

Leisure Resources

2010



Ability Society
Canadian Association of Disabled Skiing
Calgary Parks and Picnic Areas
Calgary Public Library
 Homebound Readers Service
 Service Card
Calgary Wheelchair Curling Association
Calgary Seniors Club
Calgary Sledge Hockey Club
Cerebral Palsy Association in Alberta (CPAA)
Disabled Sailing Association of Alberta (DSA)
Kerby Senior Center
 Grocery Delivery Service
 Programs
Lunchbox Theatre
Kiwanis Music Festival
Picture this....Film Festival
Rehabilitation Fitness Classes @ the
University of Calgary
Southern Alberta Brain Injury Society (SABIS)
William Watson Lodge
Voice Print

<p>Ability Society</p> <p>http://www.abilitysociety.org/index.html</p>	<p>Ability Society is a community based nonprofit agency that provides a range of services to persons with special needs and their families.</p> <p>Some of these programs are:</p> <p>ComputAbility is a volunteer driven program that provides computer literacy education to persons with special needs and seniors. There are three different types of programs: Tutor Assisted, Support Worker Assisted and Summer Computer Camps. All programs are available to persons of all special needs in any age group at no cost.</p> <p>Arts & Crafts Programs Scrapbooking Arts & Crafts Learning to Quilt</p> <p>Check out the Website for further information regarding their programs and services</p>	<p>Calgary Office Main Office Ability Society 331 - 41 Ave NE Calgary, Alberta T2E 2N4</p> <p>Phone: (403) 262-9445 Fax: (403) 262-4539 info@abilitysociety.org</p> <p>Please contact ComputAbility Program Facilitator for further information ComputAbility Program Facilitator Direct: (403) 262-9445 ext. 111 email: computability@abilitysociety.org</p>
<p>Canadian Association of Disabled Skiing (CADS)</p> <p>http://www.cadscalgary.ca/</p>	<p>CADS is a volunteer based organization having as its main objective the promotion of skiing & snowboarding for persons with a disability in order to promote their full integration into society.</p> <p>Usually registration starts in October and lessons start in January.</p>	<p>Phone: 403.286.8050 Email: info@cadscalgary.ca</p>
<p>Calgary Parks and Picnic Areas</p> <p>http://www.healthy-picnics.com/Calgary_picnic_areas.html</p>	<p>This website gives a list of popular picnic areas in Calgary.</p>	

<p>Calgary Public Library Homebound Readers Program</p>	<p>The Homebound Reader Program provides library service to customers who are temporarily or permanently unable to visit the Library due to a disability, illness, or frailty of age, and who have no alternative means of obtaining library materials. The Library relies on a network of volunteers to provide the link between the Library and its homebound customers.</p>	<p>Contact Person for Homebound Readers Program: Augusto Casali Phone: 403-260-2700 E-mail: augusto.casali@calgarypubliclibrary.com</p>
<p>Calgary Public Library Service Card http://calgarypubliclibrary.com/</p>	<p>If you are receiving Supports for Independence, Assured Income for the Severely Handicapped, Guaranteed Income Supplement, or if you have a Medical Services Card, the yearly registration fee for a Library card may be waived. Please talk to Library staff.</p>	
<p>Calgary Senior Clubs http://www.calgaryarea.com/Seniors/clubs.htm</p>	<p>This website provides a list of Senior Clubs in Calgary.</p>	<p>Calgary Senior Clubs http://www.calgaryarea.com/Seniors/clubs.htm</p>
<p>Calgary Sledge Hockey Club www.calgarysledgehockey.ca</p>	<p>The Calgary Sledge Hockey Club serves people of all ages with disabilities, their friends and family by increasing sporting opportunities in ice hockey for people with disabilities. (Upper body strength and mobility is required to play sledge hockey)</p>	<p>Contact Jon Bateman,</p>
<p>Calgary Wheelchair Curling Association</p>	<p>Calgary Wheelchair Curling Association provides service to children and adults with varying forms of mobility or cognitive disabilities. The season runs from October to March on Saturdays from 1030-1230 at the Ogden Legion Curling Club.</p>	<p>Contact Jack Smart, <i>Director</i> Phone : 403.201.0041 Email: jack.smart@shaw.ca</p>

<p>Cerebral Palsy Association in Alberta (CPAA) Community & Sports</p> <p>3688 48th Ave NE, Calgary AB http://www.cpalberta.com/</p>	<p>There are a range of sports and recreation programs offered through the CPAA. Here are a list of a few:</p> <ul style="list-style-type: none"> • Swimming • Music Therapy • Adaptive Cycling • Try-it Fencing 	<p>Contact: Sara Evans (Community Sports Coordinator)</p> <p>Phone: 403.543.1164</p> <p>Email: sara@cpalberta.com</p>
<p>Disabled Sailing Association of Alberta</p> <p>www.dsaalberta.org</p>	<p>The Disabled Sailing Association provides the opportunity for people with disabilities the access to and enjoyment of sailing. While also promoting independence, safety and education and community inclusiveness.</p>	<p>11012 MacLeod Trail South Calgary, AB (403) 225-8050</p>
<p>Kerby Senior Center</p> <p>http://www.kerbycentre.com/index.php</p>	<p>Senior Center- 55 plus. The Kerby Center offers a variety of programs and services to the aging population of Calgary. Check out the website or email for more information.</p>	<p>Email : information@kerby.com</p>
<p>Kerby Senior Center Grocery Delivery Service</p> <p>http://www.kerbycentre.com/grocery_delivery.php</p>	<p>Volunteers shop and deliver groceries to frail or disabled older people in Calgary. The service includes delivery of prescriptions, over the counter medications, and personal items available from a grocery store. The cost is \$3.00 per delivery.</p> <p>A home visit is required to establish eligibility.</p>	<p>Phone: (403) 234-6571 E-mail: grocerydelivery@kerbycentre.com</p>
<p>Kerby Senior Center- Programs</p> <p>http://www.kerbycentre.com/programs.php</p> <p>(pdf brochure) http://www.kerbycentre.com/files/Current%20Programs.pdf</p>	<p>Up and active! Consider the exciting programs offered at Kerby Centre. Winter, spring, summer, or fall, there's something for everyone 55-plus. Get your feet wet in aquacise, develop your artistic side, or learn a new language.</p>	<p>Phone: (403) 705-3233 E-mail: program@kerbycentre.com</p>

<p>Kiwanis Music Festival</p> <p>www.calgarykiwanisfestival.ca</p>	<p>No more events for 2010</p>	<p>301 14 Street Northwest Calgary, AB (403) 283-6009</p>
<p>Lunchbox Theatre</p> <p>www.lunchboxtheatre.com</p>	<p>Lunchbox Theatre is the world's largest lunchtime theatre!! For information regarding show times, admissions, and volunteer opportunities call, email, or go to their website.</p> <p>Calgary Lunchbox Theatre is located at the base of the Calgary Tower.</p>	<p>Phone: 403.265.4292 x 0 Email: boxoffice@lunchboxtheatre.com</p>
<p>Picture This...Film Festival</p> <p>http://www.ptff.org/</p>	<p><i>Picture this...film festival</i> is an international disability film festival. It is a non-profit annual event initiated by the Community Development department of Calgary Scope Society, a registered non-profit society. There are a few members of staff and many <u>volunteers</u> who work year round to bring the festival to the public.</p>	<p>Email: director@ptff.org Phone: 403.717.5610 Fax: 403.291.4087 Calgary Scope Society #211, 2323 32 Avenue NE Calgary AB T2E 6Z3</p>
<p>Rehabilitation Fitness Classes @ The University of Calgary</p> <p>https://pr1web.ucalgary.ca/CamRecWebPublic/Event/EventList.aspx?treekey=030F38</p>	<p>Physical activity is an important part of personal health and wellness. This program offers both individualized and group land-based activity programs to persons with physical disabilities. Individuals interested in joining one of our programs should call 220-8112 for information and to book an orientation prior to registering.</p> <p>The Rehabilitation Fitness classes at the U of C run for 14 weeks: May-Aug, Sept-Dec & Jan-April (May –August 2010 semester is currently full).</p>	<p>Call: 403.220.8112</p>
<p>Southern Alberta Brain Injury Society (SABIS)</p>	<p>The Southern Alberta Brain Injury Society promotes lifelong supports and services for adults with</p>	<p>Southern Alberta Brain Injury Society #137, 2723 - 37 Ave. N.E.</p>

<p>http://www.sabis.ab.ca/html/about_us.htm</p>	<p>acquired brain injury and their families and advocates for open and inclusive communities for all persons regardless of the severity of their brain injury</p>	<p>Calgary, AB T1Y 5R8 Phone: (403) 521-5212 Fax: (403) 283-5867 Toll Free: 1-866-527-2247 E-mail Address: sabis@sabis.ab.ca</p>
<p>William Watson Lodge</p> <p>http://tpr.alberta.ca/parks/kananaskis/facilities_wwlodge.asp</p>	<p>William Watson Lodge provides year-round accommodation for Albertans with disabilities as well as senior citizens of Alberta who are 65 years and older.</p> <p>Overlooking the beautiful Lower Kananaskis Lake, the facility is composed of a main lodge for day use, twenty-two accessible cabins, six vehicle campsites, and six walk-in tenting sites.</p> <p>Brochure: http://tpr.alberta.ca/parks/kananaskis/pdfs/2007_WWL_Brochure.pdf</p>	<p>For more on bookings, fees, and general information call (403) 591-7227, or fax (403) 591-7372.</p> <p>William Watson Lodge Peter Lougheed Provincial Park P.O. Box 130 Kananaskis Village, Alberta T0L 2H0</p> <p><i>(William Watson Lodge is approximately 150 km or 1 hour and a half south west of Calgary See brochure)</i></p>
<p>VoicePrint</p> <p>www.voiceprintcanada.com</p>	<p>VoicePrint: is a non-profit, 24/7 audio newsstand that broadcasts top stories — international, national, regional and local — from more than 600 Canadian newspapers and magazines into 10 million homes.</p>	<p>304-1010 1 Avenue Northeast Calgary, AB T2E 7W7 (403) 515-8430</p>