



WeConnect Programs & Virtual Special Events Guide

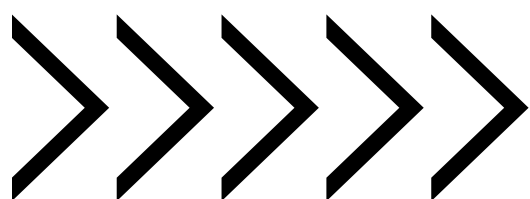
September 19 - November 26



Between Friends
connect • grow • belong

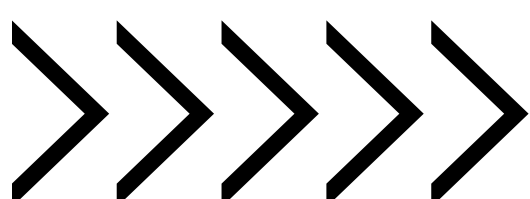
Registration

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**](#))

NOTE: Registration for all Virtual Programming
(**WeConnect** & **Special Events**) takes place on **August 24th at 5:30 PM MST.**



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 **WeConnect** programs and Virtual **Special Events** 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) WeConnect programs per session; currently not available for Special Events.

To apply, please register for your program(s) of choice online. Please then connect with our Community Engagement Coordinators and indicate the need for fee assistance. Application forms will be provided and must be completed and returned to our CECs within five (5) business days. For more information please contact our CECs.



Cancellation Policy

To cancel registration you must connect with our 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 cancelled 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.

Wellness Programs

All of our wellness programs are designed to get your mind and body active. We will explore new and exciting ways to achieve overall wellness.

Programs will not run the week of November 6 - November 12

There is a 2 program registration limit for each member.

Movement Matters | Ages 18+

\$40
(\$5/day)

Tuesdays, September 20 - November 15

10:00 AM - 11:30 AM

No Program November 8

Are you needing a movement break? Join us for an hour and a half of upbeat activity with your friends. Activities may include dance, yoga, and cardio. There is time to catch up with your friends while moving your body. Let's get movin'!



Healthy Minds | Ages 18+

\$80
(\$10/day)

Tuesdays, September 20 - November 15

2:00 PM - 4:00 PM

No Program November 8

We all need to find ways to manage stress, anxiety, and other emotions. In this program, we will work together on a variety of projects to aid in creating a healthier and happier you.



NOTE

There is a kit required for this program that is included in the cost:

Kit delivery provided only within Calgary city limits.

If you live outside of Calgary, you must pick up from a South location.

If neither of these options work for you, please reach out to **Aurora**
(aanderson@betweenfriends.ab.ca)

Social Programs

Our Social Programs are designed to promote friendship, connection, and belonging. They focus on making genuine connections and social interactions.

Programs will not run the week of November 6 - November 12

There is a 2 program registration limit for each member.

Zoom Escapes | Ages 18+

Mondays, September 19 - November 21

10:00 AM - 12:00 PM

No Program October 10, November 7

Join us for two hours each week to catch up with your friends and have an opportunity to participate in a fun new activity. Activities may include: paint night, games, movies, and more!

\$40
(\$5/day)



Get Crafty | Ages 13+

Thursdays, September 22 - November 17

10:00 AM - 11:30 AM

No Program November 10

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.

\$80
(\$10/day)



NOTE

There is a kit required for this program that is included in the cost:

Kit delivery provided only within Calgary city limits.

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If neither of these options work for you, please reach out to **Aurora**
(aanderson@betweenfriends.ab.ca).

Social Programs

Let's Play | Ages 15+

Mondays, September 19 - November 21
6:00 PM - 8:00 PM
No Program October 10, November 7

\$40
(\$5/day)



Who's up for a good ole' fashion games night, but online?! We may play games like Uno, Pictionary, Monopoly, Jackbox, and more. These weekly game nights are a fun time to connect with your friends, play your favourite games, and try out some new ones!

Music Program

Each week we will explore the world of sounds and music! We will be playing hits from all over, and learning how music can help us live a peaceful life.

BoomBox! | Ages 18+

Wednesdays, September 21 - November 16
6:00 PM - 7:00 PM
No Program November 9

\$60
(\$7.50/day)



Our wonderful instructor, Jimmy, from Lively Up Your Music! is back to host a jam session, featuring YOU! If you have any musical instruments or anything to make noise (pots, pans, shakers, etc) bring them too!



Movie Program

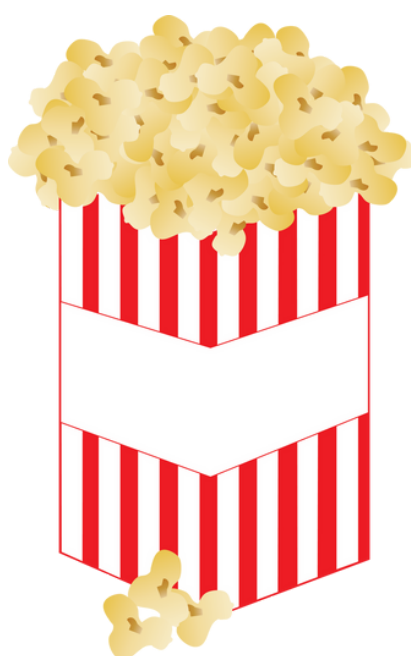
This programs focus on building friendships and watching films! Each week you will vote on what movie the group watches. After, there is a discussion so you can share your thoughts.

Film Fans | Ages 18+

Fridays, September 23 - November 25
6:00 PM - 8:00 PM
No Programs: September 30, November 11

Log in and watch some movies with your pals! We will be watching a different movie genre each week and talking about it after! You will need access to Teleparty or the movie will be streamed through Zoom.

\$40
(\$5/day)



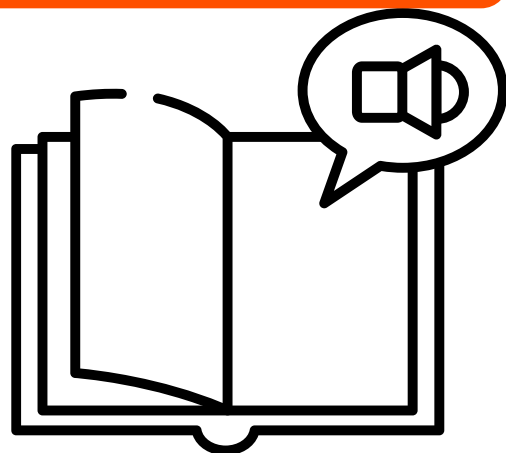
Reading Program

Between the Pages | Ages 18+

Thursdays, September 22 - November 17
3:00 PM - 5:00 PM
No Program November 10

Join us for our virtual book club taking place over eight weeks. Listen to the audio version of the book each week with the group and then spend some time discussing the new chapters and sharing your thoughts with everyone! We will be reading XXXX. We will watch the movie on the last week

\$40
(\$5/day)



NOTE

The following three Special Events require a kit! **You must reside in Calgary to have the kit delivered.** If you reside outside of Calgary, you must be able to pick up your kit from a South location in Calgary.

Fall Wreath Making

Sunday, October 2 | 10:00 AM - 12:00 PM

Celebrate the changing colours, falling leaves, and time spent with pals! Join us to make a seasonal wreath that you can keep all year long!



\$10

Drip, Drop, Pumpkins!

Saturday, October 29 | 12:00 PM - 2:00 PM

Leaders will teach you how to make your very own coloured pumpkin! We will be using some fun art techniques to create your own Halloween and fall inspired decorations.



\$10

Canadian Jazz Festival

Monday, November 14 | 2:00 PM - 4:00PM

The Canadian Jazz Festival will be streaming a diverse array of music that will be sure to get you moving and grooving! We will be discussing our favourites from the stream and exploring the world of Jazz music!



\$10

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.



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!



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
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, concerns, or ideas regarding any of our WeConnect Programs or Special Events, please contact:

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

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