



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, 10:30am - 11:30am

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

Fee: \$20/6 week session

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: \$30-\$35/6 week session (cost determined based on enrollment numbers)

Room: Auditorium

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)

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

CALGARY OFFICE

12001 - 44 STREET SE, CALGARY, ALBERTA T2Z 4G9

TEL: 403- 543- 1161 FAX: 403- 543- 1168 TOLL FREE: 1- 800- 363- 2807

EDMONTON OFFICE

17231 - 105 AVENUE, EDMONTON, ALBERTA T5S 1H2

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WWW.CPALBERTA.COM



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

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

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

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

Fee: \$55/6 week session **Please register before August 15/11.**

CookAbilities

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

Dates: September 23--October 14, 2011

Age Group: Adults

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

Location: Whitemud Real Canadian Superstore 4410- 17 St

Fee: \$55/4 week session

Boccia

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.

*Please contact our office for dates & times.

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.

*Please contact office for dates & times.

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!

*Please contact office for dates & times.

For more information or to register contact kim@cpalberta.com or (780) 477-8030.

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