

2021/22 SEASON

ARTIST WELCOME PACKAGE

Updated: October 26, 2021

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INSTAGRAM CitadelTheatreYEG

FACEBOOK

Citadel Theatre

COMPANY MANAGER: Peni Christopher, Office is on the 3rd floor
Email: pchristopher@citadeltheatre.com Phone: 780.428.2116

This guide was compiled by Citadel Theatre's Producer, Jessie van Rijn.
Please let her know if you have any questions about content, or if you have any suggestions
for adds or edits (jvanrijn@citadeltheatre.com, 778-837-9225)

We wish to acknowledge that the land on which we gather is Treaty No. 6 territory and a traditional meeting ground and home of the First Nations, including both the treaty signatories – Cree, Saulteaux, Nakota Sioux, Stony and Cree-Iroquois – as well as other Indigenous peoples, such as the Blackfoot and Métis, who occupied this land. We extend our appreciation for the opportunity to live, create and perform on this territory.

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WELCOME

Welcome to Edmonton and to the Citadel Theatre! We're so happy to have you here with us for our 2021/22 Season.

This package is full of information for you about the Citadel and Edmonton, to help make your stay a great one. If this is your first trip to Edmonton, you'll quickly discover what a fantastic city it is!

Our Company Manager Peni Christopher is an excellent resource if you have questions. Her email is pchristopher@citadeltheatre.com or you can reach her at 780-428-2116. And feel free to ask questions of any of our staff.

We're excited to have you here, and hope you have a fantastic time. Consider this your home, and if there's anything we can do to help make your stay great, don't hesitate to ask.

Sincerely,

Daryl Cloran, Artistic Director
dcloran@citadeltheatre.com



Sarah Pocklington, Executive Director
spocklington@citadeltheatre.com





FACILITY

The Citadel Theatre complex covers a full city block in downtown Edmonton. The area has been designated the Arts District and in addition to our theatre complex, there is a public library, an art gallery, historical museum, and a concert hall. The Citadel has five theatres, each designed for different audiences:

The **Shoctor Theatre** has a proscenium stage with 685 seats and is one of the mainstages for the subscription season;

The **Maclab Theatre** has a stunning thrust stage and 685 seats. It is also a mainstage venue;

The **Rice Theatre** at the Citadel, a beautiful cabaret space with flexible seating up to 150;

Zeidler Hall is an auditorium with 240 seats. Also used as a small movie theatre;

The Tucker is a 150-seat amphitheatre in the Lee Pavilion (our plant-filled conservatory) above the waterfall. Used for special events.



In addition to the performance spaces, we house the following:

- Administration offices (3rd floor, via south elevator);
- Three multipurpose rooms (“The Bentleys”) that are used for rehearsals, auditions, meetings and wardrobe fittings (3rd floor);
- Foote Theatre School with a separate entrance to three spacious classrooms (2nd floor). The Citadel offers a wide variety of classes in drama and musical theatre for theatre devotees from ages 3 and up.
- Production offices and shops for props, carpentry, wardrobe and administration (2nd & 3rd floor);
- The Lee Pavilion.

The Shoctor, The Maclab and The Rice each have their own green room, and cluster of dressing rooms.



The Citadel Theatre complex is wheelchair accessible, however we recognize that there may be barriers, depending on the mobility device being used. We are working on a series of videos for highlighting our space for all building users and encourage artists to reach out in advance to Producer Jessie van Rijn (jvanrijn@citadeltheatre.com) for a custom video.



For a map of Downtown Edmonton, please click [here](#).

BOARD OF DIRECTORS

On behalf of the Board of Directors, I'm thrilled to welcome you to the Citadel's 2021/22 season! Edmonton has a vibrant arts community, and we are very proud to be a part of it - proud of the art on our stages and of artists like you who make it happen.

We are also focused on ensuring that your experience within the Citadel's workplace is a positive one, and our Board members and Citadel staff are here to support you. If you'd like to discuss any aspect of your experience with me directly, I encourage you to contact me at my personal email address: BoardChair@citadeltheatre.com.

Thank you for being a part of the Citadel team, and I look forward to enjoying your work this season!



Wendy Dupree, President



CITADEL THEATRE'S BOARD OF DIRECTORS

Wendy Dupree, *President*

Jeff Boadway, *Vice President*

Sandra Haskins, *Treasurer*

Jennifer Addison

Roger Babichuk

Hunter Cardinal

James Casey

Wanda Costen

Joy Lardner

Herbert Lau

Katia Wlasichuk

STAFF

Full Staff List with Emails and Phone Numbers: <https://citadeltheatre.com/contact/contact-our-staff/>

PROCEDURES

GETTING PAID (ARTISTS ON CONTRACT WITH CITADEL THEATRE)

WEEKLY PAY CHEQUES

Our Company Manager arranges with the Payroll Accountant to have pay cheques and statements of direct deposit prepared weekly and given to the Stage Manager on Thursday afternoon. If you have any concerns about your cheque, the Company Manager will be happy to assist you.

DIRECT DEPOSIT

If you'd like to take advantage of the safe and efficient method of direct deposit for your weekly pay, contact our Company Manager. If you have been paid before at the Citadel by direct deposit, this method will continue unless you give us written instructions to change to payment by cheque.

TAXES

T4 and T4A slips will be mailed to your permanent address at income tax time (on or before February 28 of the next year). Please ensure that the Payroll Department has your correct mailing address.

MAKING CONTACT WITH THE OUTSIDE WORLD

MAIL

Mail, phone messages, or packages received on your behalf will be forwarded to your Stage Management team. Citadel Theatre is a registered charity; all mail received is opened by Reception in the presence of two staff members. If you would like to have mail or packages (Amazon, from family, etc) sent to the theatre and have it remain unopened, please ensure all correspondence is sent to:

Your Name
c/o SHOW TITLE Stage Management
Private and Confidential
9828 101A Avenue NW
Edmonton, AB T5J 3C6

Daily mail delivery usually arrives around 10:00 a.m. Company mail is usually put into the Stage Manager's mailbox by 11:00 a.m. Please note: Any packages originating from the US are subject to brokerage fees, which will be charged back to you. It is best to order from a Canadian company whenever possible (via Canadian websites).

You can use our outgoing mail service (3rd floor), as long as your envelope has the correct postage. The mail is taken to the mailbox week days by 4:00 p.m. Need stamps? The nearest post office is located in Shoppers Drug Mart (in City Centre Mall, northwest of Citadel Theatre).

If you'd like to use our courier service, you will have to pay in advance (credit card is best) – please see our Company Manager to coordinate.

PHONE/FAX

If you need to make a landline call within the building or send a fax, please see your Stage Manager or our Company Manager.

WIRELESS NETWORK

Citadel Theatre has a wireless network available for artists and will be available through Stage Management. FYI: due to the concrete structure, the coverage is spotty in different areas of the building.



STAYING INFORMED AND SAFE AT THE CITADEL

COVID-19 PROTOCOL

Each company will be given a specific COVID-19 PROTOCOL package prior to rehearsals beginning. Please ask Producer Jessie van Rijn (jvanrijn@citadeltheatre.com) if you have any questions about this document.

CALL BOARDS

The call boards located near the Shoctor Green Room (2nd floor) and Bentley Salon (3rd floor) are reserved for official company information such as rehearsal and performance calls, Equity correspondence, and invitations for the company.

EMERGENCIES

Your Stage Manager will take you through emergency protocols on your first day. Fire alarm and evacuation procedure, as well as first aid kit and AED locations, will be part of these activities.

SECURITY & BUILDING ACCESS

Parts of the Citadel Theatre complex are accessible to the public. For that reason, we have many doors that have codes, which your Stage Manager will supply you with (Administration office, Shoctor Backstage and Maclab Backstage). Since the Citadel Theatre is partly accessible to the public, we strongly recommend caution with your personal belongings. Whenever possible, lock your belongings in your dressing room or give them to your Stage Manager. At no time should doors be propped open – please ensure any auto-lock doors close behind you. Please report any suspicious activity to your Stage Manager or a Citadel Theatre staff person. Should you require access to a locked space outside of show or rehearsal times (for example: you left your wallet in your dressing room and the door is locked), call ACM Security: *8am-midnight* 780-860-9447, *midnight-8am* 780-669-5440).

GENERAL POLICIES

SMOKING

Smoking is not permitted in the Citadel Theatre (City of Edmonton Bylaw 6177). Please note this bylaw covers all parts of the theatre complex (including within 10m of all doors) and is in effect 24 hours a day. A bench is located just outside the south doors of the main lobby.

SUBSTANCE ABUSE

The consumption of alcohol on Theatre premises, other than at Citadel-related functions such as receptions and opening nights, is not permitted and offenders will be subject to disciplinary action. Anyone consuming alcohol at a Citadel-related function is encouraged to drink responsibly. The use of marijuana or illegal drugs on Theatre premises is not permitted and offenders will be subject to disciplinary action. Any employee reporting for work while under the influence of illegal drugs, alcohol or marijuana will be barred from the premises and subject to disciplinary action.

SCENTED PRODUCTS

Please consider those with scent-related allergies and chemical sensitivity that work within our building. We ask that you refrain from wearing perfume or other scented products (soap, hairspray, creams, cologne, aftershave) while working at the Citadel Theatre. Please talk to your Stage Manager for additional information.

BACKSTAGE VISITORS

The backstage area of all our performing spaces is off limits to everyone except the Company and Running Crew from one hour pre-show until 30 minutes post-show. Please respect our policy by not inviting guests backstage. Alert your Stage Manager if you notice unauthorized people backstage.

COMMUNITY OUTREACH & EDUCATIONAL OPPORTUNITIES

Luc Tellier, our Director of Education & Outreach, may have opportunities for you and fellow company members to participate in during your time at the Citadel. These opportunities can include Talkbacks or other informal “chats” with members of the public (all ages). Your Company will be contacted, as requests come up, to see if you are interested. Agreeing to these requests is strictly optional.

CHILD ACTOR(S) IN COMPANY (if applicable)

Section 59 of the CTA spells out the theatre's responsibility for the care and treatment of young actors until the age of 16. Additionally, the Citadel Theatre has developed our own policy and procedures for the special circumstances that arise when children are in the company. We post a copy of Section 59 and our policy on the callboard whenever there are children in an acting company. Youth actors have been instructed to stay out of the dressing rooms of the adult company members, unless so assigned. If you have any questions about the presence of child(ren) in your company, please talk to your Stage Manager or our Company Manager.

COMPLIMENTARY TICKETS

Designers, directors, actors and stage managers are offered the following for the production on which they work:

- **a maximum of 2 tickets (subject to availability) for any performance except opening and the final week of the run:** These are booked by going to the Box Office and telling the staff that you are a Company member of “Show Title”. Your name will be on the company list for your show. These tickets can be picked up by your guest up to an hour before the performance and are held under your name. *Tickets must be booked at least 48 hours in advance of desired performance. All comps will be booked at back of house at the time of the booking request. On the day of the performance, comps will be assigned into best available seats (subject to availability).*
- **2 Press Night tickets:** a Box Office staff person will send a reminder email about a week before the opening performance offering tickets for your show. Press Night tickets must be pre-booked and can only be picked up at the Box Office about an hour before the performance and are held under your name. ***Only ask for opening night tickets, if you are sure they will be used.*
- **2 Half-price tickets (excluding opening nights):** Go to the box office and tell the staff that you are a Company member. Your name will be on the company list for your show. These tickets should be paid at time of booking, and can be picked up by your guest up to an hour before the performance and are held under your name.

Designers, directors, actors and stage managers may see other Citadel Mainstage productions that are running during their time of residency. Each company member is able to access 1 complimentary ticket (based on availability). These are booked by going to the Box Office and telling the staff that you are a Company member of “Show Title.” Your name will be on the company list for your show.

INDUSTRY PASS/ “EQUITY RATE”

As an artist at the Citadel Theatre you are eligible to purchase an Industry Pass for the current season for \$20+GST. This pass allows you to purchase \$20-25 + GST tickets to any Citadel Theatre production during that season, and discounted tickets to other events (some restrictions apply). Industry Pass Holders can purchase ONE ticket at the Industry pass price per production (additional tickets are at regular price.) The Industry Pass discount is only valid for the first two weeks of a run (not available in the final week). Additional benefits for pass holders are available at partner Edmonton Theatre Companies (so you can see other shows during your rehearsal period in Edmonton). Please contact the Box Office for more information, or to purchase.

The Industry Pass is an affordable option for other theatre colleagues to see your show for approx. \$43.00 (for pass, show ticket, and fee). This is our “Equity Rate.” They can then see other shows for ~\$20 in our season, or in our community at a discounted rate!



VIOLENCE, WORKPLACE AND SEXUAL HARASSMENT POLICIES

The Citadel Theatre endeavours to provide a safe, respectful, and healthy environment for those working on its premises, its patrons, and third-party contractors. **Violence, bullying, and workplace and/or sexual harassment will not be tolerated.**

Citadel Theatre is a proactive participant in CAEA and PACT's [Not In Our Space Program](#). As such, we will present an anti-harassment statement on the first day of rehearsal. We will offer ways to support artists when there is a question about harassment in their workspace or when steps need to be taken to resolve an incident. Citadel Theatre wants to ensure your voice is heard and has multiple reporting options (please use the one that best suits you and the situation): If you have any questions about these policies or need to talk, please reach out to the Stage Manager, the Deputy, the Director, our Company Manager, our Artistic Director, our Interim Executive Director, or Board President, or a CAEA Respectful Workplace Advisor (notinOURspace@caea.com, 1-800-387-1856).

SAFE DISCLOSURE PROCESS

Citadel Theatre is committed to providing a safe, neutral, and confidential space for anyone wanting to bring information forward. We encourage you to reach out to Wendy Dupree, Citadel Theatre's Board President (BoardChair@citadeltheatre.com) if you have concerns that you do not feel comfortable sharing with the Deputy, the Stage Manager, the Director, our Company Manager, our Artistic Director, or our Interim Executive Director. No identifiable information will be forwarded to the Citadel Senior Management unless specifically requested by you. The safe disclosure process will be reviewed with you in detail upon making a report. Information about resources and/or supports can be made available during the process as well.

DEFINITION OF EMPLOYEE

In this policy "employee" is defined as a person who is in the employ of the Citadel Theatre in the position of a wage earner, contractor or volunteer. Contractor includes all persons who have entered in a contract with the theatre and includes, but is not limited to, actors, designers, technicians, stage management, teachers, and rental clients.

DEFINITION OF VIOLENCE

"Violence" is defined as the threatened, attempted, or actual conduct of a person that causes or is likely to cause physical injury. Acts of violence within the Citadel Theatre are unacceptable whether committed by an employee against another employee or a member of the public or by a member of the public against any employee. The Citadel Theatre believes in the prevention of violence and promotes a violence-free workplace in which all people respect one another and work together to achieve common goals. The management of the Citadel Theatre is committed to investigating reported incidents of violence in an objective and timely manner, taking necessary action and providing appropriate support for victims.

DEFINITIONS OF WORKPLACE AND SEXUAL HARASSMENT

Workplace harassment includes objectionable conduct, which may create an intimidating, offensive, or hostile work environment such that an employee's work performance is adversely affected, or that interferes and undermines an individual's employment relationship or that denies an individual the respect and dignity they deserve. It includes any behaviour which is known, or which should be reasonably known, to be unwelcome.

Workplace harassment may include:

- Written or verbal abuse or threat;
- Unwelcome remarks, jokes, innuendos, taunting or degrading comments about a person's race, religious beliefs, colour, gender, gender identity, gender expression, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status or sexual orientation of that person;
- Displays of racist or other offensive or derogatory pictures;
- Name calling, racial or ethnic slurs;
- Practical jokes, pranks or mischievous conduct which may cause awkwardness or embarrassment.

Sexual harassment includes unwanted sexual advances, unwanted requests for sexual favours, and other unwanted verbal or physical conduct of a sexual nature which might reasonably be perceived as placing a condition of a sexual nature on new or continued employment, work assignment, or on any opportunity for training, development or advancement.

Sexual harassment may include:

- Unwelcome sexual remarks, jokes, innuendos or taunting regarding a person's appearance, body, attire, age or marital status;
- A sexual advance or solicitation made by an individual who is in a position to grant or deny benefit or advancement;
- Expressed or implied promise of reward for complying with a sexual oriented request or actual or threatened reprisals against an individual who has rejected a sexual advance;
- Unwanted sexual attention of an abusive or persistent nature, or intimidating invitations or requests with sexual overtones, whether expressed or implied;
- Comments unduly emphasizing gender;
- Unwanted physical advances and contact such as touching, patting or pinching, or leering or other gestures of a sexual nature;
- Unwelcome displays of pornographic, derogatory or offensive pictures, materials or graffiti of a sexual nature.

Sexual harassment may occur between any two or more people. The behaviour need not be intentional in order to be considered sexual harassment. Sexual harassment is illegal under the provisions of the Alberta Human Rights Act.

WHAT CAN YOU DO ABOUT WORKPLACE AND/OR SEXUAL HARASSMENT?

If you feel you are being harassed:

1. Tell the alleged offender (with a witness present) that the harassing behaviour is unwelcome and unacceptable and must be stopped.
2. Keep a written record of incidents, dates, times, locations, possible witnesses and your response to the harassment. You do not have to have a record to make a complaint, but a record can strengthen your case and help you remember details over time.
3. If the behaviour continues, make a complaint by reporting the situation to the Company Manager, Executive Director, the Artistic Director, the Chair of the Board of Directors, or your Union Representative (CAEA Deputy). Although it is our desire to address these matters

expediently and at the earliest opportunity possible, if you do not feel comfortable approaching any of the persons above, **you are not required to address them in the order provided** and at all times may avail yourself of whatever remedies are otherwise available to you. In making a complaint, you should establish:

- a) Who the alleged offender is and a description of the offensive behaviour
- b) When the incident(s) took place
- c) The surrounding circumstances
- d) Other people, including witnesses, who may assist in defining the incident.
- e) When you told the alleged offender that the behaviour must be stopped, and the name of the witness(es) present.

DEALING WITH A COMPLAINT

1. Once a complaint is received it will be kept strictly confidential insofar as legally possible. An investigation will be undertaken in an expedient fashion, and necessary steps taken to resolve the problem. If a complaint is filed through a union as a grievance, a meeting will be held with the union representative before and after the investigation.
2. Both the complainant and the alleged harasser will be interviewed, as well as any individuals who may be able to provide relevant information. All information will be kept in confidence.
3. If the investigation reveals evidence to support the complaint of harassment, the harasser will be disciplined appropriately. Discipline may include suspension or dismissal, and the incident will be documented in the harasser's file. No documentation will be placed on the complainant's file, whether the complaint is upheld or not.
4. If the investigation fails to find evidence to support the complaint, there will be no documentation concerning the complaint placed in the file of the alleged harasser.
5. Regardless of the outcome of a sexual harassment complaint made in good faith, the employee lodging the complaint, as well as anyone providing information will be protected from any form of retaliation by either co-workers or superiors. This includes dismissal, demotion, unwanted transfer or denial of opportunities within the company, or harassment of an individual as a result of his/her having made a complaint or having provided evidence regarding the complaint.
6. Where the complaint is made in bad faith or found to be frivolous, vindictive or made for the purpose of embarrassing the alleged offender, the complainant may be subject to disciplinary action up to and including termination for just cause.

RESPONSIBILITY OF MANAGEMENT

It is the responsibility of the Executive Director, Artistic Director, Chair of the Board of Directors or Union Representative (CAEA Deputy) in the company to take immediate and appropriate action to report or deal with incidents of harassment of any type whether brought to their attention or personally observed. Under no circumstances should a legitimate complaint be dismissed or downplayed nor should the complainant be told to deal with it personally. **The Citadel Theatre wants to provide a safe and healthy work environment. Harassment will not be tolerated within this organization.**

ADDITIONAL RIGHTS

You have the right to contact the Alberta Human Rights Commission to file a complaint of harassment, and, if circumstances warrant it, a charge of assault may be filed with the police. A complaint must be filed with the Alberta Human Rights Commission within 12 months of the alleged incident.

Alberta Human Rights Commission, Northern Regional Office (Edmonton, AB)

Confidential Inquiry Line 780-427-7661

To call toll-free within Alberta, dial 310-0000 and then enter the area code and phone number.

TTY service for persons who are deaf or hard of hearing Toll-free within Alberta 1-800-232-7215



PUBLICITY & SOCIAL MEDIA POLICIES

If you have any questions about the following publicity or social media information, please contact Brianna Gallagher, Director of Marketing and Sales (bgallagher@citadeltheatre.com).

MEDIA COVERAGE

Throughout the season, the Marketing Department works to maintain good relationships with the media by inviting them to review productions and by offering story ideas and interviews. We welcome any information about events - personal or professional - and pitch ideas that we can pass on to the media. You may be approached through Stage Management to conduct interviews with media or be available at our media call.

PHOTOGRAPHS

Photos are traditionally taken for publicity purposes during dress rehearsal. Citadel Theatre will post chosen photos online after the first weekend of shows. Any images shared will be credited appropriately (i.e.: designed by, photo of, etc).

MEDIA PACKAGES

To be environmentally friendly, the Marketing Team will provide digital versions of media clippings and reviews towards the end of the production run, upon request, by electronic transfer.

SOCIAL MEDIA

We encourage all Artists working at the Citadel Theatre to help generate word-of-mouth buzz, awareness and excitement about the production. If you do choose to post about the show, we ask that you adhere to the following guidelines:

- **Share, link and post away!** We encourage you to link to or share content that the Citadel shares on social media:
Twitter (@citadeltheatre.com); Facebook (CitadelTheatre), Instagram (@citadeltheatreveg);
- **Spoiler Alert!** Please respect the artistic integrity of the production. We ask that you do not post any images, comments or details that may compromise a potential audience member's enjoyment of a production. For example, please refrain from sharing plot twists or staging details (i.e.: set pieces magically growing, etc.). We also ask that you respect the work of your colleagues in all posts.

- **Please give your colleagues a heads-up and ask their permission before taking and sharing photos of them.** If you have an image that has the okay to share, we encourage you to send it to citadelmarketing@citadeltheatre.com so we may share it as well!
- **Instagram Takeovers.** We will reach out to you via your Stage Manager to ask who is interested in doing a Takeover of the Citadel Instagram account. If you do a takeover, you'll be given a set of guidelines to follow but please remember to be considerate of your fellow cast members and respect that they may not want to participate.
- **Give credit where credit is due.** Any images shared should be credited appropriately (i.e.: designed by, photo of, etc.). We realize this may be a challenge on platforms like Twitter where text is limited, but please do so whenever possible. All designers should be credited.
- **Before posting to a blog/media site,** please let us know. If you write a post for a media site or your personal blog, we would appreciate you letting us know so we can help confirm any details and are aware when it goes live.
- **If you can't say anything nice...** We ask that you only post comments that are positive in tone. If you have feedback that is sensitive in nature or could be perceived negatively, please discuss this first with your Stage Manager, the Company Manager, or another representative from Citadel Theatre.
- **Errors or omissions** - if you come across misinformation (i.e.: typos, incorrect crediting, etc.) in any Citadel Theatre posts, please let us know right away so we can get it fixed. We encourage you to contact us directly rather than commenting or calling out the error online. We do our best to ensure accuracy of all posts; however, there is always a human at the keyboard.
- **When in doubt, ask!** Please don't hesitate to direct any questions to:
Brianna Gallagher, Director of Marketing and Sales - bgallagher@citadeltheatre.com



EXPLORE EDMONTON

THE CITY

Citadel Theatre is located in Amiskwaciwâskahikan / ᑭᑭᑦ ᑎᑭᑦ ᑎᑭᑦ ᑎᑭᑦ (Edmonton, AB) (Cree: [Amiskwaciwâskahikan](#) which means “Beaver Hill House”). We are on Treaty No. 6 territory and a traditional meeting ground and home of the First Nations, including both the treaty signatories – Cree, Saulteaux, Nakota Sioux, Stony and Cree-Iroquois – as well as other Indigenous peoples, such as the Blackfoot and Métis, who occupied this land before us. Treaty No. 6 extends through central Alberta and Saskatchewan.

As local organization TATAWAW once stated: *“Edmonton has a long history as a welcoming ground for diverse cultures to trade, share stories, and celebrate the bounty of the land. For thousands of years the Plains Cree have described this tradition, and the spirit of welcoming, as “tatawaw” meaning “there is room for you, welcome.”*

Edmonton is a cultural, governmental and educational centre, and is the capital city of Alberta. The city’s population was 972,223 in 2019, with surrounding municipalities increasing that count to over 1, 300, 000. It is the 2nd largest city in Alberta and the 5th largest city in Canada. It is the fastest growing Canadian city and the youngest (a larger proportion of kids, millennials, and working-age people than the national average). The city is situated on the North Saskatchewan River, and hosts a year-round slate of festivals, reflected in the nickname “Canada’s Festival City.” Expect to see vast prairie skies (that offer both glorious sunsets and earthshaking thunderstorms), a river valley full of trees, and never-ending sunshine; it truly is a stunning place to live and work.

WEATHER

Summer

Edmonton’s summers are from June to August and tend to be warm and dry. During the summer Edmonton can have up to 17 hours of sunlight! (The sun rises at 5:30 a.m. and doesn’t set until 10:00 p.m. most nights!) Occasionally in July and August, you can catch a spectacular thunder and lightning storm during the evening.

Fall

In the fall, the leaves start changing colours mid-September and fall off the trees throughout October and into November, creating a beautiful tapestry of colours in the river valley. Expect crisp, cool nights with sunny days.

Winter

Winter time is the coldest time of year in Edmonton and includes snow fall as early as November and as late as March. The city becomes a winter wonderland. The majority of snow fall in the region happens from December to February. Also, in the winter time the Aurora Borealis (Northern Lights) can be seen on a regular basis. If you are doing a show here between November and March – make sure to pack warm snow boots, a hooded parka, mitts, etc.

As a couple of past artists put it: *“It’s not cold if you dress for it!”*

“It’s likely you’ll be in Edmonton during the winter months and that makes one want to stay inside and not explore much outside of the Citadel neighborhood. It is worth braving the outdoors. Edmontonians are aware of how difficult the weather can be, and so they create opportunities to appreciate incredible food, winter festivals, concerts, and superb theatre. The effort you put into Edmonton will come back ten-fold.”

Spring

Spring in Edmonton generally happens between April, May and into June. At this time the temperature starts to increase and the plants and flowers start to bloom around the city, and our valleys, parks and boulevards explode in greenery as the trees begin to bud.

Average Temperatures

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| High °C | -7 | -5 | 1 | 10 | 17 | 20 | 22 | 23 | 19 | 12 | -1 | -6 |
| Low °C | -16 | -16 | -9 | -2 | 4 | 8 | 10 | 9 | 4 | -2 | -11 | -16 |
| High °F | 19 | 23 | 34 | 50 | 63 | 68 | 72 | 73 | 66 | 54 | 30 | 21 |
| Low °F | 3 | 3 | 16 | 28 | 39 | 46 | 50 | 48 | 39 | 28 | 12 | 3 |

TRANSPORTATION

Getting around Edmonton is easy! We have many options for transportation.

WAYFINDING

Edmonton works on a numbered grid system, with center of city being 100 Ave and 100 Street. Citadel Theatre is two blocks off this point and can be used as your reference to “centre.” Streets to the east of this point go down in number, and go up to the west. Avenues to the south go down in number, and go up to the north.

When we say “north side” or “south side,” we’re referring to areas that are north or south of the river. “East side” or “west side” refers to areas that are east or west of the downtown core.

Edmonton’s main downtown street is called “Jasper Avenue” (101 Avenue for most of its length). You’ll also see “Whyte Avenue” a lot in this guide; it is 82 Avenue and is just south of the river.

WALKING

The Citadel Theatre is accessible by foot if you are staying in the downtown core. As with any major city, stay alert and aware of your surroundings (don’t be a distracted walker). ****HINT: DO NOT JAYWALK. Edmonton Police are notorious for ticketing jaywalkers.** Edmonton also has an underground tunnel system that connects many of downtown city blocks and transit route options to the Citadel. (Link: [PEDWAY Map](#)).

CYCLING

The City of Edmonton has recently installed [bike lanes](#) in many neighbourhoods that are open year-round (snow tires recommended for Nov-Mar contracts). There are exterior bike racks at Citadel. Should you have any questions or concerns about having your bike at Citadel, please talk to the Company Manager.

PARKING

There is no way around it: parking in downtown Edmonton is expensive (but handy!).

Underground Parking

If you are working in Edmonton between November and March, an underground parkade will offer best protection from the elements. The underground parkades closest to Citadel Theatre are owned and operated by the City of Edmonton (LINK: City of Edmonton [Parking Locations & Rates](#)). Daily rates in these lots are up to \$30 max (M-F, midnight-midnight) or \$25 max (Sat/Sun, midnight to midnight). However, if you are planning to drive to rehearsals and performances, a monthly parking pass through the City of Edmonton for the Library Parkade is a good option at approx. \$315/month. To arrange, please visit this [application from City of Edmonton](#). ****HINT Split the cost with other artists in your company and car pool.**

Street Parking and Surface Lots

Due to construction in the area, street parking is extremely limited (and only available for 1-2 hours). Read the signs on city streets very carefully and follow the directions. There are a few parking spaces on the south side of the building, but time limits are short and ticketing is frequent. Some street parking is free after 6:00 p.m. and all day on Sunday. There are many private parking lots (Impark, etc) within a 10 minute walk to the Citadel. These surface lots can be cheaper, but may be harder to find empty spots.

BUS AND LIGHT RAIL TRANSIT (LRT) [Edmonton Transit Service Website](#)

Depending on the location of your accommodation, public transit is an excellent option. Citadel Theatre is in downtown Edmonton and next to the Churchill LRT Station and on many major bus routes. Many of our staff take public transit to work and find it an affordable and fast option for commuting. Be sure to check potential transit route options for your post-show commute, to ensure you have a safe and direct ride home. ****HINT Google Maps Transit feature will give you the best route(s) from your accommodation, and provide up-to-date route information.**** **FARES (as of June 2021):** Cash \$3.50 Ticket (book of 10) \$27.75 Monthly Pass \$100.00 (Passes and books are available for purchase at Shoppers Drug Mart and other retail locations (full list [here](#)))

UBER <https://www.uber.com/>

EDMONTON TAXI <http://edmtaxi.com/> Shared app/dispatch for Yellow Cab, Barrel Taxi, Checker Cab, Prestige Cab, Capital Taxi, 24-7 Taxi, Sherwood Park Yellow Cab and Leduc Yellow Cab.

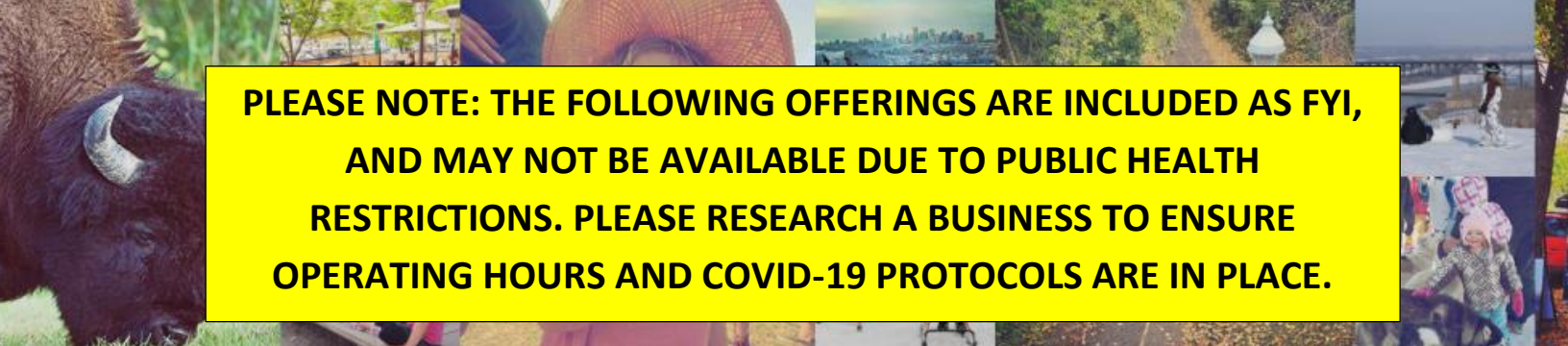


ENJOY YOUR STAY!

Edmonton is a bustling major city with many different neighbourhoods for shopping, restaurants and services. Much of this guide will focus on close-to-downtown areas (with a few special shout outs to popular neighbourhoods around the city). If your accommodation happens to be in a different neighbourhood, let us know and we can send you a list of “must-try” for that area.

BRINGING YOUR FAMILY? EQUIPMENT, CHILDCARE & ACTIVITIES

If you are bringing a young family member to Edmonton and would like to avoid packing along a ton of “baby/kid stuff”, please inquire about our **Family Lending Library** with Producer Jessie van Rijn for things like stroller, car seat, toys, books and more. If you require the services of a nanny/ babysitter, we recommend the “*Babysitters for Artists: YEG*” Facebook page; Edmonton’s theatre community is tight-knit, and we have a plethora of artists who take on short-term childcare/nanny gigs. We also have plenty of family-friendly activities and places, should you wish to have some adventure on your day off or before evening shows. If you would like assistance in ensuring your family’s comfort and enjoyment during your stay, please contact Company Manager Peni Christopher (pchristopher@citadeltheatre.com) and Producer Jessie van Rijn (jvanrijn@citadeltheatre.com).



PLEASE NOTE: THE FOLLOWING OFFERINGS ARE INCLUDED AS FYI, AND MAY NOT BE AVAILABLE DUE TO PUBLIC HEALTH RESTRICTIONS. PLEASE RESEARCH A BUSINESS TO ENSURE OPERATING HOURS AND COVID-19 PROTOCOLS ARE IN PLACE.

RETAIL & SERVICES

SHOPPING

[City Centre Mall](#): around the corner from Citadel Theatre (and connected via PEDWAY). There is a diverse selection of clothing, shoe, gift and health & beauty stores. Also has a food court for quick lunches!

[Whyte Avenue](#) (82 Avenue between Gateway Blvd/109 Street in “Old Strathcona”) and [124th Street](#) (between Jasper Avenue and 109 Avenue in “Westmount”):

Two funky neighbourhoods to explore clothing/art/gift/record/comic shops, restaurants, and galleries.

[West Edmonton Mall](#): The one. The only. North America’s largest mall, with over 800 stores.

GIFTS

Looking for a unique gift or Edmonton keepsake? These local artisans and curated shops have diverse selections of jewelry, art, décor, clothing and more!

- [The Artworks](#) (Downtown)
- [Tix on the Square](#) (Downtown)
- [Art Gallery of Alberta Gift Shop](#) (Downtown)
- [RAAS Market](#) (in West Edmonton Mall)
- [Majesty and Friends](#) (Highlands)
- [The Prints & The Paper](#) – art, books, cards (Westmount)

FLOWERS (all make regular deliveries to Citadel Theatre)

- SUPER FANCY [The Artworks](#)– located 2 blocks from Citadel, 780-420-6311
- FANCY [Graham and Lane](#)– located in City Centre, 780-429-1637
- REGULAR [Bunches](#)– located in City Centre, 780-448-0970

BANKS

The closest ATMs are in the Citadel: across from the box office and next to the Ghost Light Coffeehouse. All the following banks have ATM's nearby plus regular banking hours.

RBC Royal Bank, 10117 Jasper Ave or Manulife Place (10180 101 St NW #201)

Scotiabank, 10050 Jasper Ave

TD Canada Trust, in City Centre Mall

Servus Credit Union, 10303 107 Ave NW

CIBC, 10102 Jasper Ave

The Bank of Montreal, 10175 101 Street NW

HBSC, 10250 101 St NW

Alberta Treasury Branch (ATB), 10025 Jasper Ave, Main floor

PHARMACIES

Pharmacies/drug stores in Edmonton include Shoppers Drug Mart, London Drugs, Rexall, The Medicine Shoppe, and many smaller family establishments. The closest pharmacy to Citadel Theatre is Shoppers Drug Mart in City Centre Mall (entrance is on the corner of 102A Avenue and 101 Street).



FOOD

GROCERIES:

- Save-on-Foods (10180 109 St NW) is the closest full grocery store to Citadel Theatre. **HINT:** *This store will deliver groceries pre-ordered online (first delivery is free!). A great help to get your fridge and pantry stocked with that first heavy load of groceries.*
- Safeway at Oliver Square is located at 11410 104 Ave.
- Sunterra Market in Commerce Place (10180 109 St NW) is a short walk from Citadel and a great place for, fresh fruit, bakery items, bread, salads and fully-prepared meals to take home for later. Shoppers Drug Mart has some groceries in downtown locations.
- [Instacart](#) is a grocery delivery app that is available in Edmonton.

SPECIALTY FOODS:

- [Orii Vegan & Vegetarian Market](#) – Edmonton's very own Vegan and Vegetarian grocery store. They carry a huge variety of meat and dairy alternatives.
- [Earth's General Store](#) - organic groceries, fair trade goods, vegan products. Bulk/no waste shopping.
- [Blush Lane Organic Market](#) – organic groceries, fair trade goods, vegan products.
- [Italian Centre Shop](#) – 3 locations in Edmonton. Specialty groceries. Great for meats, cheeses, fresh produce, olives, pastas and bakery items.
- [K & K Foodliner](#) – voted Edmonton's best meat shop and best import shop.
- [Cavern](#) – specialty cheese shop (also a café!)
- [Silk Road Spice Merchant](#) – specialty shop that offers a complete selection of top-quality whole and ground spices, dried herbs, dried chiles and chile powders, and hand-blended spice mixtures and rubs to cooks and food lovers across Canada. They also carry cocktail supplies (bitters, syrups).

LIQUOR STORES

- A major chain of liquor stores in Edmonton is [Liquor Depot](#) (there are 59 of them).
- [The Sunterra Cellar](#), Commerce Place 2nd floor, 10150 Jasper Ave NW
- [deVine Wines and Spirits](#), 10111 - 104 Street NW

FOOD DELIVERY SERVICES

Try some of Edmonton's favourite restaurants without leaving the comfort of your accommodation! Check the restaurant's website for how to order delivery, or pick a restaurant from one of these delivery services:

- [Skip the Dishes](#)
- [UberEATS](#)
- [Just Eat](#)
- [Door Dash](#)

MARKETS

Three year-round farmer markets we think you should check out are:

- [Old Strathcona Farmers Market](#), near Whyte Ave and Gateway, Saturdays 8:00 a.m. to 3:00 p.m.
- [City Markets Downtown](#): From October 12 to May, the Market moves indoors to GWG building (10305 – 97 Street) (around the corner from Citadel Theatre), and is open 9 am to 3 pm on Saturdays and from 11 am to 3 pm on Sundays.
- [Bountiful Market](#), 10am - 4pm every Friday, and Sunday, 9am - 5pm every Saturday, 20 min drive from downtown. (3696 97 Street)

RESTAURANTS

Edmonton has an exploding food scene, with some incredible new restaurants and innovative culinary creators. We highly recommend spending some time exploring our local fare – you will not be disappointed. The list below is meant to be a quick glance – there are many, many more options in each category (here's the [Top 100 Things to Eat in Edmonton](#), just to get you started!).

LUNCH RUSH (Quick/Cheap meals near Citadel)

[Vicki's Bistro](#) (south side of our building)

[Olly Fresco's](#) (City Centre Mall food court)

[Sunterra Market](#) in Commerce Place (2nd floor)

Canada Place Food Court (lower level)

City Centre Mall Food Court (3rd floor)

Both of these spots are hot/cold lunch buffets, and also have great premade sandwiches, salads, entrées,

COFFEE SHOPS

Second Cup – located in Citadel Theatre next to the waterfall.

[Nook Café](#) – around the corner from Citadel Theatre. Great coffee, lunches and baked goods.

[Remedy](#) (multiple locations) – A must-try chai spot!

[Credo](#) (multiple locations)

[Transcend Coffee](#) (multiple locations) (there are also umpteen Starbucks/Tim Hortons in the area!)

BEVIES AND SNACKS (near Citadel)

[Sherlock Holmes Pub](#) (11am – 10pm Daily)

[Craft Beer Market](#) (Closes Sun/Mon/Tues 11pm, Wed/Thurs 12am, Fri/Sat 1:30am)



RESTAURANTS CONT'D

BREAKFAST

[Blue Plate Diner](#)
[DeDutch](#)
[Highlevel Diner](#)
[Under the High Wheel](#)
[New York Bagel Cafe](#)
[Tasty Tom's](#)

THAI

[Bua Thai](#)
[Boualouang Laos and Thai Cuisine](#)
[Syphay Restaurant](#)

INDIAN

[Guru](#) (upscale dining)
[Indian Fusion Curry House](#)
[Remedy Café & Chai](#) (multiple locations)

JAPANESE

[Kyoto](#)
[Izakaya Tomo](#)
[Nomiya](#) (multiple locations)
[Dorinku](#)
[Tokiwa Ramen](#)

VIETNAMESE

[Pagolac](#)
[Thanh Thanh](#)

FRENCH

[The Marc](#)
[The Creperie](#)

ITALIAN

[Uccellino](#)
[Corso 32](#)
[Café Amore](#)
[Tiramisu Bistro](#)

TAPAS/ SHARE PLATES

[Three Boars Eatery](#)
[Bar Bricco](#)
[Bodega](#) (multiple locations)

THE EDMONTON SNACK

[Green Onion Cakes](#). You'll see this on many menus around town – this is a dim sum style fried pancake with green onions, made famous during our many Festivals. Try it!

GLUTEN FREE

[Comprehensive list](#)

MEXICAN

[Tres Carnales](#)
[El Cortez](#)

HARDWORKING CATCH-ALLS (BRUNCH/DINNER/DRINKS)

[Pip](#)
[The Next Act](#)
[District Cafe & Bakery](#)
[Workshop](#)

VEGAN & VEGETARIAN

[Padmanadi Vegetarian Restaurant](#)
[Café Mosaics](#)
[Noorish](#)
[Die Pie Pizza](#)
[The Moth Cafe](#)
[KB & Co](#)

ICE CREAM

[Pinocchio Ice Cream](#)
[Revolution Ice Cream & Sorbet](#)
[Made By Marcus](#)

CHINESE

[The Lingnan](#)
[Beijing Beijing](#)
[Shanghai 456](#)
[Golden Rice Bowl](#)

PIZZA

[Ragazzi Bistro](#)
[Italiano Rosso Pizzeria](#)

BARBEQUE

[Meat](#)
[Have Mercy](#)
[Pampa Brazilian Restaurant](#)

EDMONTON JEWELS

[Little Brick Café And General Store](#)
[Juniper Bistro](#)

[Bistro Praha](#) Czech/German
[Otto](#) Sausage
[The Oil Lamp](#) Greek
[Northern Chicken](#) Southern
[High Tea @ Hotel Macdonald](#)

MAKE A RESERVATION EARLY (upscale dining)

[Uccellino](#)
[Woodwork](#)
[Rge Rd](#)
[Corso 32](#)
[Zinc](#)
[Sabor](#)

LOCAL CRAFT BREWERIES

[Bent Stick](#)
[Situation Brewing](#)
[Blind Enthusiasm](#)
[Alley Kat](#)
[Yellowhead Brewing](#)
[Town Square Brewing](#)
[Sea Change Brewing Co](#)

SANDWICHES

[Farrow](#) (multiple locations)
[V Sandwiches](#) Vietnamese subs
[The Local Omnivore](#)
[Italian Centre Shop](#) (multiple locations)

SWEET STUFF

[Duchess Bake Shoppe](#)
[Sugared and Spiced](#)
[Milk & Cookies Bake Shop](#)
[District Cafe & Bakery](#)
[La Boule Patisserie & Bakery](#)
[Tsujiri Japanese Tea Room](#)

DONUTS

(yes, they need their own category)
[Doughnut Party](#)
[Destination Doughnuts](#)
[Ohana Donuterie](#)
[Take 5](#)

GYMS, POOLS & CLASSES

FITNESS CENTRES

[Don Wheaton Family YMCA](#)

Pool, gym, group fitness classes. (Downtown)

[MacEwan Sport & Wellness](#)

Racquetball, squash, swimming pool, steam room, weight room and exercise machines with televisions. (Downtown)

[Kinsmen Sports Centre](#)

indoor running track, indoor tennis, racquetball, volleyball/squash courts, weight room & exercise machines. (River Valley)

[Recreation Centres & Pools](#)

Edmonton has many city-run leisure centres throughout the city, throughout many different neighbourhoods.

DANCE CLASSES

[Good Women](#)

Drop in contemporary classes

[Mile Zero Dance](#)

Range of classes in the days and evenings.

[Dance Code](#)

Range of drop in classes as well, mostly evenings.

YOGA CLASSES

[Shala Ashanta Yoga](#), 10018 105 St NW (Downtown)

[Aurora Yoga](#), 200 – 11209 Jasper Avenue (Downtown)

[SATTVA School of Yoga](#), 8135-102 St NW (2nd Floor) (Old Strathcona)



HEALTH & WELLBEING

EMERGENCIES

24-Hour Emergency Services: Call 911 for emergencies & ambulance

If an emergency situation occurs while you are at Citadel Theatre, your Stage Manager is prepared to take charge. However, if something happens when you are away from the theatre, the following suggestions may be useful.

If the emergency doesn't require an ambulance, but you need immediate care in an emergency room:

Royal Alexandra Hospital (north of Citadel)

10240 Kingsway Ave

(north on 101 Street; turn left on Kingsway Avenue) 780-477-4111

OR

University of Alberta Hospital (south of Citadel)

8440-112 Street (on the U of A campus) 780-407-8822

NON-EMERGENCY CARE

If the situation is not critical, or you are in need of medical/health advice, call Health Link at 811 for information and advice from nurses (24/7).

Edmonton has many walk-in clinics, including a chain of them called "Medicentres."

You can search wait times and locations of Medicentres (there are 3 within 5km of Citadel Theatre), and choose the one that might get you in to a doctor the fastest. (Link: [Medicentre locations](#)). Most do not accept appointments. ****HINT**** For shortest wait time, go first thing in the morning at opening.

For an appointment to see the Citadel Theatre's Doctor (Dr. Ghalib Ahmed), talk to Company Manager. She can sometimes schedule appointments the same day (based on the doctor's schedule).

SERVICE PROVIDERS

CHIROPRACTIC

Dr. Francois Lacroix-Leung

[All Sport Health & Performance](#) (elite athlete clinic)

780.424.7246

Dr. Siân Williams (former actor)

[Alinio Chiropractic & Massage](#)

780.577.9823

ACUPUNCTURE

Andrea House, [Acupuncture Works](#) (Downtown)

Also does cupping, Gua Sha, herbal consults, Tuina.

201-10026 105 St NW, 780-428-4325

Andrea offers pay-by-donation sessions (\$20-40 sliding scale) for artists on Mondays. Call for info and to book a time. (Donation sessions not covered by insurance.)

ROLFING

[Aaron Bjorndal](#), 11111 Jasper Avenue (in the Edmonton General Hospital), 780-984-7390

PHYSIO

[Edmonton Physical Therapy Clinic](#) 10179 109 St, 780-428-6881

DENTAL

[Canada Place Dental](#) Citadel Theatre (in PEDWAY to Canada Place), 780-424-6272

EYE CARE

[City Centre Eye Care](#), 780-429-0029 (located in City Centre Mall, across the street from Citadel)
[Dr. Denis Meyer & Associates](#) Southgate Shopping Centre (open weekends and evenings), 780-437-9001

RMT MASSAGE

[Deanne Underwood](#), 780.292.6795 deannekunderwood@gmail.com

Mobile RMT for Citadel and Alberta Ballet. Ask Stage Management about booking a room at theatre, or have Deanne come to your apartment/suite.

[Alberta Momentum Massage](#) (highly recommended by multiple artists) 8602 99 St, 780- 488-8640

[Strength and Balance Therapeutic Massage](#) 11807A 105 Ave, 780-732-2272

"Incredible massage therapists. Best I have ever had in any city. They were key to avoiding injury." – past artist

[City Centre Wellness](#) (Inside World Health Gym at City Centre Mall) 780-423-4333

Offers RMT massage, chiropractic, CranioSacral therapy, acupuncture, osteopathy, cupping.

MENTAL HEALTH

Momentum, Walk-In-Counselling (Link: [Momentum Counselling](#))

780-757-0900

Costs: Pay what you can, sliding scale based on income

Provides single session counselling. Walk-in service on a first-come/first serve basis. They recommend phoning beforehand to find out about counsellor availability.

Canadian Mental Health Association

780-482-HELP (4357) 24/7 Distress Line. Connects you with a trained volunteer.

Mental Health Line (24/7)

1-877-303-2642 Government telephone service with Registered Nurses on the other end.

INDIGENOUS CULTURAL SUPPORT

ELDER CONNECTIONS

If you would like to meet with an Elder or community member, please ask Citadel's Producer (Jessie van Rijn, jvanrijn@citadeltheatre.com).

SMUDGING & MATERIALS

Smudging is permitted in many areas of the Citadel complex with consultation of our Producer (due to our sensitive alarm system and possible disruption of shows). Citadel Theatre has smudge materials on site (dried sage, abalone shells, and matches). To access materials or to inquire about smudging locations, please ask Citadel's Producer.

****The above listed wellness service providers are suggestions based on past artists experience & general research. There are many other options in Edmonton to explore to find the right fit for you!**



ENTERTAINMENT

West Edmonton Mall is on the tip of everyone’s tongue when asked “What should I do while I’m in Edmonton?” It is North America’s largest mall, with over 800 stores, 100 restaurants, North America’s largest indoor waterpark, the world’s largest indoor amusement park (with the largest indoor rollercoaster), AND the world’s largest indoor lake (complete with pirate ship, seals and birds).

It is a favourite of past Citadel artists as a “Day Off” adventure. A 25-minute drive, or 40-minute bus ride from downtown Edmonton. *HINT: Save \$\$\$ when you buy as a group– discounts for group bookings at Galaxyland Amusement Park and World Waterpark start at 15 people. (Extra hint: spend a little bit extra and book a cabana/private beach for the group at the Waterpark!)*

That said, there is a TON to do that does not include “The Mall,” and we encourage you to check out all the unique and exciting entertainment options that Edmonton has to offer during your time at Citadel!

THEATRE, DANCE & CONCERTS

See a show during rehearsals! Edmonton is a theatre-mad town. Per capita, there is more theatre in this city — some 3,900 kilometres from Broadway — than there is in New York City.

[Theatre Alberta Playbill](#) – a handy resource to search theatre productions playing in Edmonton during your rehearsal period while you have evenings off.

[TIX on The Square](#) – your connection to live music, theatre and dance performances in Edmonton.

[Edmonton Live Music Listings](#) – Intimate club/bar venues

[Evolution Wonderlounge](#) – Popular gay bar offering cocktails, DJs & dancing, drag shows & events.

[Edmonton Symphony Orchestra](#) – playing at the Winspear Centre, across the street from Citadel.

[Rapid Fire Theatre](#) – Edmonton’s premiere improv troupe.

[The Grindstone Comedy Theatre & Bistro](#) – improv, stand up, sketch comedy, music and more.

MOVIES & GAMES

[Edmonton Movie Times & Cinemas](#)

- Cineplex has many chain locations throughout the city, including at West Edmonton Mall.
- Landmark City Centre is the closest movie theatre to the Citadel – it is in City Centre Mall.
- Princess Theatre and Garneau Theatre offer more “art house” selections.

[Board Game Cafes](#)

[Escape Rooms](#)

[The Rec Room](#) - two locations in Edmonton. Let your inner kid out – a bar/restaurant with everything from ping pong, to arcade games, axe throwing, pool, climbing walls, Virtual Reality, bowling, laser tag, live music and more.



GALLERIES

[Art Gallery of Alberta](#)

A must-see for visual art lovers, the Art Gallery of Alberta is itself a masterpiece of architecture as well as the diverse creative focal point of Edmonton's downtown heart. *HINT: Free Tuesdays and Wednesdays 5–8pm!*

[Alberta Craft Gallery](#)

The Alberta Craft Gallery has ever-changing displays that offer a wide selection of handcrafted pottery, blown and fused glass, jewellery, woodwork, fibre art, furniture, and home accessories from over 150 emerging, mid-career, and established artists.

[Gallery Walk on 124 Street](#)

Zigzag through a 12-block hub of inspiration on a gallery walk around 124 Street District near Edmonton's downtown core. Visit the [Bearclaw Gallery](#), [Bugera Matheson Gallery](#), [Peter Robertson Gallery](#), [Scott Gallery](#), [Lotus Art Gallery](#) and more!

Murals

The City of Edmonton has a growing collection of amazing largescale murals in and around the downtown area. Check out the locations of each mural via [this map](#).

MUSEUMS & HISTORICAL

[Royal Alberta Museum](#)

The new RAM (neighbour of the Citadel) is one of the province's greatest cultural attractions and the largest museum in western Canada, as well as an integral part of Edmonton's downtown Arts District. Collections include natural history, human history, Children's Gallery, a Bug Gallery, and it has an amazing gift shop!

[Alberta Legislature Building](#) – the seat of Alberta's provincial politics.

Known to Edmontonians as “the Ledge,” the Alberta Legislature Building is a marvel of marble pillars and carved oak, beautiful Beau-Arts architecture, stunning grounds and innovative water features (where you can splash in the summer and skate in the winter!). Tours available. It is also the location for many festivals, marches, rallies and demonstrations in the city.

[Alberta Aviation Museum](#)

Come and explore the vintage aircraft that spurred the romance, courage and clashes that mark the last century of flight. The Alberta Aviation Museum is located in the last remaining double-long, double-wide hangar from the World War II era, and at over 75 years old, is a protected municipal and provincial historic resource. Check out the de Havilland Mosquito, a World War II combat aircraft, and the Cirrus Moth, one of the earliest examples of aircraft in Edmonton. Explore their new displays, and test your own piloting skills on the flight simulator.

[Neon Sign Museum](#)

The Neon Sign Museum, the first of its kind in Canada, features a collection of functional historic signs that tell a story about Edmonton's neon past. The Museum is outdoors and is open 24 hours a day, 7 days a week. No admission is required.



NATURE & SCIENCE

[Muttart Conservatory](#) – The Muttart Conservatory, Edmonton's premier horticultural attraction, is nestled in the River Valley and features more than 700 species of plants in 3 climate-regulated biomes - arid, temperate and tropical - and a feature biome, located within the pyramids. (CLOSED FOR CONSTRUCTION THROUGH 2021)

[100 Street Funicular](#) – Take a quick (and free!) ride down to the River Valley for easy access.

[John Janzen Nature Centre](#) – Edmonton's nature centre, nestled in the River Valley. Walking trails nearby. Includes a wonderful indoor playground for those with kids.

[Elk Island National Park](#) – 30 min drive from downtown. See bison and elk roam in the wild! Open year-round.

[Northern Lights viewing](#) – Here in Edmonton, you're in one of the country's best places for witnessing this phenomenon of nature: green and pink dancing lights form part of Edmonton's skies. Be awed by the breathtaking spectacle of the undulating heavenly mosaic of colours that dance across the skies. (Sign up for Aurora alerts [here!](#))

[Telus World of Science](#) – Edmonton's centre of science and discovery. Includes an IMAX Theatre, laser shows, exploratory galleries for all ages (including a baby/toddler area, and "Dinosaurs Unearthed: Down to the Bone" on long-term loan), and Observatory.

[Edmonton Valley Zoo](#) – operated by the City of Edmonton in the heart of the River Valley, the Zoo is home to more than 350 animals and focused on conservation.

GET OUTSIDE!

Running /hiking/biking: Edmonton's River Valley boasts 160 km of maintained trails ([trail maps](#)). Looking to run stairs? We have [plenty of staircases to try!](#)

[Outdoor Skating](#) – Edmonton boasts over 100 outdoor skating rinks, some with skate rentals. Skating season is usually December through March, depending on the weather. [City operated rinks](#) tend to have warming shelters, rentals and boards, where the more plentiful [community league operated rinks](#) are fairly simple flooded surfaces in parks (some of these are fairly tricked out!).

[Snowshoeing/Cross-Country Skiing](#) – want to get out on the snow? Edmonton has plenty of options for snowshoe trails and cross-country ski trails, right in the heart of the city! Rentals available [here](#).

[Disc Golf Park](#) - Located at the tail end of Edmonton's picturesque Rundle Park, the Rundle Park Disc Golf Course is one of Alberta's very best courses. It offers a challenging mix of holes featuring a variety of elevation changes, manicured tree-lined fairways and even a few water hazards all of which is framed by the mighty North Saskatchewan River.



HINTS AND TRICKS FROM PAST ARTISTS

It is very dry in Edmonton; past artists recommend the following to take care of your voice and body while you are working at Citadel Theatre, at any time of year:

- Increase your water intake 2-3x.
- Keep a humidifier in your bedroom (Citadel Theatre has a limited number of loaners, please ask Stage Manager or Company Manager for more information). Clean it regularly to prevent mold buildup.
- Steam! Many of our artists use personal facial sauna/steamers, which can be purchased at London Drugs, Walmart, or Amazon for approx \$30. Clean it regularly.
- Wear layers. Different parts of our building can vary in temperature, especially in the winter or at change of seasons.
- Moisturize! Bring extra moisturizer (oils, creams, serums, or lotions – whatever works best for you).
- Get outside, especially if your only outdoor time is your commute. You may feel like hunkering down (especially in winter), but getting outside for a walk in the River Valley, or through a different neighbourhood, can be restorative.
- If you are coming during the winter months, be ready for the weather. A longer parka (mid-thigh or knee length) with hood that has insulation and windproof layer is suggested. Insulated snow boots with tread, warm gloves, a toque, and scarf/neck warmer will also keep you toasty and ready to explore. Sunglasses will help protect your eyes from the glare of our ever-present sun off the snow.

EDMONTON - IN THE NEWS

An Unexpected New Stop on the Road to Broadway: Edmonton

<https://www.nytimes.com/2017/12/11/theater/an-unexpected-new-stop-on-the-road-to-broadway-edmonton.html>

An artist's guide to falling in love with Edmonton: Hidden spaces and choose your own oasis

<https://www.cbc.ca/arts/an-artist-s-guide-to-falling-in-love-with-edmonton-hidden-spaces-and-choose-your-own-oasis-1.4746674>

26 reasons why Edmonton might be the next great Canadian city

<https://www.theloop.ca/26-reasons-why-edmonton-might-be-the-next-great-canadian-city/>

Edmonton Journal article on the 2019/20 Citadel Theatre season launch

<https://12thnight.ca/2019/01/28/the-citadels-upcoming-54th-season-local-stars-in-an-international-galaxy/>

IN CLOSING

We hope that you enjoy your time working at Citadel Theatre. If you have any questions about the organization, the city of Edmonton, or anything else – just ask!

Photos from: Edmonton Tourism, www.exploreedmonton.com