

## Free and Low Cost Activities

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**Seniors' Centre Without Walls** provides opportunities for homebound seniors to socialize, learn new skills and stay connected through a variety of free, interactive telephone-based social and health programming. [www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/](http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/)

The City of Edmonton **Leisure Access Program** gives low income Edmontonians free use of City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park, etc.) and discounts on registered programs (art classes, swimming lessons, etc.). For more information call 780-496-4918 or visit [www.edmonton.ca/programs\\_services/leisure-access-program.aspx](http://www.edmonton.ca/programs_services/leisure-access-program.aspx).

The **Priceless Fun Guide** produced by the City of Edmonton has great tips for finding free and low-cost recreational opportunities in Edmonton. Visit [https://www.edmonton.ca/activities\\_parks\\_recreation/program-guides.aspx](https://www.edmonton.ca/activities_parks_recreation/program-guides.aspx).

In September, the City of Edmonton hosts **Free Admission Day** at some City of Edmonton owned and operated attractions. Call 311 for more information.

Many **arts and culture organizations** have free or discounted admission at certain times. For example, McDougall United Church presents free concerts through the Music Wednesdays at Noon series, the Art Gallery of Alberta offers free admission on the last Thursday of every month from 6-9 p.m., and the Citadel Theatre's Pay-What-You-Can night is the first Sunday evening preview performance of each show.

The **Edmonton Public Library** gives access to information and entertainment at multiple locations across the city and through their extensive online resources. For more information on services, programs and events visit [www.epl.ca](http://www.epl.ca). EPL membership is free.

**Community leagues** offer events and programs in Edmonton neighborhoods. Visit [www.efcl.org](http://www.efcl.org) to find your nearest community league.