



Cerebral Palsy Association in Alberta Edmonton 2011 Program Schedule

Yoga (Day Program)

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

1st Session: September 28, 2011 – November 2, 2011

2nd Session: November 9, 2011 – December 14, 2011

Age Group: Adults

Times: Wednesdays, 10:15am - 11:15am

Location: Winnifred Stewart Association (gym) 11130 -131 St

Fee: \$20/6 week session

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

Yoga (Evening Program)

1ST Session: September 13, 2011 – October 18, 2011

2nd Session: November 1, 2011 – December 6, 2011

Age Group: Adults

Times: Tuesdays, 7:00pm – 8:00pm

Place: Villa Marguerite 9810-165 Street (Gym)

Fee: \$35/6 week session

Room: Auditorium

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

YogaBees

Dates: November 1, 2011 – December 6, 2011

Age Group: Children Ages (6-15 Years)

Times: Tuesdays, 6:00pm – 7:00pm

Place: Villa Marguerite 9810-165 Street (Gym)

Fee: \$45/6 week session

Room: Auditorium

Contact: Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

CALGARY OFFICE

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WWW.CPALBERTA.COM



Computability

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

Dates: Ongoing

Age Group: Adults

Times: Monday, Tuesday and Thursday 8:30am - 3:30pm

Location: CPAA office (17231-105 Avenue)

Fee: \$10.00/Month (1 hour session/week)

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

Art Expressions

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

1st Session: September 21, 2011 – October 26, 2011

2nd Session: November 2, 2011 – December 7, 2011

Age Group: Adults

Times: Wednesdays, 2:30pm - 4:30pm

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

*DATS drop off south side on 102A Ave.

Fee: \$35.00/6 week session

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

Children's Art Program (In partnership with Centre for Autism Services Alberta)

This six week children's art program is open to children of all disabilities. The adapted program is designed to enhance children's physical, mental and emotional well-being through the exploration of various art forms such as painting, clay and much more!

Age Group: 6-13 Years

1st Session: September 11, 2011-October 23, 2011 (No class October 9/11).

2nd Session: November 6, 2011-December 11, 2011

Times: Sundays, 1:00pm - 2:00pm

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

Fee: \$80/6 week session (**Registration deadline: October 15/11**).

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

CookAbilities

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

1st Session: September 23-October 14, 2011

2nd Session: November 4-December 2, 2011 (No class November 11th)

Age Group: Adults

Times: Fridays, 11:30am - 1:00pm

Location: Whitemud Real Canadian Superstore 4410- 17 St

Fee: \$55/4 week session

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

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**Boccia Program** (In partnership with Alberta Cerebral Palsy Sports Association)

Boccia 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. 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.

Age Group: Adults

Dates: October 3, 2011 – December 12, 2011 (no class October 10th)

Times: Mondays, 6:30pm - 7:30pm

Location: Central Lions Senior Recreation Centre 11113-113 St (Main Gym)

Fee: \$30/10 week session

Contact Kim for more information or to register at kim@cpalberta.com or (780) 477-8030

Music Therapy

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 person self-confidence.

Age Group: Adults

Dates: October 11, 2011 – November 15, 2011

Times: Tuesdays, 2:45 pm - 3:30pm

Location: Villa Marguerite- 9810-165 Street

Fee: \$53/6 week session

Contact Kimberly for more information or to register at kimberly@cpalberta.com or (780) 471-9167

Ballerina Dreams

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!

Age Group: 2 ½ to 15

Dates: October 22, 2011 – December 10, 2011

Times: Mondays, 3:00 pm – 5:00 pm (two groups)

Location: DanceCo Studios, 9030 McKenney Avenue, St. Albert

Fee: \$75/8 week session

Contact Kimberly for more information or to register at kimberly@cpalberta.com or (780) 471-9167

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