



Cerebral Palsy Association in Alberta Edmonton 2012 Adult 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: January 25, 2012 – February 29, 2012

2nd Session: March 7, 2012 – April 11, 2012

Age Group: Adults

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

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

Fee: \$25/6 week session

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

Yoga (Evening Program)

1st Session: January 24, 2012 – March 6, 2012 (**Class cancelled February 7th**)

2nd Session: March 13, 2012 – April 17, 2012

Age Group: Adults

Times: Tuesdays, 7:00pm – 8:00pm

Place: Villa Marguerite 9810-165 Street

Fee: \$40/6 week session

Room: Auditorium

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

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/Month (1 hour session/week)

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

Program sponsored by: The Mark Mercier Foundation.

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

TEL: 780- 477- 8030 FAX: 780- 471- 0855 TOLL FREE: 1- 888- 477- 8030

WWW.CPALBERTA.COM



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 – Wednesday's January 18, 2012 - Feb 22, 2012

2nd Session - Wednesday's March 7, 2012 - April 11, 2012

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: \$40/6 week session

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: January 20, 2012 – February 10, 2012

2nd Session: February 17, 2012 – March 9, 2012

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

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

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: January 10, 2012 – February 14, 2012

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

Location: Villa Marguerite- 9810-165 Street

Fee: TBD

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

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