

Phone: 780-414-6300

Cost: \$2.00/day, drop-in format

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

Venture Out

Kinsmen Sports Centre
(9100 Walterdale Hill)

Contact: Shelley 780-342-5509

Times: 1:30 – 3:30 pm

Cost: \$1/day – Drop in Format

Stay active, have fun and learn new skills. Qualified instructors and a variety of specialized equipment are provided to ensure your “Venture Out” to the Kinsmen Centre is an enjoyable one. Some activities include yoga, archery, fitness walking, cross country skiing, badminton and mountain biking.

Sports Check

Glenrose Rehabilitation Hospital Gym
(10230 – 111 Ave.)

Contact: Cathy 780-342-7765

Times: Thursday, 6:30 – 8:30 pm

Cost: \$1.00/day, drop-in format

Do you enjoy team sports, getting active and having fun? A sports based program featuring higher impact activities such as volleyball, floor hockey, basketball.

West-end Recreation and Wellness Program

Villa Marguerite Activity Room
9810 – 165 Street

Contact: Dawn 780-735-3387

Times: Wednesdays, 1:30 – 3:30 pm

Cost: \$1.00/day, drop-in format

Improve your well being, have fun, connect and socialize with others. Join us in the West end for a variety of activities with qualified instructors.

Out of the Shadows

This program offers an opportunity to learn basic drawing and painting techniques. Expand upon current skills or come out and experiment with a new medium. Materials supplied, drop-in format.

Central:

Harcourt House Art Centre Studio
(10215 – 112 St.)

Contact: Cathy at 780-342-7765

Times: Thursdays, 1:00 – 3:00 pm (\$2)

Fridays, 1:00 – 2:30 pm (free)

West:

Villa Marguerite Activity Room
(9810 – 165 St.)

Contact: Deanna at 780-342-7936

Times: Thursdays, 1:00 – 3:00 pm

Cost: \$2

South Side Fitness

Millwoods Recreation Centre
(7207 – 28 Ave)

Contact: Michelle at 780-342-7786

Times: Tuesdays, 1:00 – 2:30 pm

Cost: Free with a Leisure Access card or \$2 per drop-in

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

Bowling

K-J Bowl (12143 – 54 St)

Contact: Carmen at 780-342-2736

Times: Wednesdays 1:00 – 3:00 pm

Cost: \$3 (includes bowling and shoe rental)

Drop-in format. Meet new people, socialize and enjoy a game of bowling.

DiverseCity Wellness

Contact: Cathy at 780-342-7765

A variety of social/recreational programs offered in the inner city. A monthly schedule of events is available.

Londonderry Fitness

Londonderry Fitness & Leisure Centre
(14528 – 66 St.)

Contact: Carmen at 780-342-2736 or
Raschel 780-342-5378

Times: Fridays, 10:00 – 11:30 am

Cost: Free with Leisure Access card

Get out and get active at Londonderry Leisure Centre. An opportunity to improve your fitness level, learn about the fitness equipment and programs at the facility and meet new people.

SOS Players

Canadian Mental Health Association
(10045 – 111 St.)

Contact: Tara at 780-414-6300

Times: Mondays, 11:00 am – 12:30 pm

This program offers the opportunity to come out, have fun and socialize while practicing and performing readers' theatre plays. The SOS Players present plays to support groups, schools and community groups, working to educate the public about the realities of mental illness and improve the quality of life of the players themselves.

Walking Club

9942 – 108 St., South entrance (Pathways)

Contact: Michelle at 780-342-7786

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

Cost: Free, drop-in format

Meet new people, socialize and get fit by joining a group fitness walk. All fitness levels welcome.

Dreamcatcher Nature-Assisted Therapy Association



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

Contact: Eileen Bona
Phone: 780-922-1047
Fax: 780-922-4217
Email: dreamcatcher@wildroseinternet.ca
Website:
www.dreamcatcherassociation.com

Fuzzy Face Express

Deamcatcher Ranch, 53044 R.R. #213,
Ardrossan, AB

Dates: By Appointment
Times: By Appointment
Ages: No Limit
Disability Group: All
Cost: To be determined by needs

Animals and qualified animal handlers and mental health or special needs staff to attend programs to provide animal assisted activities, education or therapy. All the animals are screened, trained and certified.

Edmonton and Area Special Needs Ice Hockey

30, 53522 RR272
Spruce Grove, AB T7X 3N2

Contact: Gavin and Carmen Mulcahey
Phone: 780-960-5315
Fax: 780-960-5325
Email: gjmulcahey@yahoo.ca or
cjmulcahey@yahoo.ca

Ice Hockey

Dates, Times and Location TBA
Any ability with a desire to skate and play hockey welcome, any and all welcome.

This is an inaugural program to the Edmonton area that will teach some hockey basics; where children will one day obtain enough skills and knowledge to hopefully participate in fun games of hockey. Any child/teen who has some basic ice skating abilities is welcome to participate. This program would be modeled after teams who now participate with special Hockey International (www.shi.com). It is one day desired to expand and have children, teens and adult teams in the Edmonton Area enjoy this unique program.

We are trying to encourage families to participate and enjoy a taste of life at the rink. If you think this is something you and your family would enjoy please give us a call. We are working on arranging ice times on weekends at a reasonable time of day.

Edmonton Epilepsy Association

11007 – 124 Street NW
Edmonton, AB T5M 0J5

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 is dedicated to serving people with special needs.

Main floor, Stanley A. Milner Library
7 Sir Winston Churchill Square.

Phone: 780-496-1888

Available Materials:

Large-Print Books – Includes hardcover and lightweight soft cover books available at all 16 library locations.

Daisy Books – Digital talking book, designed to allow you to move around the text as efficiently and flexibly as you can, as a print user.

Talking Books – Audio books specifically designed for people unable to read or use conventional print. Some requires a medical certificate. A book discussion group is held

every month for talking book customers; call Library Access for details 780-496-1888).

Spoken Word – Audio books and CDs that do not require a medical certificate. Located in all 17 branches.

Descriptive Videos and DVDs (DVS) – Movies that describe the visual elements for people who are blind or have low vision.

Children's Braille Books – EPL now has more than 250 titles from favorite children's authors. Educational tools include Braille Phonics for kindergarten to Grade 2 and a Braille dictionary.

American Sign Language Videos (ASL) – For people with hearing impairments. Available only at the Stanley A. Milner Library.

EPL also has an EPL GO outlet at Cameron Library on the University of Alberta campus.

Services:

Adaptive Technologies – The Edmonton Public Library has a new leading-edge workstation, called a LEAP Station (Library Equal Access Program), at the Stanley A. Milner Library. It brings together many helpful aids in a single workstation to make our collection and materials more accessible to persons with disabilities.

- Motorized, adjustable furniture
- Alternate keyboards and mice
- Screen magnification
- Refreshable Braille display
- Braille printer
- Optical Character Recognition (OCR) scanner

- Word prediction software
- JAWS, Read & Write Gold software

The LEAP station is located on the main floor of the downtown branch, just south of the Library Access Division (LAD) desk. LAD staff need to help customers sign on to use the workstation.

To find out more, call the Library Access Division at 780-406-1887 or on our website (www.epl.ca) under 'Library Access.'

Home Service – Available to people living in their own homes, and residents of extended-care facilities and seniors' lodges. Carefully screened and trained volunteers deliver library materials to registered home-service customers. Book-cart service is provided to most extended-care facilities and seniors' lodges.

Edmonton Sled Hockey Club



28 Howard Crescent
St. Albert, AB
T8N 5W5
Ph. (780) 418-8395

28 Howard Crescent
St. Albert, Alberta T8N 5W5

Contact: Dean Krawec
Phone: 780-418-8395
Email: dkrawec@shaw.ca
Website: www3.telus.net/eshc/

Adult Sledge Hockey

Dates: Saturdays

Location: Tri-Leisure Centre in Spruce Grove or Leduc Rec Centre please check website for exact location of practices

Ages: 18 and up

Disability Group: All disabilities

Cost: \$175

The Edmonton Sled Hockey Club was formed in August 2000 to provide an opportunity for disabled and able-bodied athletes to participate in the game of ice hockey together in the Edmonton and surrounding area. Our goals as a club are to provide a developmental sled hockey program and a schedule of competitions for recreational or elite athletes.

Elves Special Needs Society

10825 – 142 Street
Edmonton, AB T5P 3A6

Contact: Mitch Pogonowski
Phone: 780-481-5335
Fax: 780-483-5316
Email: elves@interbaun.com

Elves Adult Program

Monday – Friday, year-round
9:00 a.m. – 3:00 pm
20 years and up

Disability Group: Physical and Developmental Disabilities

Cost: Dependant on the participants

Location: Elves Adult & Youth Centre
(address above)

Elves Adult Program is an alternative to an employment day program for adults with developmental disabilities. Services to participants in the Adult Program are guided by the principles of Person Centred Planning. Based on these principles, participants develop individual goals in the following areas: communication, motor skills, relationship and relational skills, daily living, self help, and recreation and leisure.

Excel Society

11831 123 Street
Edmonton, AB T5H 0G7

Contact: Melissa Monz (Intake Coordinator)

Phone: 780-424-4366 ext. 26

Fax: 780-482-7964

Email: mmonz@excelsociety.org

Website: www.excelsociety.org

Gerard Raymond Centre

11831 – 123 St
Edmonton, AB T5L 0G7

Dates: Monday to Friday 8 a.m. to 4 pm

Ages: 18 and up

Cost: Individuals must qualify for funding through P.D.D. There is a \$20 monthly program fee.

The GRC offers a variety of community recreation, leisure and special events as well as in-house activities, educational, volunteer and work experience. The GRC is equipped with an Xperiential learning unit.

John McGee Day Options

3925 – 99 St
Edmonton, AB T6E 6M4

Time: Monday to Friday
8:00 am – 4:00 pm

Ages: 18 and up

Cost: Individuals must qualify for funding through P.D.D. There is a \$20 monthly program fee.

The program offers a balance of paid employment, supportive employment, community recreation and leisure, in-house activities as well as education opportunities. The facility offers a sports lounge with a pool table, ping-pong and other such games.

Girl Guides of Canada — Edmonton

11404 – 142 Street
Edmonton, AB T5M 1V1

Phone: 1-800-565-811

Locations: Various throughout the city

Ages: 5 and up

Website: www.guidesedmonton.ab.ca or
www.girlguides.ca

Guiding is THE place for today's girls. Girl Guides of Canada-Guides du Canada (GGC) offers challenging, active girl-centred programming for girl ages 5 to 17 and up. Through guiding, girls can have fun, make new friends and grow through a wide variety of experiences. We welcome all girls to be part of the following groups:

Sparks – 5 and 6 year olds

Brownies – 7 and 8 year olds

Guides – 9 to 11 year olds

Pathfinders – 12 to 14 year olds

Rangers – 15 to 17+ year olds

For almost 100 years, Girl Guides of Canada-Guides du Canada has been providing opportunities for fun, friendship and adventure to girls and women across the country. We are continuously work to eliminate the barriers that prevent girls from challenging themselves and being empowered to become responsible citizens.

As the leading organization in Canada for girls and women, GGC strives to reflect the diversity of our country and of our communities. By continually striving to be as inclusive as possible, we are breaking

through the barriers that can be created by culture, languages, socio-economic status and functional ability while enabling all Canadian girls to participate fully in our programs.

Glenrose Rehabilitation Hospital

10230 – 111 Avenue NW
Edmonton, AB T5G 0B7

Contact: Candyce Girard

Phone: 780-735-7985

Fax: 780-735-7946

Email: candyce.girard@albertahealthservices.ca

Therapeutic Swim

Glenrose Pool

Time:

Tuesdays and Thursdays, 5:00 – 7:00 pm

Saturdays and Sundays, 12:00 – 3:00 pm

Cost: \$3 / session

Opportunity for individuals to swim/exercise in a warm pool at their own pace. No instruction is provided. Individuals must provide their own attendant, if they require assistance. No fee is charged for attendants.

Stretch – A – Cise

Glenrose Pool

Time:

Tuesdays and Thursdays, 7:00 – 8:00 pm

Cost: \$3.50/Session

Instructor led aquatic exercise program designed for those with mobility limitations such as arthritis or stroke.

Jurassic Forest and Learning Centre

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

Contact: Greg Suess, General Manager

Phone: 780-470-2446

Fax: 1-888-879-6076

Email: greg@jurassicforest.com

Website: www.jurassicforest.com

Interpretive Dinosaur Tours

Date: May-October (annually)

Time: 9:00 am – 7:00 pm (daily)

Age: All ages

Cost: Tour Packages: All-inclusive – \$11:50 each; Basic Package – \$8.00 *Basic admission prices also apply

Fully interpreted and self guided tours are offered, giving visitors of all ages a chance to visit and interact with gigantic, life sized and startlingly realistic dinosaurs that live and breathe in Jurassic Forest. Watch dinosaurs in action, and enjoy an educational experience in a land populated with plants and animals that ruled the planet millions of years ago.

Trails and washrooms are wheelchair friendly.

Concession on site, with picnic lunches being encouraged. A 40 acre boreal forest, located just minutes from Edmonton and million of years from the past!

Little Bits Therapeutic Riding Association (LBTRA)

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

Contact: Olena Dudych

Phone: 780-433-6162

Fax: 1-888-398-4003

Email: info@littlebits.ca

Website: www.littlebits.ca

Little Bits Therapeutic Riding for Children and Adults with Disabilities

Whitemud Equine Centre (Fox Drive and Keillor Road)

Dates: Between

Sept 10 – December 3, 2011

Ages: 3.5 and up

Cost: \$350 for 10 week session and \$420 for 12 week session

Little Bits is a non-profit, charitable organization providing recreational horseback riding for children and adults with disabilities. Each year more that 125 riders experience the benefits of therapeutic riding. Established in 1975, the organization offers accessible, affordable riding programs that provide a number of benefits including increased self-esteem, improved muscle control, strength and endurance, relaxation and most of all enjoyment.

MIRA Facilitation Centre

6944 Roper Road
Edmonton, AB T6B 3H9

Contact: Richard MacKay

Phone: 780-450-9414

Fax: 780-440-9362

Email: richard@mirafc.ca

Website: www.mirafc.ca

MIRA specializes in providing services for individuals with Developmental Disabilities. MIRA focuses on encouraging a balanced environment that focuses on the Mira's five components of independence, education, socialization, recreation, vocation activities.

Day Program – Recreational

The Recreational Program at the MIRA Facilitation Centre is developed around the goals and desires of our individuals. The program focuses on improving the quality of life for all of our individuals by providing individually focused activities with an emphasis on fitness and skill development.

Our individuals make suggestions and requests as to what activities they would like to try and do. These suggestions are then implemented into the monthly schedule based on the theme, and the individuals choose which activities they would like to participate in for that month.

An example of some of the activities are: Fitness and Swimming at Grant MacEwan, The Walking Club, Laser Tag, Basketball, Cooking Class, Art Classes.

Residential Program – Recreational

Each individual is encouraged to participate in activities and events that are of interest to them. The Recreational Program encourages the individuals to attend special events and join recreational clubs such as martial arts, dance lessons, or sports teams.

Multiple Sclerosis Society of Canada

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

Contact: Tara Chisolm

Phone: 780-471-3034

Fax: 780-463-7298

Email: tara.chisolm@mssociety.ca

Website: www.mssociety.ca/edmonton

MS Fun Fridays

Dates: Every second Friday
September 9 – December 2, 2011

Times: 11:00 am – 1:00 pm

Location: MS Society office
Open to all ages and abilities

Cost: Free

Mind games, puzzles, poker, cribbage, Nintendo Wii Sports are all part of this innovative and interactive program.

Tai Chi

MS Society office

Dates: Mondays, September 12 – December 5, 2011

Times: 11 am – 12 pm

*Note there will be no class on October 10

Cost: \$40 members, \$50 non-members

A movement art form that enhances relaxation, movement and balance.

Yoga

MS Society office

Dates: Tuesdays, September 13 – November 29, 2011

Wednesdays, September 14 – November 30, 2011

Times: Tuesdays, 9:30 – 11:30 am

Wednesdays, 9:30 am – 11:00 pm

Cost: \$60 members, \$75 non-members

Gentle exercise program that improves flexibility, relaxation and strength.

MS Bowling

Bonnie Doon Bowling Lanes

Dates: Every second Monday, September 12 – December 5

Times: 11:30 am – 1:30 pm

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

Networks Activity Centre

#327, 10106 – 111 Avenue
Edmonton, AB T5G 0B4

Contact: George Kapetoenakis

Phone: 780-474-3363

Fax: 780-474-3310

Email: georgek@nacentre.ca

Website: www.nacentre.ca

Networks

Dates: Monday – Friday (closed first Friday of each month)

Times: 10:00 am – 3:00 pm

Ages: Adult

Disability Group: Brain injury and stroke

Cost: \$20 per month

Social and recreation activities. Ceramics, bingo, sewing, karaoke, leather works, clay works and cooking classes are offered weekly. Please call for detailed monthly calendar.

Nina Haggerty Centre for the Arts

Nina Haggerty Artist Collective
9225 118 Ave
Edmonton, AB T5G 0K6

Contact: Wendy Hollo

Phone: 780-474-7611

Time: Weekdays, 10:00 am – 2:00 pm

Age: 18 years and up

Cost: Membership in Collective is \$150 – \$300 per year based on the number of days attending

A studio program supporting adults with developmental disabilities to become practicing artists. Art supplies, studio space, exhibition opportunities and mentorship by professional artists are provided.

Artists committing to one or more days a week in the studio pay an annual membership fee. Artists receive a portion of the selling price for artwork sold in the Stollery Gallery (on-site)

Our Lady Queen of Peace Ranch (North)

903 – 153 Avenue
Edmonton, AB T5Y 6C8

Contact: Audrey Richards
(Program Manager)

Phone: 780-475-7259

Fax: 403-949-2042

Email:

arichards@ourladyqueenofpeaceranch.com

Features of the ranch: 214 Acres nestled along the North Saskatchewan River, located within Edmonton City Limits. OLQP North is easily accessible while maintaining the feeling of a back country experience.

Programming is modeled after OLQP South and is likewise introducing Day Group Programming that promotes, playing with purpose. Groups visiting during July and August will have the option of choosing between 5 themed itineraries where youth will be lead through a number of activities designed to promote the objectives of the theme. A hot dog lunch is provided with every visit. Contact the ranch for more information on all programs.

Paralympic Sports Association

10024 – 79 Avenue NW
Edmonton, AB T6E 1R5

Phone: 780-439-8687

Fax: 780-432-0486

Contact: Kim McDonald

Email: info@parasports.net

Website: www.parasports.net

Fall & winter programs

Sledge Hockey

Junior Division: The junior division is where players can work on developing their skills. Players will have the opportunity to work in game situations as well as working on more advanced techniques of sledge hockey. The Intermediate team has an opportunity to compete against EMHA teams and other sledge hockey teams throughout the season.

Program Runs:

Times: Tuesdays from 6:15 – 7:30 pm at
Donnan Arena (9104 – 80 Ave)

September 20 – December 13, 2011

January 3 – March 20, 2012

Registration Fee: \$180 or 3 Bingos plus
2 Mandatory Bingos

Intermediate Division: The intermediate division is open to more advanced players who are willing to play a more physical game.

Program Runs:

Times: Tuesday from 7:45 – 9:00 pm at
Donnan Arena (9104 – 80 Ave)

September 20 – December 13, 2011

January 3 – March 20, 2012

Registration Fee: \$180 or 3 Bingos plus
2 Mandatory Bingos

Adult Beginner Division: This new program is specifically designed for adults who have never played sledge hockey before! Coaches will go over the basic skills and techniques on a sledge as well as the rules and strategy of game play. Everyone will be at the same level-Beginner-so come out and give it a try!

Program Runs:

Times: Thursday from 7:30 – 8:30 pm at
Donnan Arena (9104 – 80 Ave)

September 22 – December 15, 2011

January 5 – March 22, 2012

Registration Fee: \$180 or 3 Bingos plus
2 Mandatory Bingos



Sledges in Schools Program

The Sledges in Schools program is a joint venture between the Paralympic Sports Association and the Children's Ability Fund. The Children's Ability Fund provides the sledges for the program and the Paralympic Sports Association administers the program. Sledge Hockey is an innovative sport that incorporates the same rules and discipline structure of stand-up ice hockey. Sledge Hockey players sit on specially designed sleds with skate blades under the seat and use two sticks not only to pass, stick handle and shoot the puck, but also to propel and maneuver their sledges down the ice. Although originally designed for people with a physical disability, sledge hockey is now played as an inclusive sport, it is available to any individual, with or without a disability, who is interested in playing.

The Sledges in Schools Program is offered to provide the following:

1. To provide equipment (Sledges) for individuals with a disability. Sledges can be borrowed from the PSA; enabling students with equipment to participate in skating/hockey activities with their class in school AND
2. To provide the opportunity for children and youth to try Sledge Hockey by participating in a **Sledge Hockey Demo**. The PSA brings out a group of 12 – 15 sledges for the class to use. We provide background information on the history, the equipment, rules and strategies of Sledge Hockey. The students get the opportunity to try Sledge Hockey first hand, as they hop into a Sledge and are lead through

drills and finally into a scrimmage. It is a great opportunity for everyone to see the sports available for people with a disability-- – and to recognize the abilities of people with a disability.

Contact the PSA at 780-439-8687 for more information or to schedule your individual or class booking.

Teen & Adult Group

This is the newly designed Teen & Adult Group is specifically designed for teens and young adults aged 13—29 years. The group meets at various locations around the city on Saturday evenings to participate in fun social events. This program is a great opportunity for participants to get out into the community and keep active while having fun.

Featured Activities:

- Volleyball
- Halloween Party
- Floor Hockey
- Christmas Party
- Sleigh Ride
- Basketball
- Soccer
- Roller Rink
- Tae Kwon Do
- Wall Climbing
- Going out for dinner
- Ice Skating
- Bowling
- Wheelchair Rugby
- Swimming
- Games

*Specific Thursdays from 12 – 2 pm we will be working on a special event community project with University students. More details to come!

Program Runs:

Times: October 22, 2011 – June 2012
Saturdays from 7:00 – 9:00 pm (may vary)
at various locations throughout Edmonton
Registration Fee: \$40 or 1 bingo (Further costs will apply depending on the event)

Wheelchair Floor Hockey

This is an instructional floor hockey program that enables participants to build skills in stick handling, passing and shooting as well as game skills and strategies. Athletes who use an electric or manual wheelchair are welcome to participate. Athletes who have ambulatory disabilities can use a manual wheelchair available through the ACT Centre. The PSA Blue and Red Knights welcome new members to come out and join the team. This year the teams will be playing a floor hockey game once a month against a stand-up team. If you would like to play a game against the PSA teams contact Suzanne at 780-439-8687.

Program Runs:

Times: Mondays from 7:00 – 8:00 pm at the ACT Centre Gym (2909 – 113 Ave)
September 19 – December 12, 2011
(excluding October 10)
January 9 – May 28, 2012
(excluding Feb. 20, April 9 & May 21)
Registration Fee: \$50 or 1 Bingo

Thank you to the Edmonton Oilers Community Foundation for their generous grant to enable PSA to buy sport wheel chairs for our floor hockey program.

Wheelchair Square Dancing

Officially known as the Swinging Spokes, this group of wheelchair dancers meet Mondays at the Villa Marguerite (gym) and perform locally and nationally. On occasion, they travel and meet other wheelchair square dancers in Canada and the U.S.

Program Runs:

Times: Mondays from 6:30 — 8:30 pm at the Villa Marguerite (9810 – 165 St.)
September 12 – December 19, 2011
(excluding October 10)

January 9 – June 11, 2012
(excluding Feb. 20, April 9 & May 21)
Registration Fee: \$50 or 1 Bingo



Tae Kwon Do

Learn the skills and discipline of Taekwondo. Regardless of physical ability, any individual can gain something from Taekwondo. The Paralympic Sports Association in partnership with Tiger Taekwondo is excited to offer this great program. Tiger Taekwondo provides skilled instructors that use traditional training techniques, regardless of physical limitations, to help students achieve balance between body, mind, and spirit. The instructors adapt each lesson to meet the goals and abilities of each participant. Children, teens, and adults of all levels and abilities will see the benefits of Taekwondo. All participants will have the opportunity to be tested and move on to the next belt level.

Program Runs:

Times: Wednesdays from 7:15 – 8:15 pm at Tiger Taekwondo (7619 – 104 St)
September 21 – December 1, 2011
January 4 – April 25, 2012 (Excluding Spring Break Week March 26, 2012)

Registration Fee: TBD



Swimming

PSA's Swimming Program is specially designed to meet the varying needs of our members while providing small working groups and one-on-one assistance.

Learn to improve your skills with Certified Swimming Instructors working with the group to provide individualized instruction. Swimmers are further paired up with trained volunteers to offer one-on-one assistance (when possible) in addition to the instruction.

Swimmers are able to progress through the YMCA adapted Aqua-Advantage Swim Program. Each swimmer will be graded in the Fall term and again in the Spring term.

Program Runs:

Times:

Novice: 1:15 – 2:15 pm

Intermediate: 2:15 – 3:15 pm

Saturdays at the Don Wheaton Family YMCA pool (10211 – 102 Ave)

September 18 – December 11, 2010
(excluding October 9)

January 15 – March 26, 2011

*FREE PARKING during your swim lessons!
The first 3 hours in the YMCA and Manulife II Parkade on Saturdays are FREE!!!

Registration Fee: \$120 or 2 Bingos

Indoor Soccer

Time and location TBD

Pathways Day Program

(Addiction and Mental Health, Edmonton Zone, Alberta Health Services)

9942 – 108 Street
Edmonton, AB T5K 2J5

Contact: Michelle Knox

Phone: 780-401-2831

Fax: 780-425-9317

Dates and times:

Monday – Friday
10:00 am – 3:00 pm

Ages: 18 – 65 years old. Adults with mental health concerns

Cost: Free

Pathways is a drop in day program that offers a variety of social, recreational opportunities including fitness, arts and crafts, cooking, music, discussion groups and community outings. Pathways also offers some opportunities for gaining work experience in a group work setting.

Robin Hood Association

141 Broadway Blvd
Sherwood Park, AB T8H 2A4

Contact: Laurie Massie

Phone: 780-467-7140 ext. 253

Fax: 780-449-2028

Email: massie@robinhoodassoc.com

Website: www.robinhoodassoc.com

Special Olympics Alberta

11759 Groat Road
Edmonton, AB T5M 3K6

Phone: 780-415-0719

Fax: 780-422-2663

Email: info@specialolympics.ab.ca

Website: www.specialolympics.ab.ca

Special Olympics Alberta (SOA) is the sport governing body for athletes in Alberta with intellectual disabilities. SOA ensures quality program delivery throughout Alberta by working with 33 community chapters.

Special Olympics Edmonton

200, 10323 – 178 Street
Edmonton, AB T5S 1R5

Contact: Sean Gillen

Phone: 780-448-1886

Fax: 780-448-1490

Email: pro_soe@telus.net

Website: www.specialolympicsedmonton.ca



SOE offers a variety of programs for individuals with an intellectual disability. Most programs begin in October and run through until March, May or June.

All ages and abilities from 2 – 80 years, are welcome to register

Program Opportunities include:

- 5 pin bowling – all levels, Sundays in three different locations
- 10 pin bowling – all levels, every second Saturday at Gateway Lanes
- Alpine skiing – all levels, Monday evenings at Snow Valley Ski Club
- Basketball – all levels, Wednesday evenings at Holy Trinity High School
- Cross Country Skiing – all levels, Thursday evenings at Gold Bar Park
- Curling – all levels, Tuesdays evenings at the Derrick Club
- Figure & Speed Skating – all levels, Sunday evenings at Kinsmen Twin Arena A
- Floor Hockey

Division A – Wednesday evenings at St. Joseph's High School

Division B – Wednesday evenings at the Saville Sports Centre

Division C – Saturdays Afternoons at Saville Centre

Division D (Beginner) – Wednesday evenings at Gabrielle Roy High School

- Indoor soccer – all levels, Thursday evenings at the South Soccer Centre
- Rhythmic gymnastics – all levels, Monday or Friday evenings at the Glenrose Rehabilitation Hospital Gymnasium or Thursday evenings at Glengarry Elementary School
- Snowboarding – all levels, Tuesday evenings at Snow Valley Ski Club
- Snowshoeing – all levels, Sunday afternoons at Peter Hemmingway Fitness & Leisure Centre
- Swimming – all levels, Monday evenings at the NAIT Pool
- Powerlifting – all levels, Saturday mornings at the University of Alberta, **NEW PROGRAM THIS YEAR!**



Young athletes have the Active Start (2 – 6 yrs), Youth Basketball

(6 – 11 yrs), FUNdamentals (7 – 14 yrs) and Youth Indoor and Outdoor Soccer Programs (6 – 11 yrs) to choose from. They are specifically geared to help develop basic motor skills, promote good health, good sportsmanship, and to have fun! These programs run at various locations and days of the week.

For further information and to register please call 780-448-1886 or email pro_soe@telus.net.

Spina Bifida & Hydrocephalus Association of Northern Alberta

Box 35025
10818 Jasper Ave
Edmonton, AB T5J 0B7



Contact: Alisha Brown
Phone: 780-451-6921
Fax: 1-888-881-7172 (Attn: Alisha)
Email: info@sbhana.org
Website: www.sbhana.org

Camp Freedom for teens with spina bifida– (summer only) located at Camp He Ho Ha. Other non recreational programs are offered throughout the year. Check the website or call for further details.

Steel Wheels Rugby

Contact: Bruce or Dale
Email: bruce.crosby@gov.ab.ca or DaleN@harding.ca
Website: www.steel-wheels.ca

The Edmonton Steel Wheels Quad Rugby Club competes internationally in the sport of wheelchair rugby. The Steel Wheels practice Thursday and Saturday nights at the new St. Francis Xavier Sports Centre, Gym #3 (9420 – 163 Street).

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



The Steadward Centre for Personal & Physical Achievement



W1-67 Van Vliet Centre
University of Alberta
Edmonton, Alberta T6G 2H9

Contact: Danielle Della Siega
Phone: 780-492-3182
Fax: 780-492-7161
Email: danielle.dellasiega@ualberta.ca
Website: www.steadwardcentre.ualberta.ca

The Steadward Centre for Personal and Physical Achievement is a disability research centre providing adapted physical activity and sport programs for children youth and adults with disabilities.

Adapted Fitness Programs for Adults

Circuit Training (ages 18+)

Free2BMe Space (University Pavillion)

Contact: Nozomi 780-492-9236
Dates: Tuesday and Thursday
Fall 2011: September 20 – December 1
Winter 2012: January 17 – March 22
Spring 2012: April 3 – June 7
Time: 10:00 – 11:00 am
Cost: \$10 (1X/ week) \$20 (2X/ week)

This group program offers a one hour dynamic workout for all fitness levels. A variety of equipment is used including tubing, exercise bands, dumbbells and more. The session focuses on range of motion and resistance training exercises.

Water In Motion (Ages 18+)

University of Alberta West Pool

Dates: Tuesday and Thursday
Fall 2011: September 20 – December 1
Winter 2012: January 17 – March 22
Spring 2012: April 3 – June 7
Contact: Nozomi 780-492-9236
Time: 1:00 – 2:00 pm
Cost: \$25 (1X/ Week) \$40 (2X/ week)

A shallow water adapted aquasize program for adults with mobility impairments that incorporates cardiovascular endurance, resistance training and flexibility exercises.

Individualized Adapted Fitness Programs

Contact: AFPA Program Office
Phone: 780-492-9236

Personalized fitness programs are developed by trained exercise specialists in adapted physical activity.

Memberships within the adapted fitness facility include:

- Consultation
- Fitness assessment
- Personalized Exercise Programs
- Scheduled Exercise sessions
- Program updates

Free2BMe – Physical Activity for Kids and Teens with Disabilities



Motor Skill Development (ages 4+)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office

Phone: 780-492-8269

Dates:

Fall 2011: September 12 – December 2

Winter 2012: January 9 – April 14

Spring 2012: April 30 – June 15

Times:

Monday: 10:30 am – 12:00 pm and 2:30 – 6:00 pm

Tuesday, Wednesday, Thursday: 1:30 – 6:00 pm

Friday: 10:30 am – 12:00 pm and 1:30 – 6:00 pm

Cost: \$100/ ten sessions

Ten one-on-one 30 minute, individualized motor skill development sessions led by Steadward Centre Physical activity Consultants.

Personal Fitness Sessions (ages 12 – 19)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates:

Fall 2011: September 12 – December 2

Winter 2012: January 9 – April 14

Spring 2012: April 30 – June 15

Time:

Monday: 10:30 am – 12:00 pm and 2:30 – 6:00 pm

Tuesday, Wednesday, Thursday: 1:30 – 6:00 pm

Friday: 10:30 am– 12:00 pm and 1:30 – 6:00 pm

Cost: \$120/ ten sessions

Ten one-on-one 45 minute, individualized sport and fitness development sessions led by APA Consultants.

Athlete in Training Club

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Tuesday and/ or Wednesday

Fall 2011: September 19 – November 28

Winter 2012: January 9 – March 28

Time: 6:00 – 7:30

Cost: \$100 (1X/ week) \$150 (2X / week)

Individual weight training and sport specific training programs. Learn and develop skills in the areas of strength and conditioning, specific to your sport or fitness goals.

Cycle Challenge (ages 7+)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Tuesday or Thursday
(May 1 – June 14, 2012)

Time: 6:30 – 8:00 pm

Cost: \$70/term

Learn and improve basic cycling skills with the assistance of staff and volunteers.

Movin' and Groovin' (ages 6 – 15)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Tuesday
(September 20 – November 22, 2011)

Time: 6:30 – 8:00 pm

Cost: \$100/term

Cost: \$100/ term

Learn motor skills, body awareness, balance and posture through movement and dance activities.

PAWS: Pre-Adolescent Workout Sessions (ages 7 – 13)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Tuesday
January 17 – March 27, 2012

Time: 6:30 – 8:00 pm

Cost: \$100/ term

An interactive ten station circuit program duplicating real world sports movements while building endurance, flexibility and

strength. Specialized equipment includes a ski trainer, moonwalker, and semi recumbent elementary exercise bikes. Workout buddies welcome but not required.

Sport Sampler (ages 7 – 12)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Thursday
Fall 2011: September 22 – November 24
Winter 2012: January 18 – March 28

Time: 6:30 – 8:00 pm

Cost: \$100/term

Come out and try a variety of instructional physical activities and sports.

Teen Night (ages 12 – 19)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Wednesday
Fall 2011: September 21 – November 23
Winter 2012: January 18 – March 28

Time: 6:30 – 8:00 pm

Cost: \$100/ term

Exposure to physical activities such as martial arts, yoga, aerobic drumming and much more through individual fitness programs and group exercise.

Free2BMe Intramural Night (ages 10 – 19)

University Pavilion (Free2BMe)

Contact: Free2BMe Program Office
780-492-8269

Dates: Wednesday

Spring 2011: May 2 – June 13, 2012

Cost: \$70/term

A weekly sports night, emphasizing continuous play, incorporation of rules, skills and team building.

*Buddies welcome – bring a friend.

Community Transition Program

This program is designed for individuals with disabilities who would like to begin an exercise program within in a community fitness facility but require information and support to get started. Through this program our consultants provide hands on support while individuals gain the skills and confidence to lead a healthy active lifestyle within their community.

For more information please contact Bobbi-Jo Atchison at 780-492-9389 or bobbijoa@ualberta.ca

Athlete Development Program

In partnership with the Alberta Sport Development Centre – Capitol Region, the Athlete Development Program provides emerging and established athletes with current sport science techniques and practices to prepare them for the next level of competition.

For more information please contact Kirsti Van Dornick at 780-248-1285 or kirstiv@ualberta.ca

iDance (Integrated Dance Program)

A dance program for individuals of all abilities that explores a variety of dance forms and creative movement processes in an inclusive environment.

For more information please contact Lindsay Eales at leales@ualberta.ca



Wheelchair Sports Alberta

11759 Groat Road
Edmonton, AB T5M 3K6

Contact: Laurie Wilson

Phone: 780-427-8721

Email: wsa2@telusplanet.net

Website: www.abwheelchairsport.ca

Bridging the Gap – Weekly Program

Glenrose Rehabilitation Hospital gymnasium

Dates: Thursdays

Times: 5:30 – 6:30 pm

Cost: Free

Ages: Open to all ages

Disability Group: Open to all physical disabilities and skill levels

“Bridging the Gap – Getting Physically Active” offers individuals with physical disabilities the opportunity to get involved in wheelchair sports. If you are looking to get involved in sports at either a recreational or competitive level, we can help!

Our Weekly Program is a drop-in event where participants are exposed to a variety of sports in a recreational setting. No pre-registration is required for the program.

WTTU Family Martial Arts

7024 – 82 Avenue/13325 – 89 Street
Edmonton, AB T6B 0E7

Phone: 780-463-0963

Fax: 780-463-0963

Contact: Randy Hamilton

Beginner Martial Arts Program

Date: Program runs year round

Age: Preschool/School Age/Juniors/Adults

Cost: 6 Weeks \$69 Including Uniform

This program is great for anyone who is willing to try their best! We have lots of experience modifying our program for cognitive and physical disabilities. Special Ability Divisions for competition are available as well. If you think you can, you can!

YMCAs

Castledowns YMCA

11510 – 153 Avenue
Edmonton, AB T5X 6A3

Contact: Denise Meliefste

Phone: 780-476-9622

Fax: 780-476-9725

Website: www.edmonton.ymca.ca

Jamie Platz YMCA

7121 – 178 Street
Edmonton, AB T5T 2N9

Contact: Travis Jackman

Phone: 780-930-2314

Fax: 780-487-4038

Email: tjackman@edmonton.ymca.ca

Website: www.edmonton.ymca.ca

Adult Leisure Program

Ongoing

Dates/times:

Saturdays, 6:30 – 8:30 pm

September 6 – October 25 (Fall 1)

November 1 – December 20 (Fall 2)

Cost: \$36 members/\$47 non-members

Disability Group: Open to adults with mental disabilities.

A social and recreational program for adults with special needs, mild to moderate disabilities. Numerous activities include swimming, bowling, recreational games, special events and social gatherings.

William Lutsky YMCA

1975 – 111 Street
Edmonton, AB T6J 7C6

Contact: Karen Davis

Phone: 780-439-9622

Fax: 780-469-3367

Email: kdavis@edmonton.ymca.ca

Website: www.edmonton.ymca.ca

YoWoChAs Outdoor Education Centre

P.O. Box 313
Fallis, AB T0E 0V0

Phone: 780-892-2660

Fax: 780-892-2888

Email: yowochas@ywcaofedmonton.org

Website: www.ywcaofedmonton.org

Outdoor Education/Group Rental

Lake Wabamun

Date: September – June

Time: Daily — day use or residential

Cost: varies with number of participants and length of stay.

Offers instructional programs in outdoor recreation, leadership development, environmental education, fun and games. Residential and day programs are tailor-made to each group's goals, abilities and interests. Program available for groups of 12 or more.

ACCESSIBILITY INFORMATION

For a detailed listing of Community Service's facilities and parks accessibility features, call 780-496-4917 (TTY) 780-944-5555 transfer code: DISREC. Accessibility improvements are constantly being made to ensure all facilities and parks are as accessible as possible. Call the facility prior to your visit to obtain updated accessibility information.

OTHER VALUABLE LEISURE RESOURCES

The following leisure brochures are available by calling 311:

- Priceless Fun Guide
- Summer Program Guide (community daycamps, River Valley Daycamps, wading pools/spray decks, neighbourhood playgrounds, skateboard park and youth info)
- E-Active (Leisure, Sports and Fitness Facilities Recreation Guide)
- River Valley Programs
- Community Facilities & Parks Accessibility Guide
- Brochures for each Major Attraction and Facility
- ACT Aquatic and Recreation Centre Flyer

OTHER RESOURCES/ NEW INITIATIVES

City of Edmonton Advisory Board on Services for Persons with Disabilities

Contact: Diana O'Donoghue

Phone: 780-496-5822

Fax: 780-577-3525

TTY: 780-944-555

transfer code: DISBOARD

The ABSPD acts as a liaison between the community and City of Edmonton departments and services. We provide referrals to various organizations and keep City departments and Council informed of the many issues affecting the disability community in our city.

DATS

DATS provides door-to-door public transportation for registered, pre-booked passengers 16 years of age or older who have a severe physical or cognitive disability and meet the required eligibility criteria. DATS takes reservation bookings three days in advance of travel, two days in advance of travel, and the day before until 12:00 noon. Subscription bookings are available for trips required on a regular basis, such as work or school.

All passengers must be registered with DATS before booking trips.

Trip bookings: 780-496-4567

TTY: 780-496-5506

transfer code: DATSBOOK

Email: Dats@edmonton.ca

Website: www.takeETS.com/DATS



Limelight Film Showcase

Phone: 780-496-4917

Dates: October 15th Whitemud Crossing Library, 12:00 – 5:00 pm

October 18th Myer Horowitz Theatre, UofA, 12:00 – 10:00 pm

2011 Special Guests, I Dance and Luca “Lazylegz” Patuelli give live performances!

For more information please visit the website at www.limelightfilms.ca

Most of the films shown are written, directed and/or performed by people with disabilities. The films include documentaries, dramas and musicals and are intended to entertain, provoke thought, spark discussion and inspire.

Active Living Alliance for Canadians with a Disability (ALACD)

The Active Living Alliance for Canadians with a Disability (ALACD) Alberta Initiative promotes inclusion and active healthy lifestyles for all Canadians with a disability through communication and collaboration with all members of our Alberta communities. For more information on the Alberta Initiative of the ALACD and how you can get involved, informed and active, please visit our website at www.ala.ca and click on the Alberta link or email ab@ala.ca



All Abilities Welcome

All Abilities Welcome (AAW) is a campaign launched by the Active Living Alliance for Canadians with a Disability that will encourage an attitude of openness and cooperation around inclusion in physical activity, leisure, recreation and sport programs at the community level. Please visit www.allabilitieswelcome.ca for more information. Resources include a free AAW inclusion toolkit, a database of inclusive programs and events from across the country and trained speakers throughout Canada sharing their stories and delivering AAW presentations. To learn more about All Abilities Welcome or to book one of our speakers for your event, please browse the pages of the website or contact us by calling 1-800-771-0663.

Adapted Activity Equipment Bag

Interested in seeing and using some of the newest adapted physical activity equipment by Wintergreen? Ever wish you had the opportunity to test equipment with your activity group or physical education class before committing to buying it? We have a solution for you! Currently, ALACD-AB has two large hockey bags filled with samples of adapted activity equipment for you to borrow, free of charge! Any group or organization can request to borrow the equipment bags from our office for one to two-week periods at a time. All that we ask is that any equipment that starts out in the bag is returned to the bag; and that you use the equipment to inject extra fun into your everyday activity plans! Please contact us to find out more at ab@ala.ca.

Access 2 Entertainment Card

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 persons 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.access2.ca for more information and to download an application form.

UPCOMING FESTIVALS AND SPECIAL EVENTS

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

Festival/Event	Location	2011 Date(s)	Contact Info
Symphony under the Sky	Hawrelak Park Amphitheatre	Sept 2 – 5	www.edmontonsymphony.com/symphony-under-the-sky/2011-symphony-under-the-sky
Movies on the Square	Sir Winston Churchill Square	Sept 2 – 4 Oct 7 – 8	Call 780-944-7740 or email Civiv.Events@edmonton.ca for more info. Movie starts at dusk, bring your own chair.
Edmonton International Film Festival	Various Locations	Sept 23 – Oct 1	www.edmontonfilmfest.com
Global Visions Film Festival	Various locations	TBD	www.globalvisionsfestival.com
Canadian Finals Rodeo	Rexall Place	Nov 9 – 13	www.canadianfinalsrodeo.com
Festival of Trees	Shaw Conference Centre	Dec 1 – 4	Email: FestivalOffice@festivaloftrees.ab.ca
New Years Eve Downtown	Sir Winston Churchill Square	Dec 31	www.eventsedmonton.ca
Silverskate Festival	Hawrelak Park	Feb 17 – 20	www.silverskatefestival.org

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