



Cerebral Palsy Association in Alberta Edmonton 2012 Adult Program Schedule

Art Expressions (In partnership with the 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: September 19, 2012 - October 24, 2012

2nd Session: October 31, 2012 - December 5, 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.

Room: LL1 (Orange Studio)

Fee: \$40/6 week session

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 9:00am - 3:00pm

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.

CookAbilities

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

1st Session: September 7, 2012 - September 28, 2012

2nd Session: October 19, 2012 - November 9, 2012

3rd Session: November 23, 2012 - December 14, 2012

Age Group: Adults

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

Location: Whitemud Real Canadian Superstore 4410- 17 St

Room: Cooking School (upstairs end of hall next to Medical Centre)

Fee: \$55/4 week session

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

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



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

Session: September 4, 2012 - October 9, 2012

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

Location: Villa Marguerite- 9810-165 Street

Fee: \$63/6 week session

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

Yoga (Day) (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: September 19, 2012 - October 24, 2012

2nd Session: November 14, 2012 – December 19, 2012

Age Group: Adults

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

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

Room: Gym (Upstairs 1st level)

Fee: \$25/6 week session

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

Yoga (Evening)

1st Session: September 18, 2012 - October 23, 2012

2nd Session: November 13 2012 - December 18, 2012

Age Group: Adults

Times: Tuesdays, 7:00pm – 8:00pm

Location: Villa Marguerite 9810-165 Street

Room: Auditorium

Fee: \$40/6 week session

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

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