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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 newspapers, the Edmonton Journal (Today's Senior section, last Monday of the month) and the Edmonton Sun. Also watch the Edmonton Prime Times paper for other articles on Leisure and Recreation. This chapter of the Directory is a great starting point.

Alberta Culture and Tourism

Provincial Historic Sites, Museums and Archives

Phone: 780.431.2300

Email:

experiencealbertahistory@gov.ab.ca

www.ExperienceAlbertaHistory.com

- All seniors receive a discounted admission when visiting Alberta Government's historic sites, museums, and interpretive centres.

RECREATION RESOURCES

ACT Aquatic and Recreation Centre

2909 113 Ave. NW

Mailing address: PO Box 2359 T5J 2R7

Phone: 311

Email: 311@edmonton.ca

www.edmonton.ca/leisurecentres/ACT

- Adult Senior Leisure Dance:
Wed 1pm-2:30pm. Kick up your heels to live toe tapping music. Have a good time socializing and dancing. Light refreshments served.
Fee \$3.50/person
Fall Session: Sept 13-Nov 22, 2017
Winter Session: Jan 3-Mar 14, 2018
Spring Session: April 4-June 13, 2018
- Water Works: Mon, Wed, Fri 12pm-1pm
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.

For information on all City of Edmonton recreation and leisure centres call 311

City of Edmonton recreation and leisure facilities have programs for everyone. You can find everything from fitness and aquatics programs to arts and leisure activities.

Citizen Services Information Line - City of Edmonton

Phone: 311

www.edmonton.ca

- Information about Citizen Services' facilities and programs including sports facilities & community activities.

- For specific listings refer to telephone directory, under City of Edmonton blue pages, located at the back of Yellow 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.
- **Ride Transit Program**
The Ride Transit Program offers a monthly transit pass to eligible low-income Edmontonians at a subsidized rate of \$35/month. The program is for Edmontonians ages 6-64. Those 65+ will continue to access the ETS Senior Annual Pass Program.
For more information:
www.edmonton.ca/ridetransit

Edmonton Marigold 55 plus Recreation

Contact: Caroline Anker, President
Alberta 55 plus Edmonton, Zone 6
11113 113 St. NW T5G 2V1
Phone: 587.469.4460

- Participates in Alberta 55 plus Canada Games.
- Organizes own winter/summer fun games during non-provincial Games years.
- Membership Fee: \$30 per year allows participation in all Edmonton, Zone 6 recreational activities and workshops. Membership contact: Marianne Gregory, phone: 780.446.8387

Edmonton Valley Zoo

13315 Buena Vista Rd. NW
Mailing address: P.O. Box 2359 T5J 2R7
Phone: 311

Email: attractions@edmonton.ca
www.valleyzoo.ca

Hours of Operation for 2017:
May 7-Sept 2: 9am-6pm daily & Tuesdays 9am-8pm;
Sept 3-Oct 9: 9am-4pm weekdays, 9am-6pm weekends & holidays;
Oct 10-Dec 31: 10am-4 pm daily;
Closed Christmas Day

- Home to more than 350 animals
- The Edmonton Valley Zoo is open 364 days of the year and every visit is rich with animal interactions.
- Get Closer with animal talks and demonstrations!

Harcourt House Arts Centre

3rd. Fl., 10215 112 St. NW T5K 1M7
Phone: 780.426.4180

Email: harcourtinfo@shaw.ca
www.harcourthouse.ab.ca

Hours of Operation: Tues-Sat 10am-5pm; closed Sundays, Mondays and statutory holidays.

- Harcourt House is an open, viewer friendly gallery forum for the best in contemporary visual arts, new media, architecture and design.
- The organization carries out its mandate by providing programs and exhibitions of the highest caliber in support of the local arts community and Edmonton audience.
- In our exhibition programming we seek both emerging and established artists and designers to present work that aims to engage. The gallery annually presents a minimum of 10 five-week exhibitions from local, provincial, national and international artists, collectives, architects, designers and arts organizations.

Heritage Amphitheatre

Phone: 780.944.7745

Email: amphitheatre@edmonton.ca

- The Heritage Amphitheatre is Western Canada's largest outdoor amphitheatre. The landmark's distinctive white canopy offers excellent acoustics and an open view of William Hawrelak Park. It has fixed seating for 1,100 patrons in the safety of a permanent structure with additional festival seating for 2,900 on attractively landscaped grassy slopes, for a comfortable capacity of 4,000 patrons.

John Janzen Nature Centre

Corner of Fox Drive & Whitemud Drive

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

Phone: 311

Email: attractions@edmonton.ca

www.edmonton.ca/johnjanzen

Hours of Operation:

Jan 2-Dec 23: 10am-5pm daily,

11am-4pm holidays; Dec 24-Dec 31:

11am-4pm. Closed Christmas Day

- learn about the natural wonders of Edmonton's river valley
- seniors' rates available

John Walter Museum

(Kinsmen Park) 9180 Walterdale Hill

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

Phone: 311

Email: attractions@edmonton.ca

www.edmonton.ca/johnwalter

Hours of Operation:

July 1-Sept 30: Saturdays 1-4pm;

March 5-Nov. 26: Sundays 1-4pm

- Admission is free, though donations are gratefully accepted
- Learn about Edmonton's history through the story of this pioneer family

Kinsmen Sports Centre

9100 Walterdale Hill NW

Phone: 311

Email: 311@edmonton.ca

www.edmonton.ca/kinsmen

- Special rates for senior citizens (65+) per visit or passes to reduce the cost.
- Four swimming pools, two fitness centres, field house. Personal trainers available for consultation. Walking and running tracks, racquet courts, change rooms, indoor tennis courts, functional training centre, cafeteria, physiotherapy, sports massage services.
- Check E Active Recreation Guide or website for registered or drop-in fitness classes.

Provincial Archives of Alberta

8555 Roper Rd. NW T6E 5W1

Phone: 780.427.1750

- 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.

See [HELP AT HOME – Donating Your Household Items – Historical Items](#)

Recreation and Wellness Directory for Older Adults

Edmonton Seniors Coordinating Council

Phone: 780.423.5635

Email: info@seniorscouncil.net

www.seniorscouncil.net

- The Recreation and Wellness Directory for Older Adults lists more than 1200 courses, clubs, trips and events for adults 55+ in the Edmonton area.
- Enrich your life with activities covering

arts, fitness, technology, health and recreational programs.

- Browse the online directory at www.seniorscouncil.net/programs

See **SENIORS' INFORMATION SERVICES – Seniors' Services Organizations, and VOLUNTEER RESOURCES** for ESCC listings

Senior Citizen Centres

Most senior citizen centres have recreational programs; refer to the **Senior Centres, Clubs and Groups** chapter for listings, and call those that interest you.

Ukrainian Canadian Archives and Museum of Alberta

9543 110 Ave. NW T5H 1H3

Phone: 780.424.7580

Email: ucama@shaw.ca

www.ucama.ca

Hours of operation: Tues-Fri 10am-5pm,
Sat 12 noon-5pm

- Welcomes small tour groups.
- Research library available.
- Membership opportunities.
- Building new museum; donors can receive artistic plates or donor wall recognition.

Waskahegan Trail Hiking and Trail Maintenance

P.O. Box 131 Edmonton AB T5J 2G9

Email: information@waskahegantrail.ca

www.waskahegantrail.ca

- 10 km guided hikes every weekend. Country hikes April through October, city hikes November through March. Guests welcome.
- Want some exercise? Come to our trail maintenance work parties most Wednesdays and Saturdays.
- Membership and Waskahegan Trail Guide Book available.
- Visit www.waskahegantrail.ca or check *Vue Weekly*, *Edmonton Journal* listings.

YMCA of Northern Alberta

www.northernalberta.ymca.ca

YMCA MEMBERSHIP BENEFITS:

Now offering over 20 FREE drop-in fitness classes geared towards our senior members

(Cardio, Strength, Yoga, Tai Chi, Zumba®, Aqua, Pickleball and more).

- No contracts
- No cancellation fees
- One-on-one fitness goals
- Coaching with Certified Staff
- Indoor running/walking track

Seniors now save almost 25% off the regular rates AND an additional 10% off our annual rate. Living with a fixed income? Financial assistance is also available.

Castle Downs Family YMCA (North)

11510 153 Ave NW

780.476.YMCA (9622)

Don Wheaton Family YMCA (Downtown)

10211 102 Ave NW

780.452.YMCA (9622)

Jamie Platz Family YMCA (West)

7121 178 St NW

780.481.YMCA (9622)

William Lutsky Family YMCA (South)

1975 111 St NW

780.439.YMCA (9622)

YMCA Welcome Village - Family Resource Centre (Downtown)

9538 103A Ave NW

780.426.9265

LIBRARIES

CNIB

12010 Jasper Ave. NW T5K 0P3
Phone: 780.488.4871

- In coordination with the Centre for Equitable Library Access, CNIB Library Services offers both 'home bound' audio book services and access to accessible material such as audio and braille books at your local library. For individuals with vision loss, a specialized audio book reader is available.

See [HEALTH & WELLBEING-Health Service Organizations](#) for complete listing.

Edmonton Public Library

Main location: Enterprise Square
10212 Jasper Ave T5J 5A3
Phone: 780.496.7000

www.epl.ca

Hours of Operation:

(Enterprise Square Only)

Mon-Fri 9am-9pm

Sat 9am-6pm, Sun 1pm-5pm

- Hours vary by location.
For hours of operation of other EPL locations, please contact the branch or visit epl.ca.
- EPL has been designated Senior Friendly™

EPL Locations

Abbotsfield - Penny McKee Branch

3410 118 Ave. NW T5W 0Z4
Phone: 780.496.7839

Calder Branch

12522 132 Ave. NW T5L 3P9
Phone: 780.496.7090

Capilano Branch

200 Capilano Mall,
5615 101 Ave. NW T6A 3Z7
Phone: 780.496.1802

Castle Downs Branch

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

Clareview Branch

3808 139 Ave. NW T5Y 3E7
Phone: 780.442.7471

epIGO – West Henday Promenade

818 Webber Greens Drive,
West Henday Promenade T5T 4K5
Phone: 780.796.8342

Highlands Branch

6710 118 Ave. NW T5B 0P3
Phone: 780.496.1806

Idylwyld Branch

8310 88 Ave. NW T6C 1L1
Phone: 780.496.1808

Jasper Place Branch

9010 156 St. NW T5R 5X7
Phone: 780.496.1810

Lois Hole Branch

17650 69 Ave. NW T5T 3X9
Phone: 780.442.0888

Londonderry Branch

110 Londonderry Mall,
137 Ave. & 66 St. T5C 3C8
Phone: 780.496.1814

McConachie Branch

16607 50 St. NW T5Y 0C8
Phone: 780.496.1587

Meadows Branch

2702-17 St. NW T6T 0X1
Phone: 780.442.7472

Mill Woods Branch

2610 Hewes Way. NW T6L 0A9
Phone: 780.496.1450

Riverbend Branch

460 Riverbend Square,
Rabbit Hill Rd. & Terwillegar Dr.
T6R 2X2
Phone: 780.944.5311

Sprucewood Branch

11555 95 St. NW T5G 1L5
Phone: 780.496.7099

Strathcona Branch

8331 104 St. NW T6E 4E9
Phone: 780.496.1828

Whitemud Crossing Branch

145 Whitemud Crossing Shopping
Centre,
4211 106 St. NW T6J 6L7
Phone: 780.496.1822

Woodcroft Branch

13420 114 Ave. NW T5M 2Y5
Phone: 780.496.1830

Library Access Service**Edmonton Public Library**

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.

Leduc Public Library

2 Alexandra Park **Leduc** AB T9E 4C4

Phone: 780.986.2637

Email: infodesk@leduclibrary.ca

www.leduclibrary.ca

Hours of Operation: Mon-Thurs 10am-9pm,
Fri-Sat 10am-5pm, Sun 12pm-4pm
(The library is closed on Sundays from May through to the Labour Day Weekend.)

- Outreach Services brings large print books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities.
- The Library provides a substantial collection of audio and large print books.
- Staff provide one-on-one training sessions for new to novice technology users. Sessions must be booked with staff in advance.

Social Activity Matters

Staying socially active is an important part of our overall health.

Visit Sage and get connected!

780.423.5510



sage

St. Albert Public Library

5 St. Anne Street **St. Albert** AB T8N 3Z9
Phone: 780.459.1530
Email: sapl@sapl.ca
www.sapl.ca

Hours of Operation: Mon-Thurs 9am-9pm;
Fri 9am-6pm; Sat 9am-5pm; Sun 1pm-5pm

- Free programs of interest to seniors
- Many formats available for borrowing with a library membership, including large print, CD audiobooks, DVDs, blu-rays and playaways.
- Homebound service is available for residents of St. Albert living in their own home who are unable to visit the library due to a disability; a volunteer will deliver materials to you

Stony Plain Public Library

112-4613 52 Ave, Forest Green Plaza
Stony Plain AB
Phone: 780.963.5440
Email: info@mypspl.ca
www.mypspl.ca

Hours of Operation: Mon-Fri 10am-8pm;
Sat 10am-5pm; closed Sun

- Free One on One Technology Help by appt
- Free Memberships
- Free/low-cost programs

Strathcona County Library

401 Festival Lane **Sherwood Park** AB T8A 5P7
Phone: 780.410.8600
Email: info@sclibrary.ca
www.sclibrary.ca

Hours of Operation: Mon-Fri 9:30am-9pm,
Sat 9:30am-5pm, Sun 1pm-5pm

Additional rural service provided by the Bookmobile

- FREE Library cards
- Free programs: technology, book clubs, authors, films, genealogy, travel, and more

- Outreach for people who are unable to come to the library
- Resources large print, e-books, movies, audiobooks, DAISY books, and more

TRAVEL INSURANCE

Consider whether purchasing travel insurance is right for your trip.

Types of Travel Insurance Coverage

- **Medical** travel insurance can help provide coverage to limit out-of-pocket costs if you become injured or sick.
- **Evacuation** - If you're abroad and must deal with a natural disaster or political unrest, getting to a safe place in a strange land is a harrowing experience. It can also be incredibly expensive. Travel insurance can help cover the cost of getting out of harm's way.
- **Cancellation** travel insurance covers cancellations due to illness and injury, and other problems including if your tour provider goes bankrupt or an airline delay causes you to miss your event.
- **Baggage** insurance will provide some reimbursement for lost, damaged or stolen luggage.
- **Death and dismemberment** - Similar to typical life insurance, this option provides your heirs with a payout should you die during your trip.

Sunshine

Café

Home style
cooking downtown

Mon to Fri
8:00 am to 3:00 pm

15 Sir Winston Churchill Square



TRAVEL SERVICES

Canada's Passport Program

Apply for a Canadian passport:

Phone: 1.800.567.6868

TTY: 1.866.255.7655

Canada.ca/passport (Complete the application form online and then print it)

Applications may be made:

In person

Passport Edmonton Office

Canada Place Building,

126-9700 Jasper Ave.

Mon-Fri: 7:30am-5pm

OR

at a Service Canada Office

OR contact the nearest Government of

Canada office abroad:

travel.gc.ca/assistance/embassies-
consulates

By mail

Government of Canada

Passport Program

Gatineau QC K1A 0G3 Canada

By courier

Passport Program

22 de Varennes St.

Gatineau QC J8T 8R1 Canada

Simplified Renewal Application Process

If you are eligible to use the Simplified Renewal Application Process, you need only provide a completed simplified renewal passport application (PPTC 054), along with your current Canadian passport, the required fee and two recent photos*.

The Simplified Renewal Application Process does not require supplementary identification or guarantor information.

To be eligible for Simplified Renewal, your current Canadian passport must:

- be submitted;
- be valid or expired for no more than one year;

- have been issued based upon an adult application form. (16 years of age or older at the time of your previous application);
- be in the exact same name, sex, date of birth and place of birth as requested on your new simplified renewal application form;
- have been issued for five (5) or ten (10) years;
- not be damaged;
- never have been reported lost or stolen.

With the Simplified Renewal Application Process, you can apply in person in Canada at any Passport Canada office or Service Canada receiving agent location, or by mail in Canada or from the United States, or in person at a Government of Canada passport issuing office abroad.

Check passport processing times at: Canada.ca/passport.

*The new photos are only valid for 6 months from date they were taken. They do not need to be signed by anyone (guarantor). 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. Refer to the photo requirements at: www.canada.ca/passport

Adults (16 years of age or over) have the option of a 5-year or 10-year passport.

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