



W.E.S.O.A.R! Programs & Adventurers Guide

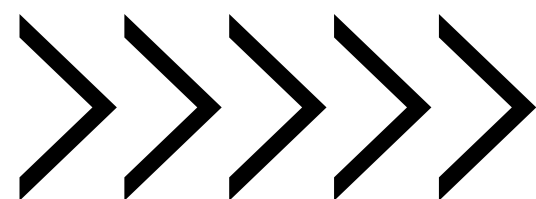
SUMMER 2022



Between Friends
connect • grow • belong

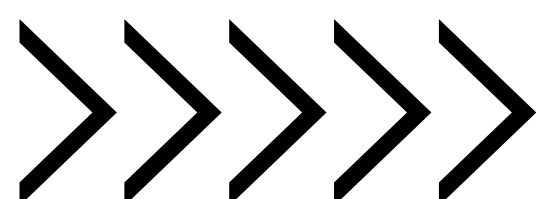
Registration

When?



Wednesday, May 4th, 2022
5:30 PM MST

How?



Call the registration line: **403 508 0110**

or

Online through our registration portal

(CLICK HERE)



If you have any questions regarding registration, your membership, or fee assistance, please contact our Community Engagement Coordinators (CEC):

Lucy Diep ldiep@betweenfriends.ab.ca | 403 930 3851

Meghan Owen mowen@betweenfriends.ab.ca | 403 305 4415

Alex Woelfle awoelfle@betweenfriends.ab.ca | 403 540 1096

or contact us at info@betweenfriends.ab.ca | 403 269 9133

Program Fees

Fees for Between Friends **W.E.S.O.A.R!** & **Adventurers** Programs are due at the time of registration. Credit card, cash, and cheque payments or a fee assistance form must be submitted within five (5) business days or registration will be cancelled.

Please Note: Online registrations must be paid by credit card in full.



Fee Assistance and Subsidy

Between Friends does its best to ensure that every member with a wish to attend programs is granted the opportunity. In order to remain accessible, we subsidize all programs for all participants. Fee assistance is available for two (2) **W.E.S.O.A.R!** programs per session and two (2) **Adventurers** programs per season. In order to help more families, we cannot offer 100% fee assistance.

To apply, fill out our online **Fee Assistance Application Form**.

[CLICK HERE](#)

Once your application is submitted, our CECs will review your application and contact you once a fee assistance amount has been calculated. For more information about our Fee Assistance Program or how to apply, please contact our CECs.



Cancellation Policy

To cancel registration you must contact your CECs. A 15% fee will apply to all cancellations. Refunds will be provided only when vacancies can be filled, and the office is notified of the cancellation.

If a program is canceled due to low attendance, you may transfer to another program if space is available, or receive a full refund. We will make every effort to contact you prior to the start date of the program if cancellation is necessary.

W.E.S.O.A.R! Programs

Our W.E.S.O.A.R! Programs are fun-filled and provide opportunities for our members to connect, build friendships, and develop skills. Want to join us virtually? There are some programs being offered as **hybrid**! These programs have the opportunity to join either in person, or online.

There is a 2 program registration limit for each member.

Growing Through Gardening | 18+

Mondays, June 13 - August 8

6:00 - 8:00 PM

No program: August 1

Location: Camp Bonaventure, 1225 50th Ave Calgary

Join Janet down at camp as we connect in our garden! We foster a nature-based therapy that encourages you to form a greater connection to the natural world while enjoying a relaxing hobby.

\$125
(approx \$16/day)



BoomBox! - Hybrid | 18+

Tuesdays, June 14 - August 2

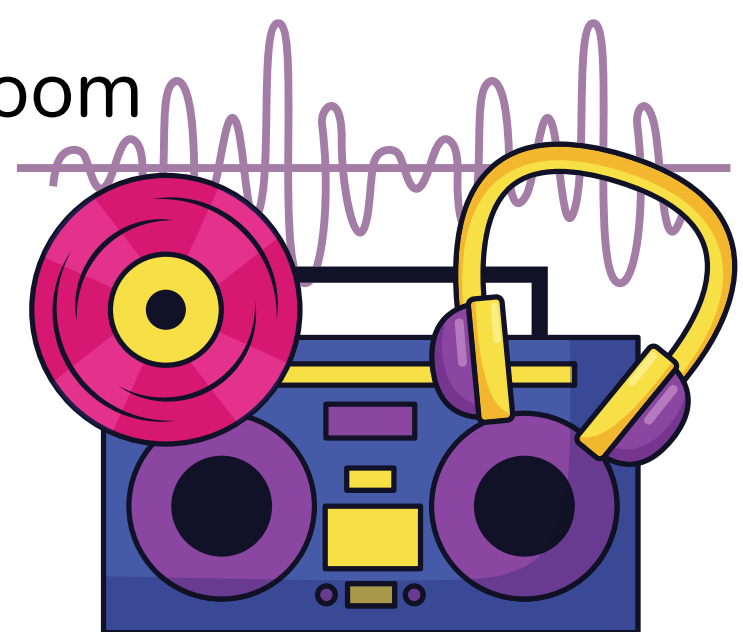
6:30 - 8:00 PM

Location: Between Friends Office, 8989 MacLeod Trail, Calgary AB & Zoom

Join Jimmy from Lively Up Yourself Music Therapy and engage in social interaction, self-expression, and new learning! Each week we explore different genres of music through singing, playing instruments, movement and musical games.



\$125
(approx \$16/day)



Tuesday Movie Night! | 18+

Tuesdays, June 14 - August 2

6:00 - 9:00 PM

Location: Westhills Cineplex Odeon, 165 Steward Green SW, Calgary

Watch a movie with your pals! Whether you like action, comedy or romance – there's something for everyone. You'll catch a special movie this session; including 3D or AVX. If you'd like to purchase a snack, you'll need to bring your own money!

\$150
(approx \$19/day)



W.E.S.O.A.R! Programs

Get Crafty! - Hybrid | 13+



\$135
(approx \$17/day)

Wednesday, June 15 - August 3

6:00 - 8:00 PM

Location: Between Friends Office, 8989 MacLeod Trail, Calgary AB & Zoom

Join us remotely via Zoom, or in person, as we craft the night away! We will be focusing on different projects and techniques throughout the session.



Rec Swim | 18+

\$135
(approx \$17/day)

Thursdays, June 16 - August 4

7:00 - 8:30PM

Location: Vecova - 3304, 33 St. NW, Calgary AB

Swim, splash, and hang out with your pals in the pool! We are at Vecova's fully accessible salt water pool. The temperature of the water is 34.5°C.



Active Adventerous Adults | 18+

\$140
(approx \$18/day)

Friday, June 17 - August 12

6:00 - 8:00 PM

No programs: July 1

Location: Various locations within Calgary city limits

Want to get outside and be more adventurous? Join us weekly to explore exciting activities around Calgary. We will be doing things like hiking, swimming, working out, and more! We bring the FUN to your physical activity plan.



Summer Nights | 18+

\$145
(approx \$18/day)

Unsure what program to join? Try a variety of activities at our Summer Nights programs! Activities change each week - you may enjoy a fire in the community, a night on the town, or a fun water based activity!

South

Mondays, June 13 - August 8
6:00 - 8:00 PM
No programs: August 1
Location: Various Locations

North

Wednesdays, June 15 - August 3
6:00 - 8:00 PM
Location: Various Locations

Central

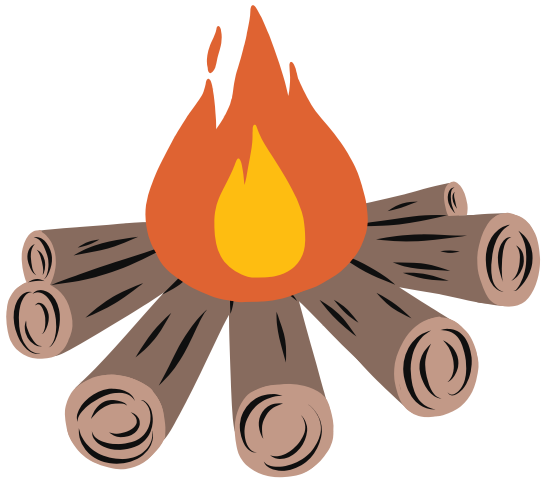
Thursdays, June 16 - August 4
6:00 - 8:00 PM
Location: Various Locations

Campside Karaoke | 13+

\$145
(approx \$18/day)

Fridays, June 17 - August 12
6:00 - 8:00 PM
No programs: July 1

Location: Camp Bonaventure, 1225 50th Ave Calgary
Join us at Camp for some tunes and tales by the fire! We will have karaoke set up at the main shelter and a fire going at the fire shelter



If you have any questions, concerns, or ideas regarding our W.E.S.O.A.R! Programs, please contact:

Aurora Anderson - Program Coordinator, W.E.S.O.A.R!, WeConnect, & Special Events
aanderson@betweenfriends.ab.ca | 403 508 0112

Special Events

In Person Events - these events are only offered in person

Under the Sea Dance

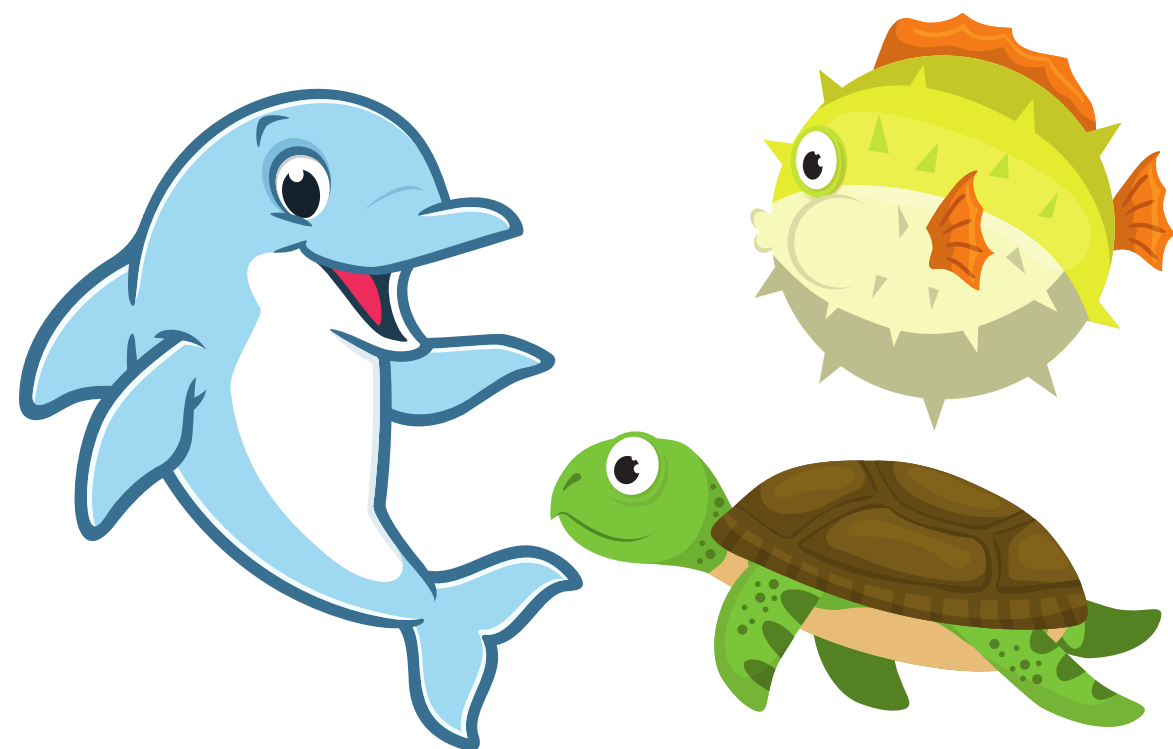
Saturday, May 7, 2022

5:30 PM - 7:30 PM

Location: Richmond Knob Hill Community Association, 2433 26 Ave SW, Calgary

Dress up as your favourite under the sea creature and dance the night away with us! You can be sure to see a dolphin at this event.

FREE



Music is Medicine with Curt Young

Saturday, June 11, 2022

2:30 - 4:30 PM

Location: Richmond Knob Hill Community Association, 2433 26 Ave SW, Calgary

Curt Young is an international entertainer from the Cowessess First Nation in Saskatchewan. He will be performing using traditional and modern styles of music.

\$10



Summer Sizzler Dance

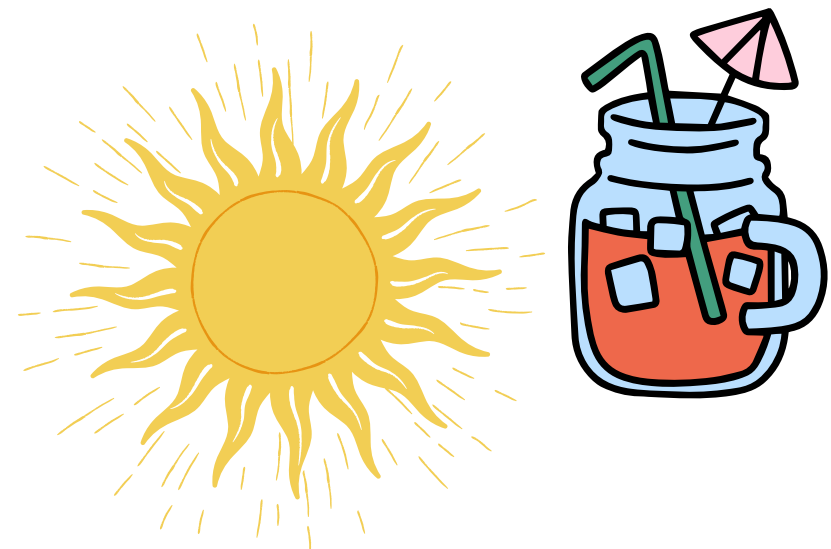
Saturday, August 20, 2022

6:00 - 8:00 PM

Location: TBD

Celebrate the hot summer nights while showing off your hottest moves. Dress for the weather and show us how you sizzle.

FREE



Virtual Special Event - these events are only offered via Zoom



Neon Space Jam

June 11, 2022

6:00 - 8:00 PM

Dress up in your brightest, out of this world outfit and join us virtually to dance the night away!

\$10



Jackbox! Showdown

July 14, 2022

6:00 - 8:00 PM

Join us for the ultimate Jackbox showdown! See if you can beat your high score while laughing with your pals!

\$15



Summer Evening Paint Night

August 13, 2022

6:00 - 8:00 PM

Join us for a relaxing evening of painting summer nights. We will be working with sunsets, summer colours, and natural elements.

\$15



If you have any questions, concerns, or ideas regarding our Special Events, please contact:

Aurora Anderson - Program Coordinator, W.E.S.O.A.R!, WeConnect, & Special Events
aanderson@betweenfriends.ab.ca | 403 508 0112

Summer Adventurers

Between Friends **Adventurers** programs are for participants who are looking for fun and engaging summer experiences. There are trips for everyone! We offer programs that vary from day trips to 5 day vacations. Activities will range from relaxation retreats to challenge-oriented experiences, all while connecting with new and life-long friends.



Adventurers operates in groups of 8-10. The participant to staff ratio is between 1:2 to 1:3. If you require 1:1 support, support aides are welcome to attend all trips. Information regarding pick-up and drop-off locations and times for all trips will be provided at least two weeks prior to any trip. Many activities and campgrounds are located in the wilderness. Groups will always maintain a safe and respectful distance from any wildlife. Activities are subject to change due to inclement weather.

PLEASE NOTE: All activities and accommodations will be fully accessible.



If you have any questions, concerns, or ideas regarding our
Adventurers Trips, please contact:

Emily Furber - Program Coordinator, Camp Bonaventure & Adventurers
efurber@betweenfriends.ab.ca | 403 508 0113

Day Trips

Day Trips are a fun and exciting way to try something new, explore your city and surrounding area, and connect to the greater community. Participants are responsible for transportation to and from the location, unless otherwise specified.

All trips will run 9:00 AM - 4:00 PM.

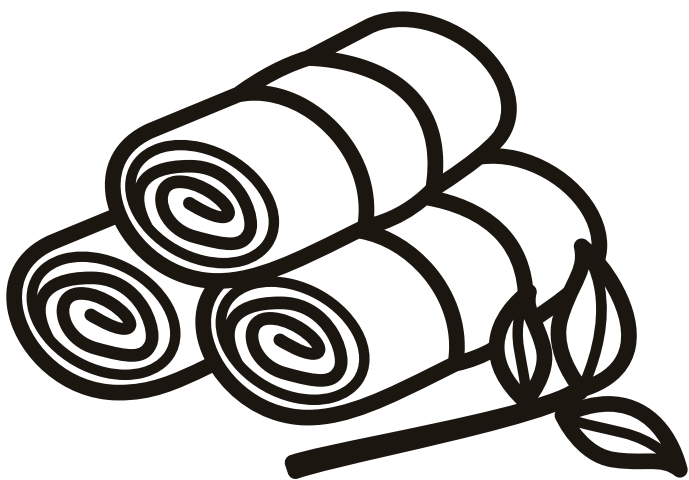
There is a 2 Day Trip registration limit for each member.

Spa Day

Wednesday, June 8, 2022

\$150

Need to relax and unwind? Take a day just for you! Spa Day is opportunity to get pampered at MC College Salon with a wonderful lunch at Sky 360. All in the company of your friends!



Bragg Creek

Friday, June 24, 2022

\$150

Transportation Provided

The group will depart from Calgary for a relaxing day exploring the beautiful Hamlet in Calgary's backyard. Participants will visit the Yamnuska Wolfdog Sanctuary, have a picnic lunch at Elbow Falls, and will have time to peruse the shops in town.

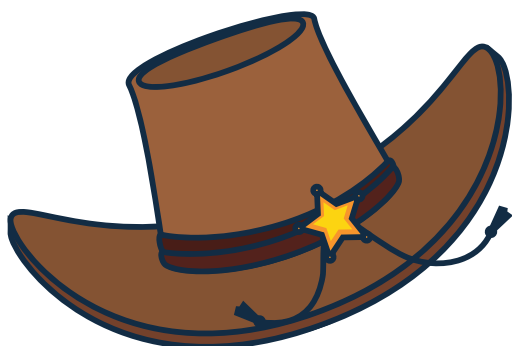


Night at the Grandstand

Friday, July 8, 2022

\$150

Participants will meet down at the Stampede grounds for a night filled with entertainment and fun!! The group will walk around the Stampede Grounds, explore the exhibits and take in the sights. Dinner will be purchased on the grounds. The night will conclude with the Bell Grandstand Show.



Day Trips

Taste of Okotoks

Saturday, July 16, 2022

Transportation Provided

We will get to explore all that Okotoks has to offer in this weekend's escape. Participants will have the opportunity to experience amazing foods from local eateries. Afterward, we will explore the town and surrounding sites.

\$150



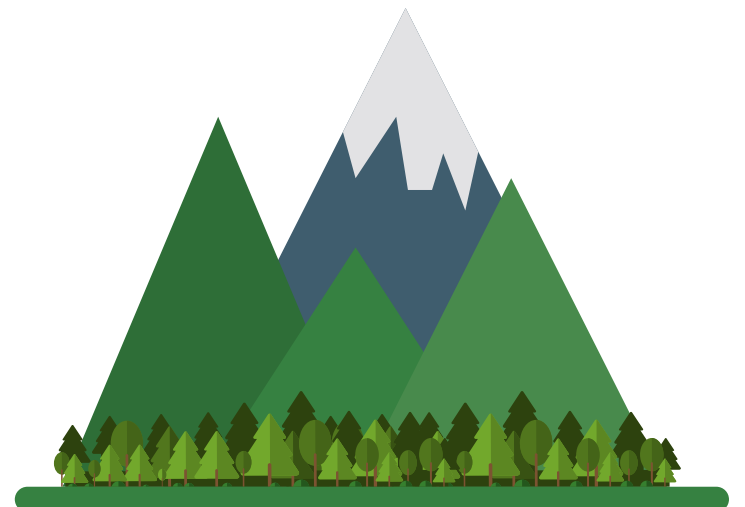
Explore Canmore

Tuesday, August 9, 2022

Transportation Provided

The group will head out into the mountains for a day filled with fresh air and friends. Participants will participate in a fun outdoor adventure led by Rocky Mountain Adaptive. Followed by lunch and shopping in Canmore.

\$150

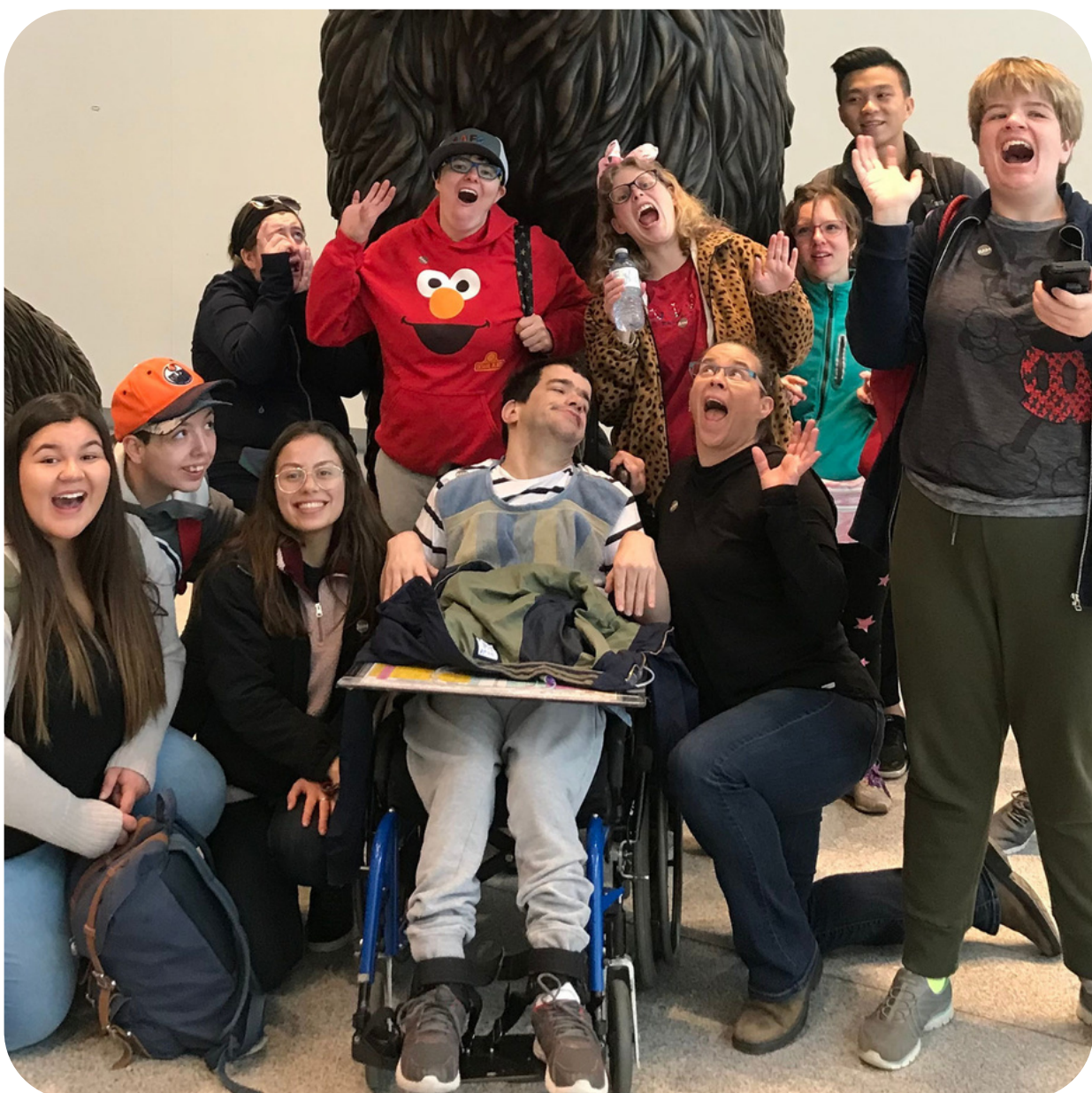
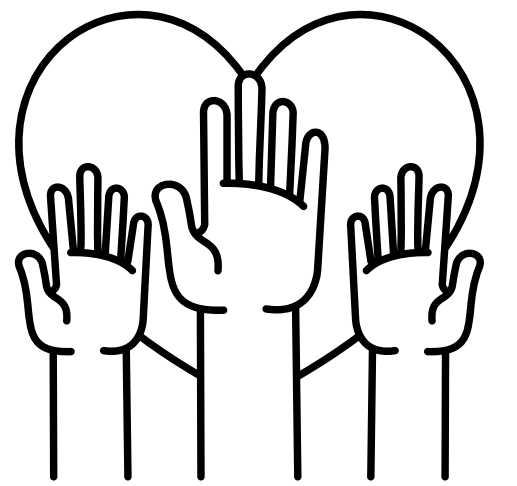


Volunteering in Calgary

Thursday, August 25, 2022

What better way to connect with friends and the greater community? Participants will have the opportunity to volunteer at a prominent Calgary Organization. Lunch will be provided. We will be participating in the event after our volunteer shift is concluded.

\$150



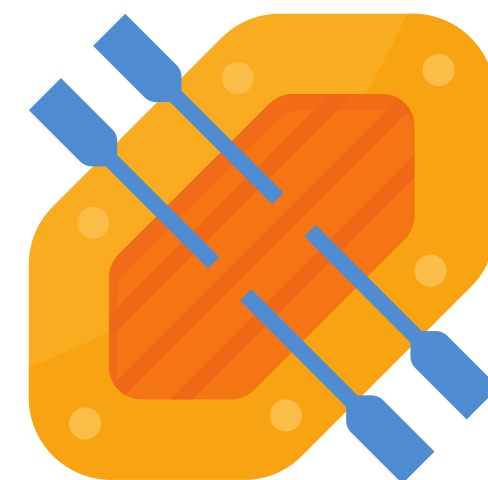
3 Days / 2 Nights

Kananaskis Getaway

Tuesday, June 14 - Thursday, June 16, 2022

Participants will be visiting the lovely Sundance Lodges in the picturesque Rocky Mountains. We will be staying in traditional trappers tents, and participating in a rafting experience with Chinook Rafting.

\$710



Dino Days

Tuesday, July 19 - Thursday, July 21, 2022

Dinosaurs, Hoodoos, Stars oh my! What a better way to escape than to go all the way back to the prehistoric ages? Participants will visit the Royal Tyrrell Museum, tour the Hoodoos, and go star gazing with professional astronomers.

\$710



Waterton National Park

Sunday, July 24 - Tuesday, July 26, 2022

Tour Waterton National Park's beautiful alpine lakes, interpretive hikes, and breathtaking scenery. This camping adventure will include hikes in nature, visiting of local shops, and we will be sure to visit Head-Smashed-In Buffalo Jump on our way to Waterton.

\$710



4 Days / 3 Nights

Canada Day in Edmonton

Thursday, June 30 - Sunday, July 3, 2022

We'll check out some fun Canada Day activities and other attractions around the city. Of course, we'll visit West Edmonton Mall for the Galaxyland amusement park or the World Waterpark wave pool and slides, plus do some shopping.

\$950



URSA

Thursday, August 18 - Sunday, August 21, 2022

Want a relaxing getaway? Camp URSA is for you! Located on 18 acres, you can spend your time in the cabin or explore the wilderness. We are excited to offer a one day experience with Rocky Mountain Adaptive on this trip. (Activity will be chosen closer to date of the trip.)

\$950



5 Days / 4 Nights

Lac La Biche

Tuesday, July 12 - Saturday, July 16, 2022

Join us on a weeklong vacation to Sir Winston Churchill Provincial Park. We will be making plenty of stops along the way, including Edmonton for lunch and shopping. The park is renowned for its beaches, old growth forests, and plenty of activities and interpretive programs for the group to choose from.

\$1100



Camp L.G. Barnes

Wednesday, August 3 - Sunday, August 7, 2022

Camp L.G. Barnes is a year-round lakeside facility that provides visitors with a wide range of indoor and outdoor activities to enhance their quality of life. It is situated on the shores of Gull Lake near Bentley, Alberta. Enjoy activities on the water like boating, mobi-chair & mat (a floating wheelchair!), karaoke, games and crafts and so much more!

\$1100



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Adventurers Trips, please contact:

Emily Furber - Program Coordinator, Camp Bonaventure & Adventurers
efurber@betweenfriends.ab.ca | 403 508 0113

Aktion Club YYC

Aktion Club YYC members develop initiative and leadership skills, give back to their community, integrate into society, and gain new experiences. In partnership between Kiwanis Club of Calgary Northmount and Between Friends, Aktion Club YYC provides opportunities for adults with disabilities to demonstrate the dignity and value of citizens living with disabilities.

There are monthly meetings that occur on Monday evenings and up to 2 volunteer initiatives each month. Commitment is flexible, however, we do ask that you attend a minimum of one meeting per quarter (1 every 3 months).



New members are always welcome. For more information about Aktion Club or how to join, please contact **Nikki Stevens**
nstevens@betweenfriends.ab.ca | 403 508 0114



Follow us on Instagram
[AktionClub.YYC](#)
and Facebook
[AktionClubYYC](#)

How to Help?

Between Friends relies heavily on the generosity of donors. Donations allow us to provide quality programming for children, youth and adults with disabilities.

Thank you to our donors and supporters! Between Friends subsidizes all programs and provides fee assistance to ensure our programs are accessible and affordable to all participants.

Given the challenging economic times we have experienced over the past few years, we must look for creative and alternative ways to improve our financial sustainability. Please consider making a donation and/or suggesting that others in your network invest in the work of Between Friends, to ensure our programs remain affordable.

Ways to Help

- Make a donation, big or small, to Between Friends or become a monthly donor
- Host an event (birthday or anniversary party, movie night, etc.) to raise money on behalf of Between Friends
- Ask your employer if their community investment plan aligns with Between Friends values – encourage them to donate, match your donations, or group volunteer at Between Friends
- Plan your corporate team building activities by attending one of our special events, or participate in our annual Friends in Motion Bowl-A-Thon!



DONATE

Important Dates

Wednesday, May 4 - Registration for Summer **W.E.S.O.A.R! Programs**

Friday, May 6 - Sunday, May 8 - **Adventurers** Spring Trip

Wednesday, June 8 - **Adventurers** Summer Begins

Monday, June 13 - **W.E.S.O.A.R! Programs** Begin

Friday, July 1 - Canada Day: NO PROGRAMS (Office closed)

Monday, August 1 - Heritage Day: NO PROGRAMS (Office closed)

Wednesday, August 24 - **Fall W.E.S.O.A.R! & Adventurers** Fall Trip
Registration

Thursday, August 25 - **Adventurers** Summer Ends

Sunday, August 26 - **W.E.S.O.A.R! Programs** End

Contact Information

If you have any questions regarding registration, your membership, or fee assistance, please contact your **Community Engagement Coordinator (CEC)**:

Lucy Diep ldiep@betweenfriends.ab.ca | 403 930 3851

Meghan Owen mowen@betweenfriends.ab.ca | 403 305 4415

Alex Woelfle awoelfle@betweenfriends.ab.ca | 403 540 1096



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