



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

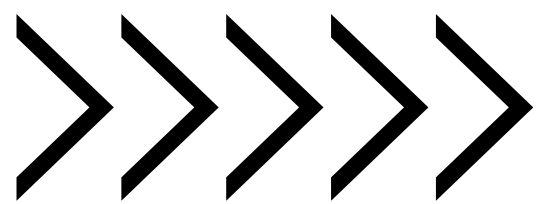
September 20 - November 27



Between Friends
connect • grow • belong

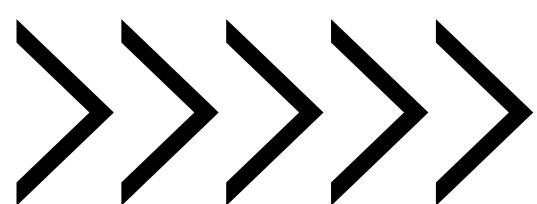
Registration

When?



Wednesday, August 24th, 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 Membership Team:

Lucy Diep ldiep@betweenfriends.ab.ca | 403 930 3851
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! (Weekend and Evening Social Opportunities, Activities, and Recreation)** & **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 your registration will be canceled.

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

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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.

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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 (Weekend and Evening Social Opportunities, Activities, and Recreation)** are fun-filled and provide opportunities for our members to connect, build friendships, and develop skills.

Want to join us virtually? Check out our WeConnect program guide [here](#).

There is a 2 program registration limit for each member.

Fierce Femmes | 18+

Tuesdays, September 20 - November 15

No Program November 8

6:00 PM - 8:00 PM

Location: Various Locations within
Calgary city limits

Modern Mascs | 18+

Tuesdays, September 20 -
November 15

No Program November 8

6:00 PM - 8:00 PM

Location: Various Locations within
Calgary city limits

\$145
(approx \$18/day)



Want to get in touch with yourself? Join our gender inclusive programs and find new ways for self care to fit in your routines. These program focuses on personal growth and sharing with friends in a safe space.

BoomBox! | 18+

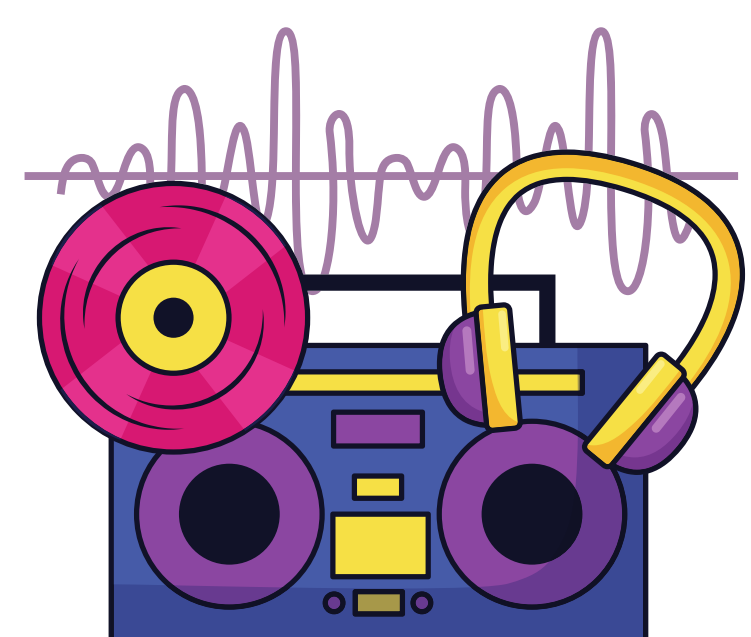
Tuesdays, September 20 - November 15

No Program: November 8

Two options: 6:00 - 7:00 PM or 7:15 - 8:15PM

Location: Between Friends Office, 8989 MacLeod Trail South & 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)

Growing Through Gardening | 18+

Wednesdays, September 21 - November 16

6:00 - 8:00 PM

No program: November 9

Location: 1225 50th Ave & 8989 MacLeod Trail South

Join Janet down at camp for the first four weeks as we harvest our beautiful garden! The last four weeks we will be exploring indoor gardening at our main office.



\$125
(approx \$16/day)

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

Wednesday Night Bowling | 18+

Wednesdays, September 21 - November 16

6:00 - 8:00 PM

No program: November 9

Location: YYC Entertainment - 1130 42 Ave SE

\$120
(approx \$15/day)



Get Crafty

Thursdays, September 22 - November 17

No programs November 10

6:30 - 8:00 PM

Location: Between Friends Office, 8989 MacLeod Trail South

Each session, our amazing leader, Stacy, curates a new and unique kit containing a different craft and art style each week. The purpose is to have fun, and enjoy the process of making art, while catching up with friends.

\$135
(approx \$17/day)



Bar Buddies | 18+

Thursdays, September 22 - November 17

6:00 - 8:00 PM

No program: November 10

Location: Various Locations within Calgary city limits

Come drink beer, cider, or non-alcoholic options and hang out with pals. Between Friends will provide appetizers or snacks. All alcoholic drinks must be paid for separately. Bring ID to program every week.

\$145
(approx \$18/day)



Active Adventerous Adults | 18+

Fridays, September 23 - November 25

6:00 - 8:00 PM

No programs: September 30, November 11

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.

\$145
(approx \$18/day)



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

Rec Swim | 18+

Fridays, September 23 - November 25

No programs: September 30, November 11

6:00 - 8:00 PM

Location: Trico Centre for Family Wellness, 11150 Bonaventure Dr SE.

Swim, splash, and hang out with your pals in the pool! We will meet weekly to chill in the hot tub, swim in the waves, or just relax in the water with your friends.

\$135
(approx \$17/day)



Sunday Matinee | 18+

Sundays, September 25 - November 27

3:00 PM - 6:00 PM

No programs: October 9, November 6

TWO Locations Available:

Westhills Cineplex OR Crowchild Cineplex

\$150
(approx \$19/day)



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!

Sunday Night Glow Bowling | 18+

Sundays, September 25 - November 27

5:00 PM - 7:00 PM

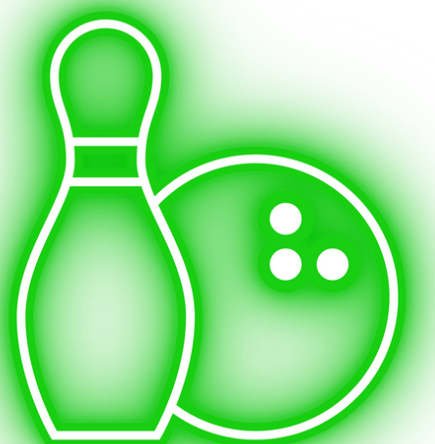
No programs: October 9, November 6

Location: Let's Bowl

Spend an evening at glow bowl brushing-up or exhibiting your ten-pin bowling skills! Take a break between frames to chat with friends!

NOTE: There will be use of black lights at this program.

\$120
(approx \$15/day)



Evening Escapes | 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

TWO Programs:

Thursdays, September 22 -
November 17
No programs: November 10

Saturdays, September 24 -
November 26
No Programs: October 8
November 12

6:00 - 8:00 PM

Location: Various Locations
within Calgary city limits

North

Saturdays, September 24 -
November 26
No Programs: October 8,
November 12

6:00 - 8:00 PM

Location: Various Locations within
the Calgary city limits



Central

Fridays, September 23 -
November 25
No programs: November 11

6:00 - 8:00 PM

Location: Various Locations
within the Calgary city limits



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

Teen and Youth W.E.S.O.A.R!

\$145
(approx \$18/day)

Laser Tag | 13 - 17

Thursdays, September 22 -
November 17

6:00 PM - 8:00 PM

No programs: November 10

Location: Laser City - South

Join your pals weekly to practice your laser tag skills! Each week will have new high scores for you to beat!



Teen Time | 13 - 17

Friday, September 23 - November 25

6:00 - 8:00 PM

No programs: November 11

Location: Various Locations within
Calgary city limits

Join us weekly to unwind with your friends! We will be doing a variety of activities each week, you may enjoy playing games, making crafts, and more!

\$145
(approx \$18/day)

Yoga & Art | 15 - 25

Wednesdays, September 24 -

November 26

10:00 AM - 12:00 PM

Location: TBD

Our yoga instructor, Brett, will be taking you on a mindful journey each week as you practice balancing yoga and art! One week will be a yoga practice, and then you will complete art projects designed to reduce stress.

\$150
(approx \$19/day)



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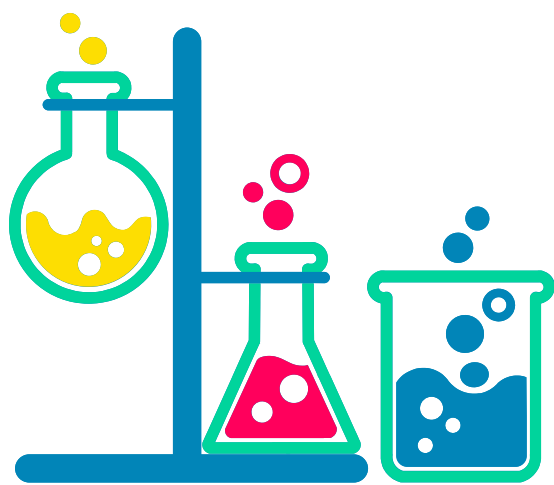
Special Events

Beakerhead

Saturday, September 24 | 6:00 - 8:00 PM
Telus Spark, 220 Saint George's Drive NE

Beakerhead is back and throwing a mash-up of science, technology, art, and more at Telus SPARK! We will be meeting in the parking lot before going to the event as a group. Dress to be outside for most of the evening.

\$10



Friends-giving

Friday, October 7 | 6:00 - 8:00 PM
Location: Main Office, 8989 MacLeod Trail

Want to celebrate the friendships you have made? Join us for a Friends-giving celebration! We will be acknowledging our closest relations and making cards to give to the important people in your life!

\$10

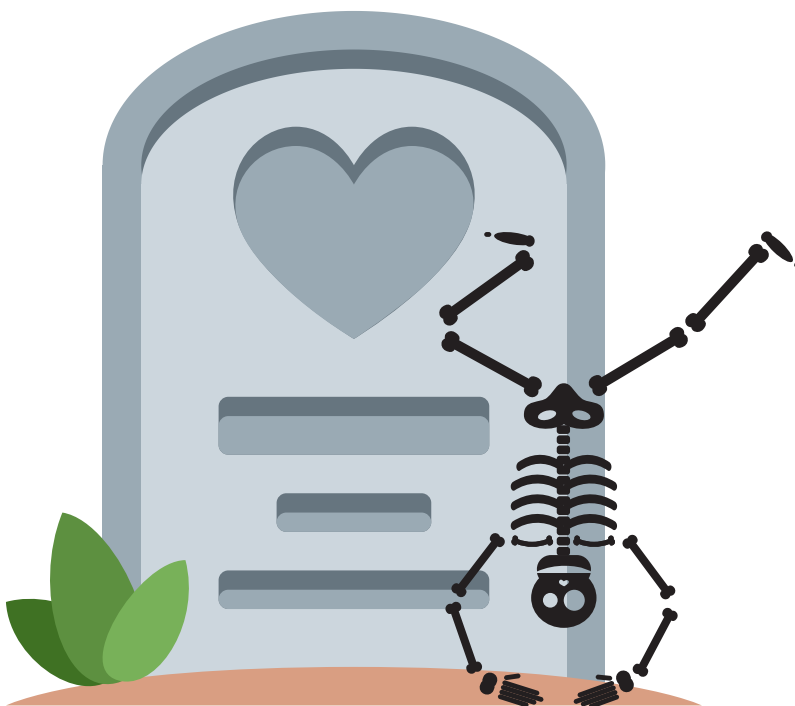


Graveyard Get-Down!

Saturday, October 30 | 6:00 - 8:00 PM
Location: TBD

Get groovy and dance the night away with our phenomenal dance crew! We will be moving and grooving to Halloween themed songs. Costumes are welcome - there may even be a prize for the best dressed!

\$10



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

Adventurers

Adventurers operate in groups of 8. 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. Activities may be 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.



Adventurers Fall Trip

Dates: October 14 - 16, 2022

Drop Off Info: Friday @ 9 AM - 205, 8989 Macleod Trail S

Pick Up Info: Sunday @ 4 PM - 205, 8989 Macleod Trail S



Join **Adventurers** this Fall as they visit Pincher Creek & area for an exciting weekend away! On this trip, the group will partake in some early Halloween themed activities like decorating pumpkins, a ghost tour, and more! There will be stops to various points of interests or towns along the way. This is a trip you definitely won't want to miss!

Spaces fill up QUICKLY, so if you want to go on this trip - plan to register as soon as registration opens!

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

Nikki Stevens - Team Lead, Programs

nstevens@betweenfriends.ab.ca | 403 508 0114

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, August 24 - **W.E.S.O.A.R!**, **WeConnect**, & **Adventurers** Registration
Tuesday, September 20 - **W.E.S.O.A.R! & WeConnect** Begin
Friday, September 30 - Truth & Reconciliation Day No Program
Saturday, October 8 - October 10 - Thanksgiving weekend No Programs
Friday, October 14 - 16 - **Adventurers** Fall Trip
November 6 - November 12 - Fall Break NO PROGRAMS or SPECIAL EVENTS - the office remains open!
Sunday, November 20 - **W.E.S.O.A.R! & WeConnect** ends

Contact Information

If you have any questions regarding registration, your membership, or fee assistance, please contact your **Membership Team**:

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

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



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