

# Adult Programs

## Winter 2023 Registration Guide



Registration  
January 11  
5:30 PM



**Between Friends**  
connect • grow • belong

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Main Line  
403 269 9133



info@betweenfriends.ab.ca



Monday - Thursday  
9:00 AM - 4:00 PM

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Download a calendar with ALL programs and services



Main Line  
403 269 9133



info@betweenfriends.ab.ca



Monday - Thursday  
9:00 AM - 4:00 PM

# How To Register

## Before Registration Night

**1** Decide the programs you want

**2** Get your 2023 Membership

**3** Test your member login

[Member Portal](#)

Each season, you can register for a **maximum** of:

- 2 in-person **W.E.S.O.A.R!**, and
- Unlimited virtual **W.E.S.O.A.R!**, and
- 2 **Adventurers** Trips, and
- Unlimited **Special Events!**

Be prepared to have backup program choices ready as our programs fill up quick!

## Winter 2023 Registration Night: Wednesday, January 11 at 5:30 PM

### By Phone

 **403 508 0110**

Have your payment ready

Have your program choices ready

Call the Registration Line - 403 508 0110

- **Do not call the main line**
- **The line will be open 5:30 - 6:30 PM on registration night**

If you are sent to voicemail, **call back** - don't leave a message

- Leaving a voicemail does **not** confirm registration

OR

### Online

[Member Portal](#)

Have your credit card ready 

Have your program choices ready

Log in or refresh the page at 5:30 PM

- **Programs will not show up before 5:30 PM**

If you have trouble, **call the Registration Line**

- (403 508 0110)

# Program Fees

## Paying for Programs

Fees for Between Friends 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.

## Fee Assistance

Between Friends does its best to make sure that every member who wants to attend programs is given the chance. In order to be accessible, we subsidize all programs for all participants. Additional Fee Assistance is available for a maximum of:

- 2 Between Friends **W.E.S.O.A.R!** programs, each season
- 2 Between Friends **Adventurers** trips or programs, each season
- 2 Between Friends **Camp Bonaventure** sessions
- 2 Between Friends **G.L.O.W.** offerings, each season

Once your application is submitted, the Membership Team 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 the [Membership Team](#).

2023  
Fee Assistance  
opens  
January 3

Apply for Fee  
Assistance Here



Main Line  
403 269 9133



info@betweenfriends.ab.ca



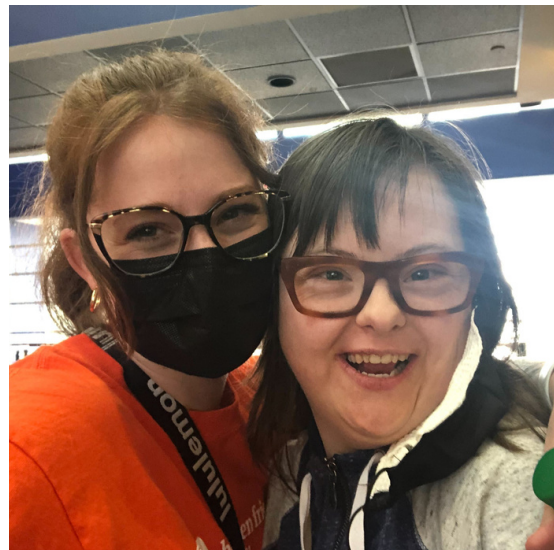
Monday - Thursday  
9:00 AM - 4:00 PM

# Important Information

## Cancelling Your Program Registration

To cancel registration you must contact [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca). 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 registration, you may transfer to another program if space is available, or receive a full refund. We will contact you prior to the start date of the program if cancellation is necessary.



## Respect Policy

A safe and welcoming space is a shared community responsibility. We expect our members, parents, guardians, caregivers, and support persons to treat Between Friends personnel and volunteers with respect and dignity.

Behaviors that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviors. Between Friends reserves the right to remove anyone not contributing to a safe and welcoming environment from current/future programs and membership.

**Thank you for helping us create a community that is inclusive, respectful, safe, and kind.**



Main Line  
403 269 9133



[info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)



Monday - Thursday  
9:00 AM - 4:00 PM

# About W.E.S.O.A.R!

Registration  
January 11  
5:30 PM

## Winter W.E.S.O.A.R! 2023

Our **W.E.S.O.A.R!** programs (Weekend & Evening Social Opportunities, Activities & Recreation) meet once a week for 1-3 hours to do a specific activity. Some of our programs do the same activity each week, and some programs change activities each week.

- Winter **W.E.S.O.A.R!** runs for 10 weeks: **February 3 - April 23**
  - Note - there are dates when programs do not run due to holidays/breaks
- Most programs are **in-person**
- **Virtual** W.E.S.O.A.R! (previously known as WeConnect) will have this symbol next to them



## In-Program Support

Each of our **W.E.S.O.A.R!** programs has up to 10 participants, 2 staff, and 1-2 volunteers.

**W.E.S.O.A.R!** runs at a 1:8 to 1:10 ratio (1 staff to 8-10 participants). Swimming activities run at a 1:4 ratio (1 staff to 4 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars under each program?

Great question! The stars are to help you choose the right program for you based on what you may be looking for in these categories:

**Social:** friendship building, group activities, and time to talk to each other

**Personal Growth:** mindfulness, building identity, and improving YOU

**Active:** the level of physical activity (**note:** all programs are adapted for all levels of mobility)

**Skill Development:** creative, physical, and practical skills

**Remember, 1 star is the lowest amount, and 4 stars is the highest!**

## Have Questions?

Our Membership Team has answers! Here's how to contact them:



403 269 9133



info@betweenfriends.ab.ca



Monday - Thursday  
9:00 AM - 4:00 PM

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



## BoomBox!

Join Jimmy Downey, Certified Music Therapist, on a weekly journey of musical self-expression. Together, explore different genres of music through singing, instruments, movement and games.

<b>Cost</b>	\$150 (\$15/day)
<b>Day</b>	Tuesday
<b>Dates</b>	February 7 - April 18
<b>No Program</b>	February 21 - Reading Week
<b>Option 1</b>	6:00 - 7:00 PM
<b>Option 2</b>	7:15 - 8:15 PM
<b>Location</b>	Between Friends (205, 8989 Macleod Trail S)

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★★

## BoomBox!

Join Jimmy Downey, Certified Music Therapist, on a weekly journey of musical self-expression. Together explore different genres of music through singing, instruments, movement, and games all from the comfort of your home!

<b>Cost</b>	\$80 (\$8/day)
<b>Day</b>	Wednesday
<b>Dates</b>	February 8 - April 19
<b>No Program</b>	February 22 - Reading Week
<b>Time</b>	6:00 - 7:00 PM
<b>Location</b>	Virtual

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★★





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



## Healthy Minds & Movement



Together, we'll learn some mindful techniques to keep your brain happy and healthy. We'll follow by some fun movement, dance, yoga, and musical games to get the blood flowing all from the comfort of your home.

Cost	\$60 (\$6/day)
Day	Tuesday
Dates	February 7 - April 18
No Program	February 21 - Reading Week
Time	10:00 - 11:30 AM
Location	Virtual

Social ★★

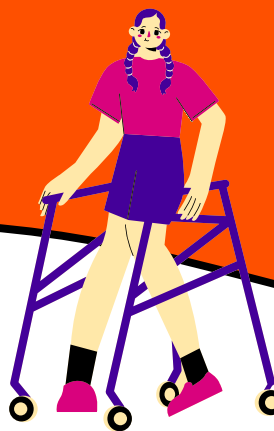
Personal Growth ★★★

Active ★★★★★

Skill Development ★★★★★



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



## Zoom Escapes

Explore faraway places with Geoguesser, paint a winter scene, or play games with friends in Jackbox. This program can be anything or everything from the comfort of your own home!

Cost	\$60 (\$6/day)
Day	Wednesday
Dates	February 8 - April 19
No Program	February 22 - Reading Week
Time	10:00 - 11:30 AM
Location	Virtual

Social ★★★★★

Personal Growth ★★★

Active ★

Skill Development ★★★

## Get Crafty

Each session includes a new and unique kit containing a different craft and art style each week. If you enjoy catching up with your friends while making some cool art, this program may be right for you!

Cost	\$175 (\$17.50/day)
Day	Wednesday
Dates	February 8 - April 19
No Program	February 22 - Reading Week
Time	6:00 - 7:30 PM
Location	Between Friends (205, 8989 Macleod Trail S)

Social ★★★

Personal Growth ★★★

Active ★

Skill Development ★★★★★



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



## Wednesday Night Bowling

Strikes, spares, and socializing with friends. Enjoy our ten-pin bowling program with a little friendly competition. If you would like to purchase a snack or a drink, please bring your own money to do so.

Cost	\$190 (\$19/day)
Day	Wednesday
Dates	February 8 - April 19
No Program	February 22 - Reading Week
Time	6:00 - 8:00 PM
Location	YYC Bowling and Entertainment (1130 42nd Avenue SE)

Social ★★★★★

Personal Growth ★★★

Active ★★★

Skill Development ★★★

## Yoga & Art

Ages  
13-24

Join Brett for an amazing yoga routine, followed by some mindful art activities to round off this relaxing evening program.

Cost	\$190 (\$19/day)
Day	Wednesday
Dates	February 8 - April 19
No Program	February 22 - Reading Week
Time	6:00 - 8:00 PM
Location	Southland Leisure Center (2000 Southland Drive SW)

Social ★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★



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



## Get Crafty

Each session includes a new and unique kit containing a different craft and art style each week. If you enjoy catching up with your friends while making some cool art, from the comfort of your own home, this program may be right for you!

Cost	\$100 (\$10/day)
Day	Thursday
Dates	February 9 - April 20
No Program	February 23 - Reading Week
Time	10:00 - 11:30 AM
Location	Virtual

Social ★★ ★

Personal Growth ★★

Active ★

Skill Development ★★ ★★

## Bar Buddies

What a great way to make new friends and visit with old friends at various pubs around Calgary! We will be ordering non-alcoholic beverages and light snacks, but feel free to bring money if you want alcoholic beverages or more food. Locations will be provided to registrants at least one week prior to program.

Cost	\$170 (\$17/day)
Day	Thursday
Dates	February 9 - April 20
No Program	February 23 - Reading Week
Time	6:00 - 8:00 PM
Location	Various locations within the City of Calgary

Social ★★ ★★

Personal Growth ★★

Active ★

Skill Development ★

## Evening Escapes North

Ages 25 +

Meet with your peers to explore the many sights and activities that our city has to offer. Dinner out, movies, bowling and more within the central/north side of the city of Calgary. Locations will be provided to registrants on the schedule at least one week prior to program.

Cost	\$200 (\$20/day)
Day	Thursday
Dates	February 9 - April 20
No Program	February 23 - Reading Week
Time	6:00 - 8:00 PM
Location	Various Locations within the central/north side of City of Calgary limits

Social ★★ ★★

Personal Growth ★★

Active ★★

Skill Development ★★

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



## Rec Swim

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. This program is run at a 1:4 ratio (1 staff to 4 participants).

<b>Cost</b>	\$190 (\$19/day)
<b>Day</b>	Friday
<b>Dates</b>	February 3 - April 21
<b>No Program</b>	February 24 - Reading Week April 7 - Easter Weekend
<b>Time</b>	5:00 - 7:00 PM
<b>Location</b>	Trico Centre (11150 Bonaventure Drive SW)

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Active Adventurous Adults

Want to get out 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. Locations will be provided to registrants on the schedule at least one week prior to program.

<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Friday
<b>Dates</b>	February 3 - April 21
<b>No Program</b>	February 24 - Reading Week April 7 - Easter Weekend
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Various Locations within the City of Calgary limits

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Film Fans

Join friends to enjoy a variety of movies and genres that you will get to vote on, all from the comfort of your own home.

<b>Cost</b>	\$60 (\$6/day)
<b>Day</b>	Friday
<b>Dates</b>	February 3 - April 21
<b>No Program</b>	February 24 - Reading Week April 7 - Easter Weekend
<b>Time</b>	6:00 - 8:30 PM
<b>Location</b>	Virtual

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

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



## Dance, Dance, Dance

We've partnered with Soul Connexion and have a talented instructor teaching us a variety of moves and grooves through this fun musical, movement dance program.

<b>Cost</b>	\$175 (\$17.50/day)
<b>Day</b>	Friday
<b>Dates</b>	February 3 - April 21
<b>No Program</b>	February 24 - Reading Week April 7 - Easter Weekend
<b>Time</b>	6:00 - 7:30 PM
<b>Location</b>	Richmond Knobhill Community Association (2433 26 Avenue SW)

Social ★★ ★

Personal Growth ★★ ★

Active ★★ ★★

Skill Development ★★ ★★



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



## Between the Pages

Bring some snacks and listen to some of the most amazing audiobooks. For each session, the group will choose what they would like to hear and if available, end the session with the movie of the same book.

Cost	\$60 (\$6/day)
Day	Saturday
Dates	February 4 - April 22
No Program	February 25 - Reading Week April 8 - Easter Weekend
Time	3:00 - 4:30 PM
Location	Virtual

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

## Evening Escapes South

Meet with your peers to explore the many sights and activities that our city has to offer. Dinner out, movies, bowling and more within the central/south side of the City of Calgary. Locations will be provided to registrants on the schedule at least one week prior to program.

Cost	\$200 (\$20/day)
Day	Saturday
Dates	February 4 - April 22
No Program	February 25 - Reading Week April 8 - Easter Weekend
Time	6:00 - 8:00 PM
Location	Various Locations within the central/south side of City of Calgary limits

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Urbanites

You and your fellow young adults will enjoy exploring new and old favorites around Calgary. Dinner, movies, games, or art nights - each week is a new activity! Locations will be provided to registrants on the schedule at least one week prior to program.

Cost	\$200 (\$20/day)
Day	Saturday
Dates	February 4 - April 22
No Program	February 25 - Reading Week April 8 - Easter Weekend
Time	6:00 - 8:00 PM
Location	Various Locations within City of Calgary limits

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★

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



## Sunday Matinee North

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 would like to purchase a snack or a drink, please bring your own money to do so.

<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Sunday
<b>Dates</b>	February 5 - April 23
<b>No Program</b>	February 19 - Reading Week April 9 - Easter Weekend
<b>Time</b>	3:00 - 6:00 PM
<b>Location</b>	Crowfoot Cineplex (91 Crowfoot Terrace NW)

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

## Sunday Matinee South

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 would like to purchase a snack or a drink, please bring your own money to do so.

<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Sunday
<b>Dates</b>	February 5 - April 23
<b>No Program</b>	February 19 - Reading Week April 9 - Easter Weekend
<b>Time</b>	3:00 - 6:00 PM
<b>Location</b>	Westhills Cineplex (165 Stewart Green SW)

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

## Sunday Glow Bowling

Strikes, spares, and socializing with friends. Enjoy our ten-pin bowling program with a little friendly competition. If you would like to purchase a snack or a drink, please bring your own money to do so.

<b>Cost</b>	\$190 (\$19/day)
<b>Day</b>	Sunday
<b>Dates</b>	February 5 - April 23
<b>No Program</b>	February 19 - Reading Week April 9 - Easter Weekend
<b>Time</b>	5:00 - 7:00 PM
<b>Location</b>	Let's Bowl (2916 5th Avenue NE)

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★★★★



# About Special Events

Registration  
January 11  
5:30 PM

## Winter **Special Events** 2023

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but our **dances/parties** are free as a perk of your membership!

Most of our **Special Events** are **in-person**, but we do have a few **Virtual Special Events** that will take place over Zoom. These programs will have a symbol like this beside them.



## In-Program Support

The number of participants in each **Special Event** will vary, so make sure you check the "Capacity" in the information table. **Special Events** operate at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars under each special event?

Great question! The stars are to help you choose the right event for you based on what you may be looking for in these categories:

**Social:** friendship building, group activities, and time to talk to each other

**Personal Growth:** mindfulness, building identity, and improving YOU

**Active:** the level of physical activity (**note:** all programs are adapted for all levels of mobility)

**Skill Development:** creative, physical, and practical skills

Remember, 1 star is the lowest amount, and 4 stars is the highest!




## Have Questions?

Our Membership Team has answers! Here's how to contact them:

 403 269 9133

 [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)

 Monday - Thursday  
9:00 AM - 4:00 PM

# Special Events



## Dancing through the Decades

Pull out your poodle skirts and leather jackets and jump into the 50s! Or, maybe the big hair and neon colors of the 80s is more your style. We can't wait to see you dressed up in clothes from your favourite decade! Light snacks and refreshments will be provided.

The location of the dance and Special Event Leader(s) information will be provided at least 1 week prior to the dance.

<b>Cost</b>	FREE
<b>Day</b>	Saturday, January 28
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Community Hall (Location will be released to registered guests only)
<b>Capacity</b>	40 participants

Social ★★ ★

Personal Growth ★

Active ★★ ★★

Skill Development ★

## Hot Chocolate with Friends

Spend the afternoon with your friends sipping on delicious hot chocolate as part of the YYC Hot Chocolate Festival while exploring the local must-see in the neighborhood. Between Friends will purchase 1 hot chocolate per member. If you would like to purchase additional drinks or snacks, please bring your own money. This event will have indoor and outdoor components, so please dress for the weather. The location will be provided at least 1 week prior to this event.

<b>Cost</b>	\$20
<b>Day</b>	Saturday, February 18
<b>Time</b>	1:00 - 3:00 PM
<b>Location</b>	Location to be added once the Hot Chocolate Fest releases their locations for 2023
<b>Capacity</b>	15 participants

Social ★★ ★★

Personal Growth ★

Active ★★ ★

Skill Development ★★

## St. Patrick's Day Dance

Don't forget to wear green or you might get pinched by a Leprechaun! We will be dancing the night away to current music hits and listening to some traditional Irish music to celebrate St. Patrick's Day! Light snacks and refreshments will be provided. The location of the dance and Special Event Leader(s) information will be provided at least 1 week prior to the dance.

<b>Cost</b>	FREE
<b>Day</b>	Saturday, March 18
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Community Hall (Location will be released to registered guests only)
<b>Capacity</b>	40 participants

Social ★★ ★

Personal Growth ★

Active ★★ ★★

Skill Development ★

# About Adventurers

Registration  
January 11  
5:30 PM

## Winter **Adventurers** 2023

Our **Adventurers** trips offer you a chance to take a vacation! We offer a few different lengths of trips. Some are day trips, and some are overnights. Check out the information table next to each trip to learn more.

You may notice the following symbols next to each trip. These symbols tell you about the type of trip:

### Day Trips



### Sleeping in Tents



### Sleeping in a Hotel



## In-Program Support

Each **Adventurers** trip will have up to 8 participants and 4 staff/volunteers. Trips typically operate at a 1:4 ratio.

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars under each trip?

Great question! The stars are to help you choose the right trip for you based on what you may be looking for in these categories:

**Energy:** how much energy you will use (ex. hiking takes more energy than watching movies)

**Adaptations:** some trips need adaptations to make them more accessible for you (ex. an off-roading wheelchair for hikes)

**Independence:** how much time you get to yourself on the trip

**Skill Development:** independent skills like using money and ordering food

Remember, **1 star** is the lowest level, and **4 stars** is the highest!

## Have Questions?

Our Membership Team has answers! Here's how to contact them:



403 269 9133



info@betweenfriends.ab.ca



Monday - Thursday  
9:00 AM - 4:00 PM

# Adventurers



## Go Flames Go!

Start our night out right by meeting at the newly renovated King Eddy for dinner and non-alcoholic drinks before the game. We will then enjoy a hopefully not too frosty walk to the Saddledome to enjoy our hometown favorite Calgary Flames give a thrashing to the Boston Bruins!

Cost	\$150
Dates	Thursday, January 26
Time	4:00 - 10:00 PM
Location	King Eddy & Saddledome
Capacity	8 participants

Energy ★★★★★ Adaptations ★ Independence ★★★ Skill Development ★

## Winter Wonderland @ William Watson

Winter camping at William Watson, what an adventure! We will start with a beautiful drive through Kananaskis. William Watson Lodge provides year-round, barrier-free, wilderness lodging. It's situated in beautiful Peter Lougheed Provincial Park, overlooking Lower Kananaskis Lake. You may enjoy snowshoeing, a nice stroll through the snowy outdoors or relaxing by the fire with board games or a book.

Cost	\$710
Dates	Wednesday, March 15 @ 9:00 AM - Friday, March 17 @ 4:00 PM
Length	3 days, 2 nights
Location	William Watson Lodge (1 Watson Road, Kananaskis)
Sleeping	Lodge
Capacity	8 participants

Energy ★★★★★ Adaptations ★★★ Independence★★ Skill Development★★



# About I.C.A.N!

Register  
Anytime!

## What is I.C.A.N!?

**I.C.A.N!** (Inclusive Community Activities with No barriers) is a **free** service offered to our members as part of our Inclusion Services. With **I.C.A.N!**, participants are accompanied to a program in their community with a Rec Buddy, who will help create an inclusive space for the participant and the community program to grow.

**Note:** we have limited spaces available.

## What Does a Rec Buddy Do?

A Rec Buddy's main purpose is **inclusion** in a recreation setting. They will help your participant work toward their social and personal growth. Together with the community program, Rec Buddies will support and facilitate to ensure the program is a welcoming space for all.

A Rec Buddy is **not** a support aide. They do not provide personal care or behaviour support. If you need the additional support from a support aide, a Rec Buddy can still accompany you and your support aide to build the inclusive space.

How do I sign up for  
I.C.A.N!?

Registration for **I.C.A.N!** is **ongoing!**

If you're interested, you can reach out to the Membership Team.

**I.C.A.N!** may be a great fit if...


- You have a community program and are looking for support from a Rec Buddy

-OR-


- You want to join an inclusive community program, but aren't sure where to start

## Have Questions?

Our Membership Team has answers! Here's how to contact them:

 403 269 9133

 [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)

 Monday - Thursday  
9:00 AM - 4:00 PM

# Volunteering

Register  
Anytime!

## Volunteer in Training

Volunteer in Training (VIT) is a **free** service offered by Between Friends, that help our members gain the skills they need to become volunteers.

VITs will have the opportunity to volunteer in a full session of either **W.E.S.O.A.R!** or **Camp Bonaventure** and have the support of a VIT Leader. The VIT Leader will provide coaching support and ensure an inclusive learning environment so that **VITs** can develop the skills to confidently volunteer anywhere!




## Aktion Club YYC

Aktion Club YYC is a **free** club that meets once a month to plan volunteer initiatives. They also meet up a few times a year to do a fun, social night together to celebrate! Our 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.

## Have Questions?

Our Membership Team has answers! Here's how to contact them:

 403 269 9133

 [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)

 Monday - Thursday  
9:00 AM - 4:00 PM



# Ways You Can Give

Between Friends is where people with disabilities can feel connected, empowered, and have meaningful experiences through social and recreational programming. Consider giving today and help Between Friends continue to be a place where our participants can connect, grow and belong.

**Visit:** <https://betweenfriends.ab.ca/ways-to-give/>

Click the circles to learn more!



Build a Friends  
in Motion  
Team

Financial  
Contribution

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot

# Important Dates

Download a  
calendar  
of all  
programs

## JANUARY

January 3	Between Friends Office Re-Opens
January 11	Winter Program Registration @ 5:30 PM <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
January 26	<b>Adventurers</b> Winter Day Trip

## FEBRUARY

February 3 - February 9	First week of <b>W.E.S.O.A.R!</b> programs
February 19 - February 25	<b>NO PROGRAMS - Reading Week</b>
February 20	<b>OFFICE CLOSED - Family Day</b>

## MARCH

March 15	Adult Programs - Spring Registration Guide Released
March 15 - 17	<b>Adventurers</b> Winter Overnight Trip
March 29	Spring Program Registration @ 5:30 PM <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>

## APRIL

April 7 - April 10	<b>NO PROGRAMS &amp; OFFICE CLOSED - Easter Weekend</b>
April 18 - April 23	Last week of <b>W.E.S.O.A.R!</b> programs
April 19	Start of Spring <b>G.L.O.W.</b> services
April 19	Adult Programs - Summer Registration Guide Released



# Important Dates

Download a calendar of all programs

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Office Opens	4	5	6	7
8	9	10	11 Register Winter Programs	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Start of WESOAR	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 No Program	20 No Program	21 No Program	22 No Program	23 No Program	24 No Program	25 No Program
26	27	28				

## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Spring Guide Out	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Register Spring Programs	30	31	

## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 No Program	8 No Program
9 No Program	10	11	12	13	14	15
16	17	18	19 Summer Guide Out	20	21	22
23 End of WESOAR	24	25	26	27	28	29
30						