

## Leisure and Recreation

### Chapter Contents

- Cultural Opportunities
- Recreation Resources
- Libraries
- Travel Insurance
- Travel Services

### CULTURAL OPPORTUNITIES

Edmonton offers a variety of cultural opportunities for the public including art galleries, ballet and dance, chamber music, opera, symphony, theatre and many others. Specific events are listed in the two local daily papers, the Edmonton Journal and the Edmonton Sun. Watch the Edmonton Examiner for the Seniors' Scene every 3rd Wed of the month.

#### Alberta Culture and Community Spirit

Heritage and Museums  
Phone: 780.431.2300  
www.albertapast.com

- An admission discount is provided to all seniors visiting Alberta heritage facilities.

### RECREATION RESOURCES

#### ACT Aquatic and Recreation Centre

2909 113 Ave  
Mailing address: PO Box 2359 T5J 2R7  
Phone: 311  
www.edmonton.ca/leisurecentres/ACT

- Adult Senior Leisure Dance: Wed 1:30 pm - 3:00 pm. Kick up your heels to live toe tapping music. Have a good

time socializing and dancing. Light refreshments served. Fee \$2.

- Water Works: Mon & Wed 12:00 pm – 1:00 pm. This is a safe and easy aquatic exercise program for people with muscle or joint mobility problems. Follow the instructor as you decrease stiffness, increase flexibility and restore or maintain strength; all to soft music. Fee \$6.

#### Alberta Tourism, Parks, Recreation and Culture

Sport and Recreation Division  
903 Standard Life Centre  
10405 Jasper Ave. NW T5J 4R7  
Phone: 780.415.0261  
Email: keri.theroux@gov.ab.ca  
www.tpr.alberta.ca  
Contact: Keri Theroux

- Provides copies of Canada's "Physical Activity Guide for Older Adults" free of charge.

Bulk orders: 1.888.334.9769 (toll free).  
www.paguide.com

#### Visitor Services

Phone: 780.427.9383  
www.tpr.alberta.ca/parks/default.aspx

- Some provincial parks and recreation areas offer camping fee discounts to Albertans 65 years of age or older.

#### Commonwealth Stadium

11000 Stadium Rd. NW  
Mailing address: P.O. Box 2359 T5J 2R7  
Phone: 311  
www.edmonton.ca/commonwealthstadium

## Community Services Information Line-City of Edmonton

Phone: 311

[www.edmonton.ca](http://www.edmonton.ca)

- Information about Community Services' facilities and programs including sports facilities, community activities, counselling services and other services provided through the Community Services Department.
- For specific listings refer to telephone directory, under City of Edmonton blue pages.
- **Leisure Access Program Phone: 780.496.4918.**
- Provides unlimited free admission to City recreation facilities and reduced cost for registered programs for low income individuals and families

## Devonian Botanic Garden

Located in Parkland County, 5 kms north of Devon on Hwy 60, only minutes from West Edmonton

Phone: 780.987.3054

[www.devonian.ualberta.ca](http://www.devonian.ualberta.ca)

Hours of Operation: Open to visitors daily May to Thanksgiving, and year-round for education courses.

- 190 acres to explore at the Devonian Botanic Garden. Indoor show houses, butterfly house, annual & perennial displays, Kurimoto Japanese Garden, rose, lilac and peony collections, native people's garden, alpine, herb and sensory garden.
- Natural handmade crafts, gift shop, patio café.
- Guided hourly tram tours, group rates, Garden Express seniors' tour packages with transportation from Edmonton.

## Edmonton Marigold 55 Plus Recreation

Contact: Pat Covington

Alberta 55 plus Edmonton, Zone 6

11113 113 Street, NW T5G 2V1

Phone: 780.454.6560

Email: [mariplus@telus.net](mailto:mariplus@telus.net)

- Participates in Alberta 55 PLUS Provincial Winter/Summer Games July 2011.
- Organizes own winter/summer games during non-provincial Games years.
- Membership Fee: \$30 per year allows participation in all Edmonton, Zone 6 recreational activities and workshops.

 | Devonian Botanic GARDEN

### DISCOVER THE GARDEN!

See the many treasures at the Devonian Botanic Garden on one of our guided tours:

- Hourly Tram Tours
- Walking Tours
- Group Tours
- Garden Express for Active Seniors (includes tour, lunch & transportation from Edmonton)

Call today for information!

Located in Parkland County, 5 kms north of Devon on Hwy 60  
Open daily May 1 to Thanksgiving  
780-987-3054 ext. 2259 [www.devonian.ualberta.ca](http://www.devonian.ualberta.ca)

## Leisure and Recreation

### Edmonton Valley Zoo

13315 Buena Vista Road NW

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 311

Email: [attractions@edmonton.ca](mailto:attractions@edmonton.ca)

[www.valleyzoo.ca](http://www.valleyzoo.ca)

### Fort Edmonton Park

Corner of Fox Drive & Whitemud Drive

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 780.496.7381

[www.fortedmontonpark.ca](http://www.fortedmontonpark.ca)

- The largest living-history park in Canada is an adventure through four time periods in Edmonton's colourful history.
- Open daily from Victoria Day weekend to Labour Day weekend.
- Steam train and streetcar rides are included in admission and the train caboose is wheelchair accessible.
- Hotel Selkirk has High Tea served every Wednesday afternoon from June through August. Call 780.496.7227 to book your reservation.

### Harcourt House Arts Centre

3rd. Fl.-10215 112 St. NW T5K 1M7

Phone: 780.426.4180

Email: [harcourt@telusplanet.net](mailto:harcourt@telusplanet.net)

[www.harcourthouse.ab.ca](http://www.harcourthouse.ab.ca)

### Heritage Amphitheatre

Phone: 780.496.4069

Email: [amphitheatre@edmonton.ca](mailto:amphitheatre@edmonton.ca)

- The Heritage Amphitheatre is a stunning outdoor venue in Hawrelak Park with a covered stage & seating for 1,100 patrons and additional festival seating on the grassy slopes.
- It is the largest of its kind in western

Canada and is a great live venue for music, theatre, and festivals.

- Each year over 50,000 visitors experience this unique natural setting which is also available for bookings like weddings and major events.

### John Janzen Nature Centre

Corner of Fox Drive & Whitemud Drive

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 311

[www.edmonton.ca/johnjanzen](http://www.edmonton.ca/johnjanzen)

- currently closed for renovations, opening early summer 2011
- learn about the natural wonders of Edmonton's river valley
- seniors' rates available

### John Walter Museum

(Kinsmen Park)

9100 Walterdale Hill NW

Mailing address P.O. Box 2359 T5J 2R7

Phone: 311

[www.edmonton.ca/johnwalter](http://www.edmonton.ca/johnwalter)

- Admission is free, though donations are gratefully accepted
- Open Sundays from March to December
- Learn about Edmonton's history through the story of this pioneer family

### Kinsmen Sports Centre

9100 Walterdale Hill NW

Mailing address: P.O. Box 101 T6E 2V3

Phone: 311

Email: [kinsmensports@edmonton.ca](mailto:kinsmensports@edmonton.ca)

[www.edmonton.ca/kinsmen](http://www.edmonton.ca/kinsmen)

- Special rates for senior citizens (65+) per visit or passes to reduce the cost.
- Four swimming pools, two fitness centres, fitness equipment. Personal

trainers and nutritionists available for consultation. Walking and running tracks, racquet courts, change rooms, outside tennis courts, cafeteria and other services.

- Check E Active Recreation Guide or website for registered or drop-in fitness classes.

### Muttart Conservatory

9626 96A St.

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 780.442.5311

[www.muttartconservatory.ca](http://www.muttartconservatory.ca)

### Northlands

Information line only: 780.471.7210

[www.northlands.com](http://www.northlands.com)

- Community connections. Phone 780.471.9200 for events information
- Includes Rexall Place, Expo Centre and Northlands Park Racing and Gaming.

### Physical Activity and Recreation Directory

Edmonton Seniors Coordinating Council

Phone: 780.423.5635

[www.seniorscouncil.net](http://www.seniorscouncil.net)

- Many city-operated recreation facilities and attractions offer seniors' programs, and a discounted general admission seniors' rate (65 years and older)
- For a listing of active living opportunities for city facilities and other recreation providers for seniors in Edmonton, call Edmonton Seniors Coordinating Council (ESCC) at 780.423.5635 or visit [www.seniorscouncil.net](http://www.seniorscouncil.net) for a searchable database of programs

### Provincial Archives of Alberta

8555 Roper Rd. NW T6E 5W1

Phone: 780.427.1750

Email: [paa@gov.ab.ca](mailto:paa@gov.ab.ca)

[www.provincialarchives.alberta.ca](http://www.provincialarchives.alberta.ca)

Hours of Operation:

Tues to Sat 9:00 am - 4:30 pm; Wed 9:00 am - 9:00 pm (No retrievals after 3:30 pm)

- Located in Edmonton, Alberta the Province Archives of Alberta acquires, preserves and makes available the documentary heritage of the province of Alberta.
- Throughout the year the provincial Archives hosts numerous events and workshops. For more information on our events please visit our website.

### Rocky Mountain Seniors Ski Club

Membership Information:

Email: [info@seniorsski.com](mailto:info@seniorsski.com)

[www.seniorsski.com](http://www.seniorsski.com)

- The Rocky Mountain Seniors Ski Club promotes alpine skiing for seniors, aged 55+.
- Whether you like to ski leisurely down the easy slopes, attack the double black diamonds, or just join in the many social events, you'll find many others to share your pleasure.
- Besides regular skiing at our home hill in Edmonton, Snow Valley, the club organizes a number of mid-week ski tours to various mountain ski resorts in Alberta and B.C.

#### Sage Seniors' Safe House

There is a shelter

Call 780.702.1520

## Leisure and Recreation

### Royal Alberta Museum

12845 102 Ave. NW T5N 0M6

Phone: 780.453.9100

[www.royalalbertamuseum.ca](http://www.royalalbertamuseum.ca)

- Visit our website for the latest information on exhibits, events and programs.

### Senior Citizen Centers

Most senior citizen centers have recreational programs; refer to the Seniors Organizations, Programs section on [pages 10-19](#) for a listing, and call the centers you are interested in for further information.

### Seniors' View

Visitor Services, Pedway Mall

Phone: 780.427.7362

[www.assembly.ab.ca/visitor](http://www.assembly.ab.ca/visitor)

- The Seniors' View offers guided tours of the Alberta Legislature for groups of seniors.

### TELUS World of Science™ - Edmonton

11211 142 St. NW T5M 4A1

Contact: Advance Sales

Phone: 780.451.3344

Email:

[info@telusworldofscienceedmonton.com](mailto:info@telusworldofscienceedmonton.com)

[www.telusworldofscience.com/edmonton](http://www.telusworldofscience.com/edmonton)

- Seniors' rates on General Admission & IMAX tickets
- Senior Annual Memberships
- Grandparent Annual Memberships

### Ukrainian Canadian Archives and Museum of Alberta

9543 110 Ave. NW T5H 1H3

Phone: 780.424.7580

- Welcomes tour groups.
- Research library available.
- Membership opportunities.

### YMCA of Edmonton

[www.edmonton.ymca.ca](http://www.edmonton.ymca.ca)

- Membership Options include:
  - **Sage** Facility Access Pass (available at the Don Wheaton Family YMCA only; valid between 8:00 am-4:00 pm, Mon-Fri. \$300.00 annual fee (prorated) or scheduled automatic monthly withdrawals of \$25.00)
  - Senior General Membership\*
  - Plus Membership\*
- \* detailed information on membership rates are available on our website
- Membership includes a variety of services and programs (including pool and drop-in classes) available to all ages and both genders.
  - Interested in finding out more about the YMCA? Visit them online or drop in for a tour at any one of the following locations:

#### Don Wheaton Family YMCA

10211 102 Ave. T5J 0A5

Phone: 780.452.9622

#### Castle Downs Family YMCA

11510 153 Ave. T5X 6A3

Phone: 780.476.9622

#### Jamie Platz Family YMCA

7121 178 St. T5T 5T9

780.481.9622

#### William Lutsky Family YMCA

1975 111 St. T9J 7C6

*As we grow older, our capacity for enjoyment shrinks, but not our appetite for it.*

*– Mignon McLaughlin,*

*The Neurotic's Notebook, 1960*

## LIBRARIES

### CNIB

12010 Jasper Ave. NW T5K 0P3  
Phone: 780.488.4871

### Edmonton Public Library

- EPL has been designated Senior Friendly™
- All locations (except the University) open Sundays from 1:00 pm – 5:00 pm.

Main location: Stanley A. Milner Library  
7 Sir Winston Churchill Square NW T5J 2V4  
Phone: 780.496.7000  
www.epl.ca

### EPL Locations

#### Abbotsfield - Penny McKee Branch

3410 - 118 Avenue T5W 0Z4  
Phone: 780.496.7839

#### Calder Branch

12522 - 132 Avenue T5L 3P9  
Phone: 780.496.7090

#### Capilano Branch

201 Capilano Mall,  
5004 - 98 Avenue T6A 0A1  
Phone: 780.496.1802

#### Castle Downs Branch

106 Lakeside Landing,  
15379 Castle Downs Rd T5X 3Y7  
Phone: 780.496.1804

#### eplGO - University of Alberta - Cameron

1-40 Cameron Library, U of A T6G 2J8  
Phone: 780.248.1662

#### Highlands Branch

6710 - 118 Avenue T5B 0P3  
Phone: 780.496.1806

#### Idylwyld Branch

8310 88 Avenue T6C 1L1  
Phone: 780.496.1808

#### Jasper Place Branch

Temporary Location from Feb 28, 2011 -  
Dec 31, 2012  
West End Medical & Professional Building  
9509 156 Street (third floor)  
Edmonton, AB T5P 0A4

#### Lois Hole Library

17650 69 Avenue T5T 3X9  
Phone: 780.442.0888

#### Londonderry Branch

110 Londonderry Mall,  
137 Avenue & 66 Street T5C 3C8  
Phone: 780.496.1814

#### Mill Woods Branch

601 Mill Woods Town Centre,  
2331 - 66 Street T6K 4B5  
Phone: 780.496.1818

#### Riverbend Branch

460 Riverbend Square,  
Rabbit Hill Road & Terwillegar Drive  
T6R 2X2  
Phone: 780.944.5311

#### Sprucewood Branch

11555 - 95 Street T5G 1L5  
Phone: 780.496.7099

#### Strathcona Branch

8331 - 104 Street T6E 4E9  
Phone: 780.496.1828

#### Whitemud Crossing Branch

145 Whitemud Crossing Shopping Centre,  
4211 - 106 Street T6J 6L7  
Phone: 780.496.1822

## Leisure and Recreation

### Woodcroft Branch

13420 - 114 Avenue T5M 2Y5

Phone: 780.496.1830

### Library Access Division

Phone: 780.496.1888

- Provides library materials to the elderly, ill or disabled who are unable to get to the library, through home delivery and library day at Senior residences.
- Special materials available: large print books, talking books for those certified as being unable to use conventional print books, descriptive videos for the blind.

## TRAVEL INSURANCE

All of the following organizations and businesses can advise you about or sell you travel insurance:

### Alberta Blue Cross

Phone: 780.498.8000

*See page 81 for further information*

### CARP (Canada's Association for the 50+)

Phone: 1.800.363.9736 (membership)

*See page 28 for complete listing.*

### Canadian Snowbird Association

Phone: 1.800.265.3200 or 416.391.9000

*See page 28 for further information.*

*You know you're getting old when  
all the names in your black book  
have M.D. after them.  
– Arnold Palmer*

## TRAVEL SERVICES

### Canada Border Services Agency

Edmonton Customs Services

Edmonton International Airport

Phone: 780.890.4300

Automated Customs information:

1.800.461.9999

[www.cbsa-asfc.gc.ca](http://www.cbsa-asfc.gc.ca)

### Canadian Transportation Agency

Phone Voice: 1.888.222.2592

Phone: TTY: 1.800.669.5575

Email: [info@otc-cta.gc.ca](mailto:info@otc-cta.gc.ca)

[www.otc-cta.gc.ca](http://www.otc-cta.gc.ca)

- Agency Priorities: Resolving Disputes, Improving Access, Administering Regulations
- Free publications: "Take Charge of Your Travel: A Guide for Persons with Disabilities"

### Parks Canada

Information on national parks, historical sites and marine conservation areas.

Phone: 1.888.773.8888

Reservation Line: 1.877.737.3783

Email: [information@pc.gc.ca](mailto:information@pc.gc.ca)

[www.pc.gc.ca](http://www.pc.gc.ca)

### Passport Canada

Phone: 1.800.567.6868

TTY: 1.866.855.7655

[www.passportcanada.gc.ca](http://www.passportcanada.gc.ca)

### Simplified Renewal Application Process

The Simplified Renewal Application Process allows Canadians to renew a passport without resubmitting proof of Canadian citizenship, supplementary identification or guarantor information.

Some conditions apply.

Canadians who meet the following eligibility criteria can use this process:

The applicant must:

- have been at least 16 years of age the last time he or she applied for a passport
- submit his or her most recent passport

The applicant's most recent passport must:

- be or have been valid for five (5) years;
- have been issued in Canada (as indicated under "Issuing Authority" on page 2 of the submitted passport);
- have been issued within the last six years;
- be a regular passport;
- not be damaged and must never have been reported lost or stolen; and
- have been issued under the bearer's current name.

To allow Passport Canada to process the passport application through the Simplified Renewal Application Process, the applicant must provide a completed form, including the current fee, two new photos, and the applicant's most recent passport.

Please note that photos do not need to be signed by a guarantor or by anyone else. However, the name and address of the photographer or studio, as well as the date the photos were taken, must be provided on the back of one photo.

The Simplified Renewal Application Process can only be used when applying for a passport:

- In person in Canada
- By mail in Canada
- By mail from the United States

### Passport Canada Edmonton Office:

Passport Canada  
Canada Place Building  
Suite 126, 9700 Jasper Avenue  
Monday to Friday: 7:30 a.m. to 5:00 p.m.

### Helpful Hints

To avoid lineups, it is generally quieter on Tuesday, Wednesday and Thursday at most Passport Canada offices, while Monday and Friday tend to be busy.

### Travel Health Clinic

Traveller's Health Services/Immunization  
Business Unit, Alberta Health Services  
440, 10030 - 107 St. North Tower T5J 3E4  
Phone: 780.735.0100

- Appointments Required for Immunizations
- General Travel Information available from [www.cdc.gov/travel](http://www.cdc.gov/travel)

### Sage Seniors' Safe House

provides temporary safe housing for men and women 60 years of age or older who are in need of safety from an abusive relationship.

If you suspect abuse or are experiencing abuse, call the intake line between 8:30 am and 4:30 pm at **780.702.1520** or the 24 Hour

### Seniors' Abuse Helpline

at **780.454.8888**

*We thought we were running away  
from the grown-ups, and now  
we're the grown-ups.  
– Margaret Atwood*