



Cerebral Palsy Association in Alberta Edmonton 2016 Program Schedule

All of CPAA's programs are inclusive which means, they are open to all members within the age categories regardless of ability.

Art Expressions (In partnership with Art Gallery of Alberta)

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: January 20th, 27th, February 3rd, 10th, 17th & 24th, 2016

2nd Session: March 2nd, 9th, 16th, 23rd, 30th, & April 6th, 2016

3rd Session: April 13th, 20th, 27th, May 4th, 11th & 18th, 2016

4th Session: September 21st, 28th, October 5th, 12th, 19th, 26th, 2016

5th Session: November 2nd, 9th, 16th, 23rd, 30th & December 7th, 2016

Group: Adults

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

Location: Art Gallery of Alberta (2 Sir Winston Churchill Square) Room: LL1 (Orange Studio) *DATS drop off south side on 102A Avenue

Fee: \$65/6 week session

Scribbles & Giggles

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!

1st Session: January 24th, 31st, February 7th, 21st, 28th & March 6th, 2016 (No class Feb 14th)

2nd Session: March 13th, 20th, April 3rd, 10th, 17th & April 24th, 2016 (No class March 27th)

3rd Session: April 3rd, 10th, 17th, 24th, May 1st & 15th, 2016 (No class May 8th & 22nd)

4th Session: September 25th, October 2nd, 16th, 23rd, 30th & November 6th, 2016 (No class October 9th)

5th Session: November 13th, 20th, 27th, December 4th, 11th & 18th, 2016

Age Group: 4-17 Years

Times: Sundays, 1:30pm - 2:30pm

Location: Art Gallery of Alberta (2 Sir Winston Churchill Square) Room: LL1 (Orange Studio)

Fee: \$80/6 week session



YogaBees

This six week gentle movement yoga class is open to children of all disabilities. The adapted program provides an opportunity for children to explore yoga in a fun, warm, non-competitive and supportive environment!

1st Session: January 19th, 26th, February 2nd, 9th, 16th & 23rd, 2016

2nd Session: March 1st, 8th, 15th, 22nd, 29th & April 5th, 2016

3rd Session: April 12th, 19th, 26th, May 3rd, 10th & 17th, 2016

4th Session: September 20th, 27th, October 4th, 11th, 18th, 25th, 2016

5th Session: November 1st, 8th, 15th, 22nd, 29th & December 6th, 2016

Age Group: Children Ages (4-17 Years)

Times: Tuesdays, 6:00pm – 7:00pm

Location: Winnifred Stewart Association (Gym) 11130 -131 St Gym (upstairs 1st level))

Fee: \$55/6 week session

Tranquil Movements Yoga (Evening) (In partnership with the Winnifred Stewart Association)

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

1st Session: January 19th, 26th, February 2nd, 9th, 16th & 23rd, 2016

2nd Session: March 1st, 8th, 15th, 22nd, 29th & April 5th, 2016

3rd Session: April 12th, 19th, 26th, May 3rd, 10th & 17th, 2016

4th Session: September 20th, 27th, October 4th, 11th, 18th, 25th, 2016

5th Session: November 1st, 8th, 15th, 22nd, 29th & December 6th, 2016

Times: Tuesdays, 7:00pm - 8:00pm

Location: Winnifred Stewart Association (Gym) 11130 -131 St Gym (upstairs 1st level)

Fee: \$40/6 week session

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

1st Session: January 20th, 27th, February 3rd, 10th, 17th & 24th, 2016

2nd Session: March 2nd, 9th, 16th, 23rd, 30th, & April 6th, 2016

3rd Session: April 13th, 20th, 27th, May 4th, 11th & 18th, 2016

4th Session: September 21st, 28th, October 5th, 12th, 19th, 26th, 2016

5th Session: November 2nd, 9th, 16th, 23rd, 30th & December 7th, 2016

Age Group: Adults

Times: Wednesdays, 10:30am - 11:30am

Location: Winnifred Stewart Association (Gym) 11130 -131 St Gym (upstairs 1st level)

Fee: \$25/6 week session



Tempo Gusto (In partnership with the Winnifred Stewart Association)

This music program offers participants the opportunity to learn a variety of instruments, songs while interacting in a group setting within the community. In addition; the program allows people to express themselves through music and has shown to increase a person's self-confidence.

1st Session: January 19th, 26th, February 2nd, 9th, 16th & 23rd, 2016

2nd Session: March 1st, 8th, 15th, 22nd, 29th & April 5th, 2016

3rd Session: April 12th, 19th, 26th, May 3rd, 10th & 17th, 2016

4th Session: September 20th, 27th, October 4th, 11th, 18th, 25th, 2016

5th Session: November 1st, 8th, 15th, 22nd, 29th & December 6th, 2016

Age Group: Adults

Times: Tuesdays, 1pm - 2pm

Location: Winnifred Stewart Association (Gym) 11130 -131 St Gym (upstairs 1st level)

Fee: \$65/6 week session

Computability Program

The computability program offered by the Cerebral Palsy Association in Alberta allows participants to learn basic skills in computer usage. Basic skills in computers can be applicable to today's everyday life settings and awards participants with improved confidence in technology. This program is based on group learning in a classroom setting; throughout each level, the participant is able to apply previously learned material to enhance their knowledge. Each level will be graded for completion in order to move onto the next level. Each level will consist of a 4-6 week session.

Age Group: Adults

Times: Each person will have a permanent scheduled day and 1 hour time slot each week.

Location(s): See below for locations and days offered. Please contact CPAA to register and a schedule will be arranged at that time.

1st Location: On Site Placement Services #200, 10025-106 St

Start Dates: Wednesday (January 13) Thursday (January 14)

2nd Location: Learning Centre Literacy Association #218, 3210-118 Ave (Abbottsfeld Mall)

Start Dates: Friday (January 15)

Fee: \$70/6 month session or \$12 monthly/6 month session



CookAbilities

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

1st Session: January 22nd, 29th, February 5th & 19th, 2016 (No class February 12th)

2nd Session: February 26th, March 4th, 11th & 18th, 2016 (No class March 25th)

3rd Session: April 1st, 8th, 15th & 22nd, 2016

4th Session: April 29th, May 13th, 27th & June 3rd, 2016 (No class May 6th & 20th, 2016)

5th Session: September 23rd, 30th, October 14th, 21st, 2016 (No class October 7th, 2016)

6th Session: October 28th, November 4th, 18th, 25th, 2016 (No class November 11th, 2016)

7th Session: December 2nd, 9th, 16th, & 23rd, 2016

Age Group: Adults

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

Location: Whitemud Real Canadian Superstore 4410- 17 St Room: Cooking School (upstairs by Medical Centre)

Fee: \$55/4 week session

Dance without Limits

This 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!

1st Session: January 9th, 16th, 23rd, 30th, February 6th, 20th, 27th & March 5th, 2016 (No class February 13th)

*Recital date: March 12th

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

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

Fee: \$75/9 week session

Youth Transitions

This program is designed to provide youth ages 15-25 and their families ongoing support; through the stages of transitioning to adult life. This program offers one on one counselling; some of the topics of discussion include post-secondary education, health care navigation and funding and much more.

Dates: Ongoing

Age Group: 15-25 Years

Times: Varies

Fee: No cost

To register for all above programs please contact Kim Henye at 1-888-477-8030 or kim@cpalberta.com