

December is just around the corner and so are our year end holiday parties!

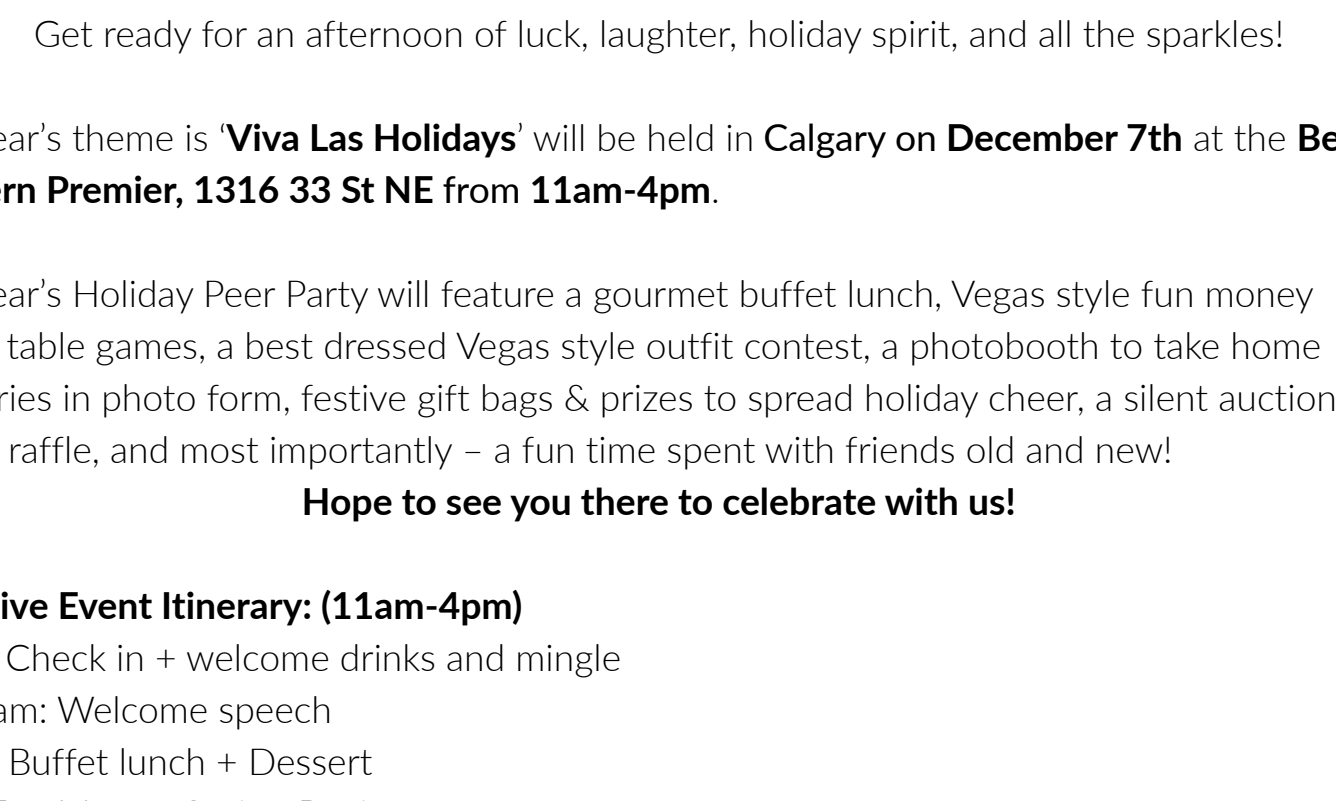
We will be celebrating the holiday season and wrapping up the year in festive fashion! We will have parties in Red Deer, Calgary and Edmonton! This year's theme will be "Viva Las Holidays!"

Tickets are available and on sale now! See the information for each upcoming event below. Be sure to reserve your tickets ASAP! **Ticket sales will close on November 28th!**

It is a great time to spend quality time with friends, family and the SCI-AB community!

For information about the Red Deer holiday party contact Tristan at tristan.kowall@sci-ab.ca as details are still being finalized!

Viva Las Holidays - Where luck, laughter, and holiday spirit come together | YYC December 7th



Viva Las Holidays
CALGARY

Where luck, laughter, and holiday spirit come together.

Sponsored By
PIPELLA LAW
SPECIALTY LEGAL SERVICES

Sunday December 7th
11am - 4pm

Spinal Cord Injury Alberta

Get ready for an afternoon of luck, laughter, holiday spirit, and all the sparkles!

This year's theme is 'Viva Las Holidays' will be held in Calgary on **December 7th** at the **Best Western Premier, 1316 33 St NE** from **11am-4pm**.

This year's Holiday Peer Party will feature a gourmet buffet lunch, Vegas style fun money casino table games, a best dressed Vegas style outfit contest, a photobooth to take home memories in photo form, festive gift bags & prizes to spread holiday cheer, a silent auction, a 50/50 raffle, and most importantly – a fun time spent with friends old and new!

Hope to see you there to celebrate with us!

Tentative Event Itinerary: (11am-4pm)

11am: Check in + welcome drinks and mingle

11:30am: Welcome speech

12pm: Buffet lunch + Dessert

1pm: Fun Money Casino Begins

3pm: Casino Games End

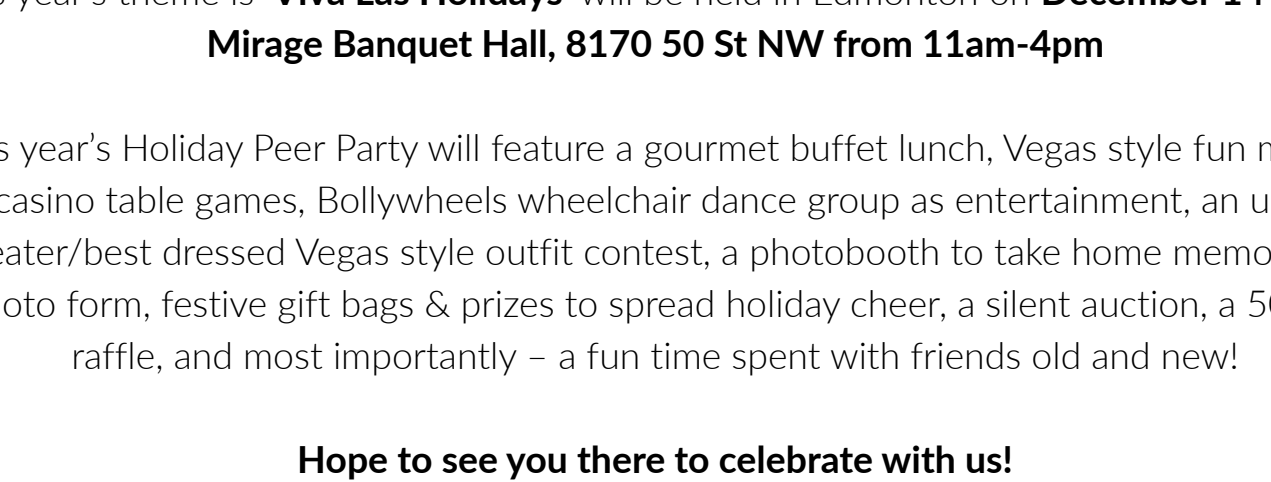
3:15pm: Silent Auction Ends

3:30pm: Prize winners Announced + Silent Auction Payments + Gift Bag Handout

4pm: Event ends

Get your tickets today!

Viva Las Holidays – Celebrate Holiday Cheer, YEGas Style! | December 14th 11am-4pm



Viva Las Holidays
EDMONTON

Celebrate Holiday Cheer **YEGAS Style!**

Sunday December 14th
11am - 4pm

Spinal Cord Injury Alberta

Get ready for an afternoon of luck, laughter, holiday spirit, and all the sparkles!

This year's theme is 'Viva Las Holidays' will be held in Edmonton on **December 14** at the **Mirage Banquet Hall, 8170 50 St NW** from **11am-4pm**

This year's Holiday Peer Party will feature a gourmet buffet lunch, Vegas style fun money casino table games, Bollywheels wheelchair dance group as entertainment, an ugly sweater/best dressed Vegas style outfit contest, a photobooth to take home memories in photo form, festive gift bags & prizes to spread holiday cheer, a silent auction, a 50/50 raffle, and most importantly – a fun time spent with friends old and new!

Hope to see you there to celebrate with us!

Tentative Event Itinerary: (11am- 4pm)

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3pm: Casino Games End

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4pm: Event ends

Get your tickets today!

SCI-AB November + December 2025 Events:

Upcoming SCI-AB Events in November :

Nov 5/12/19/26: Wheelchair Pickleball

Nov 11: Remembrance Day (Offices Closed)

Nov 13: Art with Peers at the AGA

Nov 13: YEG Peer Dinner | Blue Orchid

Nov 18: Coffee + Peers at the Glenrose

Nov 19: YYC Peer Dinner | Meet Max (Location TBD)

Nov 24: Aging with a Disability + Degenerative Physical Disabilities Peer Chat

Nov 25: Virtual Ladies Peer Chat with Brandice

Nov 27: Pizza + Peers at the Glenrose



Upcoming SCI-AB Events in December:



Dec 3/10/17: Wheelchair Pickleball

Dec 6: Intro to Ice Climbing with ClimbYEG

Dec 7: Calgary Holiday Party

Dec 9: Virtual Ladies Chat with Brandice

Dec 11: Pizza with Peers at the AGA

Dec 14: Edmonton Holiday Party

Dec 16: Coffee + Peers at the Glenrose

Dec 17: Pizza + Peers at the Glenrose

Dec 23-31: Offices closed for the holidays

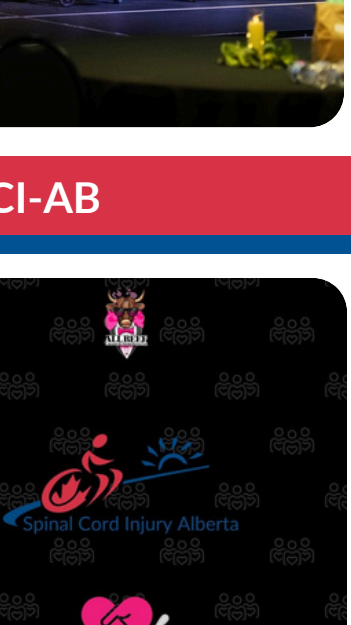
Be sure to check out our [online events calendar](#) or our [social media channels](#) to keep up to date on upcoming events!

Peer Conference 2025 Videos are Live on Our Youtube Channel!

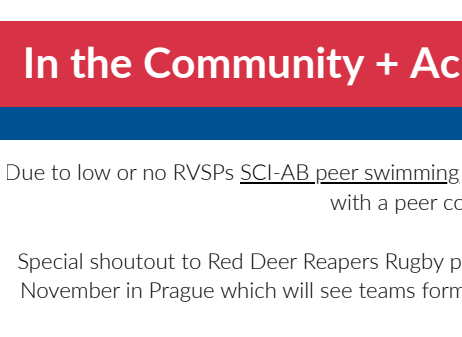


For those unable to attend in person, or for those wanting to go back and relive the magic, our 2025 Peer Conference is now available to watch on our youtube channel!

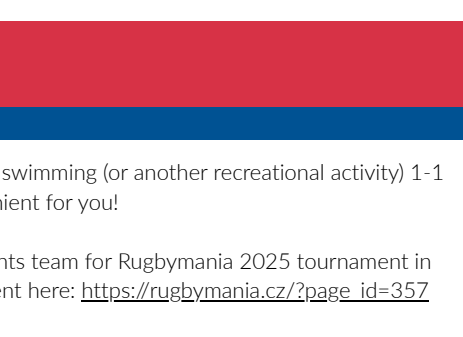
Check out our speaker presentations, our peer panel and much more! [Check it out here!](#)



All Beef Catering Smokehouse: Poutine with a Purpose for SCI-AB



Thank you to All Beef Catering Smokehouse for featuring SCI-AB for October's Poutine with a purpose initiative! They helped support SCI-AB by raising awareness and funds last month with their feature Turkey Tot Stack Poutine!



In the Community + Across the Province:

Due to low or no RSVPs [SCI-AB peer swimming](#) will be cancelled until further notice. If you are interested in trying swimming (or another recreational activity) 1-1 with a peer contact Tristan.Kowall@sci-ab.ca to set up a time and location convenient for you!

Spacial shoutout to Red Deer Reapers Rugby player Kim who will also be playing on the all women's Northern Lights team for Rugbymania 2025 tournament in November in Prague which will see teams from all over the world come and play! Learn more about the tournament here: https://rugbymania.cz/?page_id=357

There is a brand new para swim program launching in Edmonton! Mathew Mossey previously coached the Steadward Bears para swim team, but this year they have moved the para swim program to the Keyano Swim Club. They will be swimming out of the downtown YMCA on Tuesdays and Thursdays, and currently have 22 swimmers registered for the fall session, but they would love to see that number grow! This is a great way to take your swimming to the next level, get a full body work out, meet new friends, and enjoy the therapeutic effects of feeling weightless in the water. For more information or to sign up please contact: paraswim@eksc.com

The Paralympic Sports Association (PSA) has lots of great programming through the winter months in Edmonton! There is adaptive taekwondo, integrated spin classes, bowling, wheelchair floor hockey, and several sledge hockey programs too! Check out their website for a full list of program details and contact info to sign up: <https://www.parasportsab.com/we-offer/categories/fall-winter-programs-10/>

Steadward Centre in Edmonton at the University of Alberta offers a wide range of programming for all levels of fitness goals! They have their Adult Fitness and Recreation program which allows individuals to customize a plan that works best for them and their lifestyle, whether it's custom program design, 1:1 training sessions, group fitness, or access to the gym space to use the adaptive equipment, they will find a plan that works best for you! Finally they also offer Functional Electrical Stimulation (FES) programs that is designed for individuals with paralyzed muscles. The FES program also includes general access to the gym. Learn more here: <https://www.ualberta.ca/en/steadward-centre/programs-and-registration/index.html>

Wheelchair Sports Association (WSA) has an adaptive sports try it opportunity every Thursday at the main gym at the Glenrose from 2-3pm, there is a rotating try it schedule. There is also now the option to try adaptive sports at the Terraveller Recreation Complex on Thursdays from 4:15-5:15pm every week! Finally, [Wheelchair Pickleball](#) will continue on Wednesday evenings this month on October 1, 8, 15, 22, and 29th at the Glenrose main gym from 6:30-8pm!

Reyu Paralysis Recovery Centre will be hosting their annual "Rise of the Phoenix Gala" on November 14th at 5:30 pm at the Meridian Banquet Hall (4820 76 Ave NW, Edmonton, AB). Tickets for the event are \$150 each and can be [purchased here](#). For more information on the event check out: <https://www.reyu.ca/events>

Reyu will also be hosting their annual holiday party on Friday, December 5th at 6pm. Tickets are \$40 each and will include food, drinks, music and games. See the poster for details!

The Alberta Cerebral Palsy Sports Association has programming across the province! They have several programs available for all ability levels! There is para soccer, powerchair soccer and bocce. For more information check out: <https://www.acpsa.ca/>

[Rocky Mountain Adaptive](#) has lots of awesome activities to do in the winter! They have [adaptive downhill skiing](#), cross country skiing and biathlon as well! They will be a biathlon try it day on November 15th at the Canmore Nordic Centre. They will also have [biathlon and nordic skiing try it days](#) on December 3rd and 6th. Each session is \$30 for first time participants. They will also be hosting the [JJ Can Try it day camps again this season!](#) Check out their website for more info! <https://rockymountainadaptive.com/>

Ultimate Para Sports will be starting up an [adaptive scuba program](#) out of Cochrane at the SLS Center. The try scuba nights will be free on Tuesday evenings, and then it is \$550 if you want to complete your open water certification! Ultimate Para Sports also offers para-cycling programs at various levels, and guided meditation classes as well. Check out their full list of programming here: <https://www.ultimateparasports.com/our-programs>

This fall Dancing Across Barriers will also be offering a wheelchair dance class in Calgary on Thursday evenings from 5:45pm-7:45pm starting Sept 18th. If you require a wheelchair to move, DAB 2025 is the tap dance program for you. If you have ever been curious or wanted to try wheelchair (tap) Dance, this program has what you have been looking for. Starting Thursday, Sept 18th, and hosted at Braesideyvc for nine weekly sessions, we will tap, skip, and roll toward celebrating all that is Adaptive, Para and Wheelchair Dance.

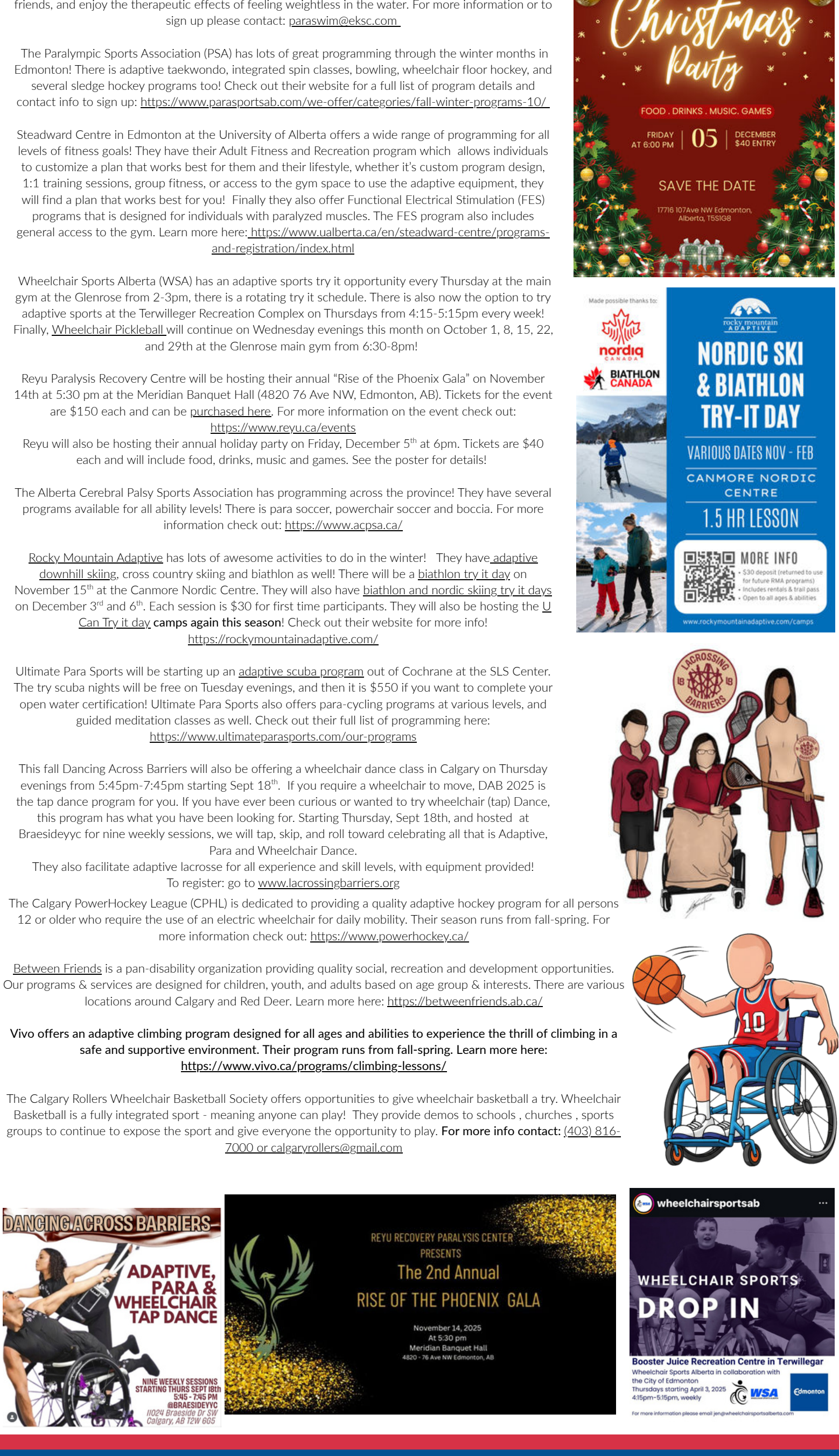
They also facilitate adaptive lacrosse for all experience and skill levels, with equipment provided! To register: go to www.lacrossingbarriers.org

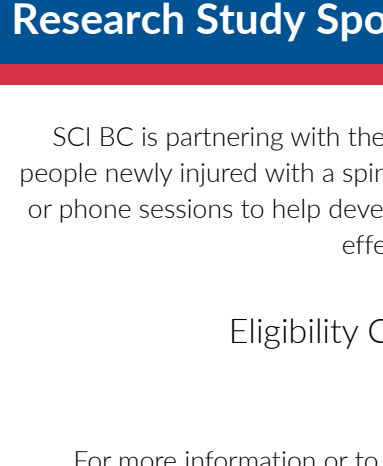
The Calgary Power Hockey League (CPHL) is dedicated to providing a quality adaptive hockey program for all persons 12 and older who require the use of an electric wheelchair for daily mobility. Their season runs from fall-spring. For more information check out: <https://www.cphlpowerhockey.ca/>

[Between Friends](#) is a pan-disability organization providing quality social, recreation and development opportunities. Our programs & services are designed for children, youth, and adults based on age group & interests. There are various locations around Calgary and Red Deer. Learn more here: <https://betweenfriends.ab.ca/>

Vivo offers an adaptive climbing program designed for all ages and abilities to experience the thrill of climbing in a safe and supportive environment. Their program runs from fall-spring. Learn more here: <https://www.vivocanada.com/services/climbing-lessons/>

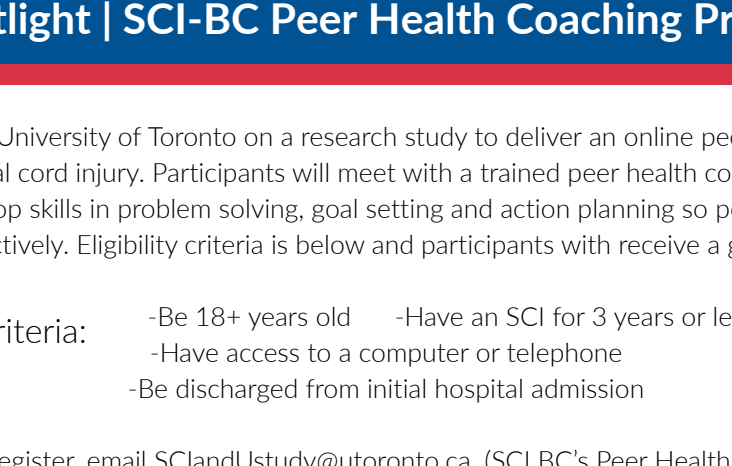
The Calgary Rollers Wheelchair Basketball Society offers opportunities to experience wheelchair basketball a try. Wheelchair Basketball is a fully integrated sport – meaning anyone can play! They provide demos to schools, churches, sports groups to continue to expose the sport and give everyone the opportunity to play. For more info contact: (403) 816-7000 or calgaryrollers@gmail.com





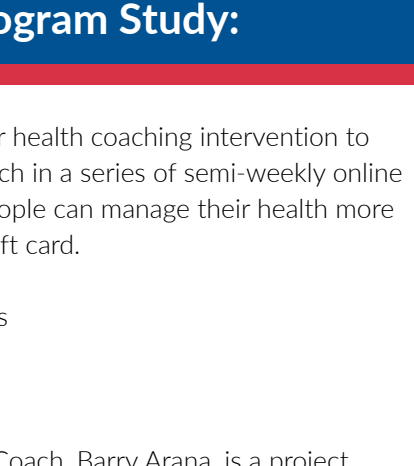
ADAPTIVE, PARA & WHEELCHAIR TAP DANCE

NINE WEEKLY SESSIONS
STARTING TUESDAY SEPT 18TH
BRAESIDEYVC
CALGARY, AB T2W 6G5



REYU RECOVERY PARALYSIS CENTER
PRESENTS
**The 2nd Annual
RISE OF THE PHOENIX GALA**

November 14, 2025
AT 5:30 pm
Meridian Banquet Hall
4820 - 76 Ave NW, Edmonton, AB



**WHEELCHAIR SPORTS
DROP IN**

Booster Juice Recreation Centre in Terraveller
Wheelchair Sports Alberta in collaboration with
the City of Edmonton
Thursday evening April 3, 2024
4:15pm-5:15pm, weekly

For more information please email patrick@wheelchairportsab.com

Research Study Spotlight | SCI-BC Peer Health Coaching Program Study:

SCI BC is partnering with the University of Toronto on a research study to deliver an online peer health coaching intervention to people newly injured with a spinal cord injury. Participants will meet with a trained peer health coach in a series of semi-weekly online or phone sessions to help develop skills in problem solving, goal setting and action planning so people can manage their health more effectively. Eligibility criteria is below and participants will receive a gift card.

Eligibility Criteria:

- Be 18+ years old
- Have access to a computer or telephone
- Be discharged from initial hospital admission

For more information or to register, email SClAndUstudy@utoronto.ca. (SCI BC's Peer Health Coach, Barry Arana, is a project coordinator who can answer questions about the study and help get folks signed up for it). Learn more about the [Peer Health Coaching Program at SCI-BC here](#)

Check out the all of the current research study opportunities here!

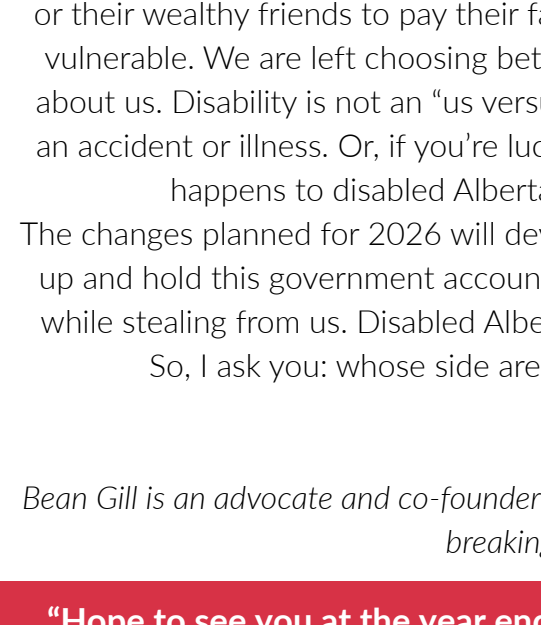
<https://sci-ab.ca/research-opportunities/>

Did You Know? | DRES Program Updates

We are very happy to share an update to the DRES vehicle modification policy! It will now be much more flexible to meet Albertans' needs better. Those eligible can now access covering the vehicle modification cost in full every 9 years! The amount is capped at \$50,000 per modification but people will have the ability to request approval from a Director to go over that amount if needed. Here is the updated policy:

Funding Consideration	Individual with a disability personal vehicle	Employer-owned vehicle
Maximum Amount	DRES may contribute up to a maximum of \$50,000 for each approved vehicle modification.	- Maximum Government of Alberta contribution of \$40,000/employee while employed with the same employer. - Subsequent vehicle modifications for the same employee with a disability are the responsibility of the employer.
Cost Share	Not applicable.	Modifications are 50 per cent cost-shared with the employer.
Duration	Individuals are only eligible for a vehicle modification once in a nine (9) year period unless need is verified and recommended through an assessment by a recognized specialist. If it has been less than nine years since an individual received DRES for a vehicle modification and the need is not verified as stated above, the request requires Zone Director approval.	

Opinion: Alberta's new disability program (ADAP) strips support from those who need it most



I never thought I would have to keep justifying my existence to the government, but that's exactly what it feels like in Alberta today. The United Conservative Party, under Danielle Smith's leadership, is making harmful changes to the Assured Income for the Severely Handicapped (AISH) program. They want to replace it with the Alberta Disability Assistance Program (ADAP), a move that will hurt tens of thousands of disabled Albertans. This change is not needed, it is not wanted, and it is dangerous. Right now, people on AISH are being forced to "prove" their disabilities all over again. That means scrambling to find a doctor, paying hundreds for paperwork to apply for the federal Disability Tax Credit, and then applying for the new federal Canada Disability Benefit (CDB), which maxes out at just \$200 a month. And the cruelest part?

Alberta wants to claw back every dollar of that federal benefit from provincial payments. The Canada Disability Benefit was designed to help disabled people survive as food, gas, rent and medicine skyrocket in price. Instead, Alberta decided to simply take it back. We are the only province clawing back the benefit – while also being the richest. The government is trying to spin ADAP as "empowerment," claiming it will help people with disabilities work while receiving supports. They say we asked for this. I know thousands of people with disabilities in Alberta, and not one of them wanted this change. At the Premier's Council on the Status of People With Disabilities town hall on Sept. 8, the message was clear: these changes are unnecessary, cruel and they will deepen poverty. Under AISH, people can earn just under \$1,100 before their income support is affected. Under ADAP, that drops to only \$350 a month. The government calls this "opportunity." It is nothing more than smoke and mirrors. Worse, the plan ignores Alberta's employment reality. There simply are not enough equal opportunity employers for this to work. Resume workshops and interview prep programs already exist, many provided for decades by community organizations. The barrier has never been training, it's employers unwilling to hire disabled people. And now, on top of all of this, comes the clawback. Once Alberta takes away the federal benefit, people on ADAP will need to work an extra 13.5 hours a month at minimum wage just to break even. But how can they if they can't get hired? The desperation in Alberta's disability community is real. There is growing chatter about medical assistance in dying (MAID). People are exhausted from endless barriers and crushed by the prospect of even less financial security. Some now see death as the only way out of this government-created suffering. That reality should horrify every Albertan. Meanwhile, Premier Smith and Social Services Minister Jason Nixon didn't decide to "find savings" by asking oil companies or their wealthy friends to pay their fair share. They chose instead to take money from the poorest and most vulnerable. We are left choosing between food, catheters or medication that keeps us alive. This is not just about us. Disability is not an "us versus them" issue. You can be born with one. You can acquire one through an accident or illness. Or, if you're lucky enough to grow old, you will age into one. No one is immune. What happens to disabled Albertans today will happen to you or someone you love tomorrow.

The changes planned for 2026 will devastate lives if we don't act now. Disabled Albertans need allies to speak up and hold this government accountable. We cannot let Smith's government pretend it is "empowering" us while stealing from us. Disabled Albertans deserve dignity, stability and real opportunity – not political spin.

So, I ask you: whose side are you on? Because one day, these policies could affect you, too.

-Bean Gill

Bean Gill is an advocate and co-founder of Edmonton's ReYu, which turns paralysis into purpose, empowering others, breaking barriers and sparking inclusion worldwide.

"Hope to see you at the year end holiday parties!"

- Kendra + Tristan + Max

