Adult Programs

Summer 2023 Registration Guide

Registration
May 3
5:30 PM

Between Friends
connect • grow • belong

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You can find out more about each program and service in each section, or by visiting our website.

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How To Register

Before Registration Night

1. Decide the programs you want
2. Get your 2023 Membership
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Member Portal

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

- 2 **W.E.S.O.A.R!** programs, and
- 2 **Adventurers** Day Trips, and
- 2 **Adventurers** Overnight Trips, and
- Unlimited **Special Events!**

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

Summer 2023 Registration Night: Wednesday, May 3, at 5:30 PM

By Phone

403 508 0110

Have your credit card ready

- Visa or Mastercard

Have your session choices ready

Call the Registration Line - 403 508 0110

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

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

- Visa or Mastercard

Have your session 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 your 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

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.

Apply for Fee Assistance Here

Important Information

Program Cancellation

To cancel registration you must contact **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 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.

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

Registration
May 3
5:30 PM

Summer W.E.S.O.A.R! 2023

Our W.E.S.O.A.R! programs (Weekend & Evening Social Opportunities & 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.

- Summer W.E.S.O.A.R! runs for 10 weeks: **June 5 - August 14**
- There will be **no programs** August 7
- 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 have 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).

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.

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!

Summer Nights - Monday

Are you free Monday nights? Try a variety of activities at Summer Nights - Monday! Activities change each week: campfire sing-a-long's, dinner in the park, sailing or rafting could all be on the schedule.

Cost	**$200** ($20/day)
Day	Monday
Dates	June 5 - August 14
No Program	August 7
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★★★ Personal Growth ★★ Active ★★★ Skill Development ★★★

Get Crafty!

Come craft the night away with friends. We will be focusing on different projects and techniques throughout the session, including many nature based projects.
Crafting can get messy! We do take precautions to keep clothing clean, but wearing older clothing would be best.

Cost	**$175** ($17.50/day)
Day	Monday
Dates	June 5 - August 14
No Program	August 7
Time	6:00 - 7:30 PM
Location	Camp Bonaventure

Social ★★ Personal Growth ★★★ Active ★ Skill Development ★★★

Between the Pages - In Person

The Between Friends book club is moving to in-person! The group will vote on an audio book from a list of pre-selected list of novels. We'll finish the session watching a movie remake of the book, or a movie with the same theme of the book chosen!

Cost	**$175** (17.50/day)
Day	Monday
Dates	June 5 - August 14
No Program	August 7
Time	6:00 - 7:30 PM
Location	Between Friends Office

Social ★★ Personal Growth ★★ Active ★ Skill Development ★

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

BoomBox! - Early

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.

Cost	**$150** ($15/day)
Day	Tuesday
Dates	June 6 - August 8
No Program	N/A
Time	6:00 - 7:00 PM
Location	Camp Bonaventure

Social ★★★ Personal Growth ★★ Active ★★ Skill Development ★★

BoomBox! - Late

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.

Cost	**$150** ($15/day)
Day	Tuesday
Dates	June 6 - August 8
No Program	N/A
Time	7:15 - 8:15 PM
Location	Camp Bonaventure

Social ★★★ Personal Growth ★★ Active ★★ Skill Development ★★

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

Summer Nights - Tuesday

Come join us on Tuesdays for our Summer Nights program! Activities change each week: campfire sing-a-long's, dinner in the park, sailing or rafting could all be on the schedule.

Cost	**$200** ($20/day)
Day	Tuesday
Dates	June 6 - August 8
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★★ Personal Growth ★★ Active ★★★ Skill Development ★★★

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.

Cost	**$175** ($17.50/day)
Day	Tuesday
Dates	June 6 - August 8
No Program	N/A
Time	6:00 - 7:30 PM
Location	Trico Center

Social ★★★★ Personal Growth ★★★ Active ★★★★ Skill Development ★★★★

Wednesday Night Bowling

Join us weekly at YYC Bowling for strikes, spares, and a whole lot of cheers & laughs. You're sure to be a pro by the end of the summer!

Cost	**$190** ($19/day)
Day	Wednesday
Dates	June 7 - August 9
No Program	N/A
Time	6:00 - 8:00 PM
Location	YYC Bowling

Social ★★★ Personal Growth ★★★ Active ★★★ Skill Development ★★★★

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

Summer Nights - Wednesday

We'd love to see you in our Summer Nights - Wednesday program! Activities change each week: campfire sing-a-long's, dinner in the park, sailing or rafting could all be on the schedule.

Cost	**$200** ($20/day)
Day	Wednesday
Dates	June 7 -August 9
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★★★ Personal Growth ★★ Active ★★★ Skill Development ★★★

Growing Through Gardening

Join our gardener, Janet, down at Camp Bonaventure as we connect in our garden! It is great to be outdoors, feeding our minds and bodies while connecting to nature and enjoying a relaxing hobby.

Cost	**$190** ($19/day)
Day	Wednesday
Dates	June 7 - August 9
No Program	N/A
Time	6:00 - 8:00 PM
Location	Camp Bonaventure

Social ★★★ Personal Growth ★★★ Active ★★ Skill Development ★★★★

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

Mid-Week Movies

Join friends weekly at the movie theatre to catch the latest action, comedy, or romance film - group's choice! If you want snacks, don't forget to bring your own money.
Movies are chosen weekly by availability and then voted on by the entire group. Majority rules, but leaders will do their best to make sure everyone has a voice.

Cost	**$200** ($20/day)
Day	Wednesday
Dates	June 7 - August 9
No Program	N/A
Time	6:00 - 9:00 PM
Location	Cineplex Odeon Westhills

Social ★ Personal Growth ★ Active ★ Skill Development ★

Summer Nights - Thursday

Summer Nights - Thursday is just like our other Summer nights programs, except - you guessed it - it's on Thursdays! Activities change each week: campfire sing-a-long's, dinner in the park, sailing or rafting could all be on the schedule.

Cost	**$200** ($20/day)
Day	Thursday
Dates	June 8 - August 10
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★★★ Personal Growth ★★ Active ★★★ Skill Development ★★★

Campfire Karaoke

Join us down at Camp Bonaventure for some tunes and tales by the fire! We will have karaoke set up at the main shelter alongside a toasty fire.

Cost	**$190** ($19/day)
Day	Thursday
Dates	June 8 - August 10
No Program	N/A
Time	6:00 - 8:00 PM
Location	Camp Bonaventure

Social ★★★ Personal Growth ★★ Active ★★ Skill Development ★★

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

Radio Bingo

The most fun you can have with your radio on! Each week we will be playing radio bingo for a chance at real money prizes. We will play up to 19 games with the support of leaders and volunteers. We will also have a concession for snack and drink purchases during intermission, so bring some money - cash only - for treats.
Players must be over the age of 18. ID's will be required on the first night of program to confirm.

Cost	**$190** ($19/day)
Day	Thursday
Dates	June 8 - August 10
No Program	N/A
Time	5:45 - 8:45 PM
Location	Between Friends Office

Social ★★ Personal Growth ★★ Active ★ Skill Development ★★

Yoga & Art

Join our certified instructor for a rejuvenating yoga routine, followed by some mindful art activities to round off this relaxing evening program.

Cost	**$190** ($19/day)
Day	Thursday
Dates	June 8 - August 10
No Program	N/A
Time	6:00 - 8:00 PM
Location	Camp Bonaventure

Social ★★ Personal Growth ★★★ Active ★★ Skill Development ★★★

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

Summer Nights - Friday

Want a fun Friday night out? Try our Summer Nights - Friday to try a variety of activities! Activities change each week: campfire sing-a-long's, dinner in the park, sailing or rafting could all be on the schedule.

Cost	**$200** ($20/day)
Day	Friday
Dates	June 9 - August 11
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★★★ Personal Growth ★★ Active ★★★ Skill Development ★★★

Rec Swim

Ride the waves, slip down the slide or hang in the hot tub while enjoying the water with friends.
If the participant requires a life jacket, it must be worn throughout the program in shallow and deep waters.

Cost	**$190** ($19/day)
Day	Friday
Dates	June 9 - August 11
No Program	N/A
Time	5:00 - 7:00 PM
Location	Trico Center

Social ★★★ Personal Growth ★★ Active ★★★★ Skill Development ★★

Film Fans - Virtual

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

Cost	**$60** ($6/day)
Day	Friday
Dates	June 9 - August 11
No Program	N/A
Time	6:00 - 8:30 PM
Location	Virtual via Zoom

Social ★ Personal Growth ★ Active ★ Skill Development ★

About Special Events

Registration
May 3
5:30 PM

Summer 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 amount 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

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

Special Events

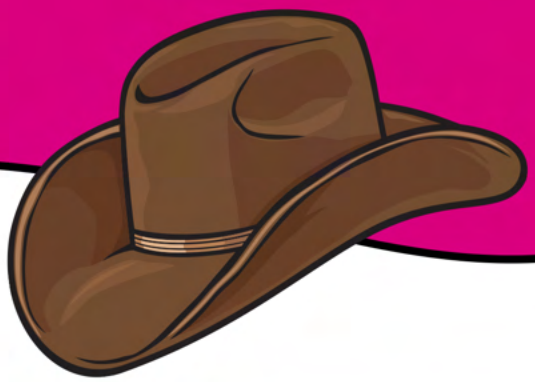
Awards & AGM Ceremony

Join us on Saturday, May 27 as we celebrate our accomplishments and personnel, donor, and subcontractor awards for 2022. This event will be held in-person with a special celebration of our 40th Anniversary.
Mark this date in your calendar. This event will not be available for registration at this time. A formal invite for all members and their families to come!

SAVE THE DATE:
Saturday, May 27

Social ★★★ Personal Growth ★ Active ★ Skill Development ★★

Special Events



Outdoor Karaoke Party

Join us down at Camp Bonaventure as we sing and dance the night away! All equipment will be provided by Inspiration Entertainment - if you joined us for Campside Karaoke last year, you'll recognize some familiar faces.

Cost	$20
Day	Saturday, July 8
Time	6:00 - 8:00 PM
Location	Camp Bonaventure
Capacity	12 participants

Social ★★★★ Personal Growth ★★ Active ★ Skill Development ★★

Super Stampede

Come visit the Stampede Grounds with your friends and try to catch one of the shows offered (Dog Bowl, Monster Energy Compound, Agricultural Showcases). We will provide drinks and fun midway treats but if you would like a meal, please bring your own money.

Cost	$25
Day	Sunday, July 9
Time	9:30 AM - 1:00 PM
Location	Stampede Grounds
Capacity	8 participants

Social ★★★★ Personal Growth ★ Active ★★★ Skill Development ★

Special Events

Summer Sizzler

Get ready to celebrate summer by wearing fun summer attire as we boogie the night away with our DJ! Light snacks and refreshments will be provided.

Leader and location details will be provided 1 week prior to the event.

Cost	Free
Day	Saturday, July 29
Time	6:00 - 8:00 PM
Location	TBA
Capacity	40 participants

Social ★★★★ Personal Growth ★ Active ★★★★ Skill Development ★

Global Fest

Bring a camping chair or a comfy blanket as we watch Team Canada's finale at Global Fest. If you would like to purchase snacks and refreshments, please bring your own money.

Cost	$20
Day	Saturday, August 26
Time	6:00 - 11:00 PM
Location	Elliston Park
Capacity	10 participants

Social ★★★★ Personal Growth ★ Active ★★ Skill Development ★

About Adventurers

Registration
May 3
5:30 PM

Summer 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'll 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 Building

In-Program Support

Each Adventurers trip will have up to 8 participants and 4 staff/volunteers. Trips typically operate at a 1:2 - 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.

Trip Information In This Guide

NEW!

We want our members to get the most out of their experience in our programs. In this guide, you will find detailed information about each Adventurers trip to assist you with deciding which trips will be the best fit for you.

We will tell you about:

- The general schedule
- Cost, dates, and location
- Ratings:
  - **Programming Level:** is the trip fast paced or low paced? Is there a lot of down time?
  - **Physical Accessibility:** the accessibility of the physical spaces on your trip
  - **Sensory Friendly:** is the environment noisy and bright? Or, is there space & time to recharge?

What to Expect

NEW!

For each trip, you will find a **"What to Expect"** section. This will give you an overview about the trip's **Programming Level, Physical Accessibility, and Sensory Friendliness**.

The chart below gives you more information about what each of these ratings mean.

Ratings	Description	Levels
Programming Level	Is every single hour of the trip planned? Or, is there more time to relax and do my own thing? • **High paced** = busy with only a little down time. • **Medium paced** = a mix of both. • **Low paced** = relaxed with lots of independent time.	High Paced Medium Paced Low Paced
Physical Accessibility	What's the environment like? Are the bathrooms accessible? Will we be traveling on rocky roads, smooth paths, or a bit of both?	Full Low See Description
Sensory Friendly	What is the sensory environment like? Are there lots of crowds, bright lights, and loud noises? Will there be quiet space to wind down?	Yes No See Description

Note: Our personnel will do their best to provide adaptations to support our members for their physical and sensory needs.

Adventurers
Day Trips

Safari Sunday Brunch - June

Join us for an amazing brunch experience in Destination Africa at the Calgary Zoo! We'll have a gourmet breakfast - with a chocolate fountain, and spend the day visiting the animals and exhibits. You might even get to see the penguin walk! We'll grab some lunch and stop by the gift shop for souvenirs. Don't forget to bring extra money if you want to purchase extra treats or a souvenir.

Cost	$150
Dates	Sunday, June 4
Time	8:30 AM - 3:30 PM
Location	Calgary Zoo
Capacity	8 participants

Accessibility: washrooms are accessible, and pathways are paved.
Sensory friendly information: there may be crowds or noise while at the zoo, as well as some strong smells from the animals.

Please pack for the weather and bring sunscreen.

What to expect:

Programming Level	Low Paced
Physical Accessibility	Full
Sensory Friendly	See Description

Calaway Park

Let's play at Calaway Park! You'll be riding rides, playing carnival games, and watching some of their amazing live entertainment shows! For lunch, we'll set up a picnic and enjoy the sights and sounds. Don't forget to bring your money if you can't resist a funnel cake or want a souvenir from the gift shop!

Cost	$150
Dates	Sunday, June 18
Time	10:00 AM - 7:00 PM
Location	Calaway Park
Capacity	8 participants

Accessibility: many of the rides, shows, and food locations are accessible, as well as the washrooms.
Sensory friendly information: there may be crowds or noise while at the park.

Please pack for the weather and bring sunscreen.

What to expect:

Programming Level	Fast Paced
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers
Day Trips

Okotoks Dawgs Game Day

Let's go out to the ball game! We're heading to Okotoks for a good ol' fashion baseball game. The first stop will be the Red Rock Pizza for lunch. Then, we're off to the stadium where we'll be seated in the Fortis Private Patio to catch the Okotoks Dawgs against the Medicine Hat Mavericks. The private patio will have food service and we may even get a special visit from Diggity Dawg - the team's mascot!
Don't forget to bring your money if you'd like to purchase an alcoholic beverage (2 drink limit), or a souvenir from the gift shop.

Accessibility: all facilities will be accessible.
Sensory friendly information: there will be crowds and noise while at the game.

Cost	**$150**
Dates	Wednesday, June 21
Time	3:00 - 11:00 PM
Location	Okotoks, Alberta
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	Full
Sensory Friendly	See Description

Adventurers
Day Trips

Bow River Rafting

#GetYourLazyOn! We will be spending the day on the river. We set off in the morning sun, have a picnic lunch on the shore, and maybe dip our toes in the water, or go for a full swim. We will continue on our river adventure singing songs, taking pictures of the beautiful landscape and just being at peace with nature. The trip will finish at Prince's Island Park with a relaxing stroll.

Accessibility: limited due to entering and exiting the raft, and the ease and accessibility of washrooms on the trip. Staff are trained to assist with getting in and out of the raft.

Life jackets are mandatory for everyone.

Cost	$150
Dates	Wednesday, July 5
Time	9:00 AM - 6:00 PM
Location	Bow River & Prince's Island Park
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	See Description
Sensory Friendly	Yes

Come Sail Away

Spend the day at South Glenmore Park and sail away with us on the Glenmore reservoir! The morning will start with a sail on fully accessible sailboats. After enjoying the beautiful views of the city, we'll return to shore for a BBQ lunch. The day will end at South Glenmore Water Park to cool down and enjoy the beautiful Quinterra Legacy Garden.

Accessibility: limited due to entering and exiting the boats. Staff are trained to assist with getting in and out of the boat.

Remember to let us know if you have dietary restrictions.

Cost	$150
Dates	Tuesday, July 25
Time	10:00 AM - 6:00 PM
Location	South Glenmore Park
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	See Description
Sensory Friendly	Yes

Adventurers
Day Trips

Calgary Folk Fest

If you love live music and being outdoors, then the Calgary Folk Fest is right for you! This annual Festival is a family-friendly, cultural, and musical extravaganza. For dinner, you will get to choose from a variety of food truck vendors (supper and drinks are included in the cost). Don't forget to bring your money if you'd like to purchase alcoholic drinks (2 drink limit), extra snacks, souvenirs, or merchandise. We'll spend the day exploring the vendors, grassway, cultural booths, and of course listening to music!

Accessibility: viewing areas have accessibility limits. Poor weather may make the ground difficult to travel on.
Sensory friendly information: there will be crowds and loud noise.

Cost	$150
Dates	Thursday, July 27
Time	12:00 - 8:00 PM
Location	Prince's Island Park
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	See Description
Sensory Friendly	No

Safari Sunday Brunch - July

Join us for an amazing brunch experience in Destination Africa at the Calgary Zoo! We'll have a gourmet breakfast - with a chocolate fountain, and spend a day visiting the animals and exhibits. You might even get to see the new baby gorilla! We'll grab some lunch and stop by the gift shop for souvenirs. Don't forget to bring extra money if you want to purchase a souvenir.

Accessibility: washrooms are accessible, and pathways are paved.
Sensory friendly information: there may be crowds or noise while at the zoo, as well as some strong smells from the animals.

Please pack for the weather and bring sunscreen.

Cost	$150
Dates	Sunday, July 30
Time	8:30 AM - 3:30 PM
Location	Calgary Zoo
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	Full
Sensory Friendly	Yes

Adventurers
Day Trips

Calgary Farmyard

E-I-E-I-O! Join us at Cora's for breakfast to kick off a bus trip to the Calgary Farmyard! The Farmyard is an outdoor venue with games, a maze, and of course, farm animals. Be sure to dress for the weather! We'll set up an outdoor picnic for lunch and enjoy the day exploring, relaxing, and hanging out with friends.

Programming level: we'll be walking around all day, so bring your walking shoes and clothes you don't mind getting dirty.
Accessibility: The Calgary Farmyard is accessible to wheelchairs, motorized scooters, and strollers most of the time, but weather may cause the gravel pathways to be hard to navigate.

Cost	$150
Dates	Wednesday, August 9
Time	9:00 AM - 5:00 PM
Location	Calgary Farmyard
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	See Description
Sensory Friendly	Yes

Adventurers
Day Trips

Beach Day

Want to spend your day relaxing by a lake, right in the city of Calgary? Join us at Sikome Lake for a day of beach day activities like frisbee, grass games, lounging in the sun, and swimming! A water wheelchair will be available at the lake. We'll have a BBQ lunch and stroll through Fish Creek Park, finding time to rest under the shade and enjoy the sights and sounds. We'll end the day at the Lighthouse Pub for dinner!

Accessibility: there are accessible washrooms at both locations. We will be travelling across sand, which can be a bit difficult.
Sensory friendly information: there could be crowds and noise at both locations.

Cost	$150
Dates	Friday, August 11
Time	11:00 AM - 7:00 PM
Location	Sikome Lake
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	See Description
Sensory Friendly	See Description

Global Fest Experience

Celebrate a summer night with an explosive ending! Our evening will start at Original Joe's for dinner before taking a private bus ride to Elliston Park for Global Fest! We'll explore the vendors before finding our seats to enjoy the fireworks show. Blankets and pillows will be provided but feel free to bring something you're comfortable sitting on. Snacks and drinks will be provided. Don't forget to bring your money if you'd like to purchase extra food or souvenirs!

Accessibility: the restaurant and park have accessible washrooms
Sensory friendly information: there will be crowds and noise, especially during the fireworks.

Cost	$150
Dates	Tuesday, August 22
Time	5:00 - 11:30 PM
Location	Elliston Park
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers
Overnight Trips

Camp Bonaventure Sleepover

Escape within the city at Camp Bonvaventure! Join us for a relaxing weekend in nature and sleep under the stars. This trip is low energy. We will pitch our own tents, cook our meals over the fire or have a BBQ, play games, chat, and relax! We'll have different activities to choose from: camp games, tie dye T-shirts, arts and crafts, and more!

Accessibility: Camp Bonaventure has accessible washrooms and pathways, but getting in and out of a tent has lowered the physical accessibility rating. Staff are trained to assist.
Sensory friendly information: there are on-site sensory rooms.

Cost	**$450**
Dates	Monday, June 12 - Tuesday, June 13
Length	2 days, 1 night
Location	Camp Bonaventure
Sleeping	Tents
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	See Description
Sensory Friendly	Yes

Edmonton Excursion

Our popular Edmonton trip is BACK with a twist! We're headed to Tim Horton's first for a road-trip treat before hitting the open road to Edmonton! Day 1 will be a stop to West Edmonton Mall for lunch, shopping, and a fun game of mini-golf. We'll have a quiet night in with dinner at the hotel and movies and games in our rooms. On Day 2, we're off to Commonwealth for a swim, hot tub and water play, including a climbing wall in the pool! The night will end with a lovely dinner out. On the last day, we'll enjoy breakfast at the hotel before heading home with a stop at Discovery Wildlife Park for a visit.

Accessibility: The Commonwealth is considered to be 100% accessible. Hotel is wheelchair accessible but may not have roll-in showers.
Sensory friendly information: there may be crowds and loud noise.

Cost	**$710**
Dates	Thursday, June 29 - Saturday, July 1
Length	3 days, 2 nights
Location	Edmonton, Alberta
Sleeping	Hotel
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers
Overnight Trips

Camp L.G. Barnes

You're in for some fun at Camp L.G. Barnes! We'll be sleeping in cabins and making our meals together. The camp has animals to visit, a beach, and lake with Sea-doo tube rides and more! If the weather chooses not to co-operate there are plenty of indoor activities including a pool table, shuffleboard, karaoke, games and a crafts cupboard. The choices are endless, on this trip! This trip can be as busy or as relaxed as you make it.

Accessibility: Camp L.G. Barnes is considered to be 100% accessible inside and out. They have a range of equipment for use including the Mobi Chair, Clipper Cycle and a water wheelchair for the beach.

Cost	**$710**
Dates	Monday, July 10 - Wednesday, July 12
Length	3 days, 2 nights
Location	Camp L.G. Barnes
Sleeping	Cabin
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	Full
Sensory Friendly	Yes

Adventurers
Overnight Trips

Westerner Days in Red Deer

This trip promises to be very high energy! Westerner Days is action-packed and has everything you're looking for in summer fun - live music, midway rides, concerts, free entertainment, nightly pony chuckwagon races, good food and of course, great company! We plan on spending all waking hours at the fair grounds doing, seeing and eating as much of the experience as we can.

Accessibility: The fair grounds state they are wheelchair friendly, but weather could easily effect this. Adaptations will be necessary by our staff.
Sensory Friendly: noises and crowds at the fair

Cost	**$710**
Dates	Wednesday, July 19 - Friday, July 21
Length	3 days, 2 nights
Location	Red Deer, Alberta
Sleeping	Hotel
Capacity	8 participants

What to expect:

Programming Level	High Paced
Physical Accessibility	See Description
Sensory Friendly	See Description

Camp URSA

Want a true escape? Come spend a few days with us at Camp URSA. Unplug and enjoy the beautiful stone fireplace with a seating area to relax after a day in the woods. Read a book in their library, or play games in the rec room. There are wrap-around decks and acres of space to explore. This trip will have lots of down time, with some planned activities throughout the day.

Accessibility: The space is accessible and offers plenty of space for socializing. The cabin is fully accessible. There is limited access to the internet or cellular service.

Cost	**$950**
Dates	Wednesday, August 2 - Saturday, August 5
Length	4 days, 3 nights
Location	URSA Retreat Center
Sleeping	Cabin
Capacity	8 participants

What to expect:

Programming Level	Low Paced
Physical Accessibility	Full
Sensory Friendly	Yes

Adventurers
Overnight Trips

Country Thunder Musical Staycation

Country music fans, this trip is for you! Your overnight trip will kick off with a visit to Studio Bell, then we'll catch a live band and have dinner at the Ironwood. Our hotel will have a pool, hot tub, and be a place of relaxation! On Day 2, we'll enjoy breakfast at the hotel before taking a stroll over to Fort Calgary to spend the day at Country Thunder! There will be a variety of food vendors as well as full bars serving beer, cocktails, soda, and water. Bring your own money if you want to purchase alcoholic beverages (2 drink limit), food from vendors, souvenirs.

Accessibility: The physical environment includes gravel pathways where rain can make it challenging to travel on.
Sensory friendly: outdoors, loud music, noise and crowds.

Cost	**$450**
Dates	Thursday, August 17 - Friday, August 18
Length	2 days, 1 night
Location	Calgary, Alberta
Sleeping	Hotel
Capacity	8 participants

What to expect:

Programming Level	High Paced
Physical Accessibility	See Description
Sensory Friendly	No

Sylvan Lake

This trip promises to be relaxing and rejuventating. We'll be staying at an AirBnB in Sylvan Lake. We'll explore the town for some shopping and sight-seeing. Be sure to bring your money for souvenirs. We'll also be meeting with our friends from Autism Aspergers Friendship Society of Calgary (AAFS) for an evening dinner over the campfire. Day 2 proves to be just as relaxing with a stroll to the beach for some games, a picnic lunch, building sand castles, or swimming. We'll have dinner at a local restaurant and relax at our AirBnB with movies and popcorn.

Accessibility: terrain at the beach; AirBnB does not have an accessible (roll-in) shower. There are a few steps into the AirBnB, which we will use our portable ramp on.

Cost	**$710**
Dates	Thursday, August 24 - Saturday, August 26
Length	3 days, 2 nights
Location	Sylvan Lake, Alberta
Sleeping	AirBnB
Capacity	8 participants

What to expect:

Programming Level	Medium Paced
Physical Accessibility	See Description
Sensory Friendly	Yes

Volunteering

Register Anytime!

Volunteer in Training

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

VITs 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

Kiwanis AKTION CLUB

Aktion Club YYC is a **free** club that meets once a month to volunteer as a group. 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

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!

Financial Contribution

Legacy Giving

Build a Friends in Motion Team

Volunteer With Us

Host a Fundraiser

Skip the Depot

Sponsor an Event

Important Dates

Download a calendar of all programs

MAY

May 3	**Summer Program Registration @ 5:30 PM** • Note - phone line registration option will be open from 5:30 - 6:30 PM
May 22	No Programs, Office Closed - Victoria Day
May 27	Awards & AGM Ceremony

JUNE

June 3	Between Friends Open House
June 4	**Summer Programs Begin** • Adventurers, W.E.S.O.A.R!, Special Events

JULY

July 29	Summer Sizzler Dance

AUGUST

August 7	No Programs, Office Closed - Heritage Day
August 9	**Adult Programs - Fall Registration Guide Released**
August 10	End of Summer BBQ
August 23	**Fall Program Registration @ 5:30 PM** • Note - phone line registration option will be open from 5:30 - 6:30 PM

Important Dates

Download a calendar of all programs

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Register Summer Programs	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 No Program	23	24	25	26	27 Awards & AGM
28	29	30	31			

JUNE

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

JULY

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

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 No Program	8	9 Fall Guide Out	10 End of Summer BBQ	11	12
13	14	15	16	17	18	19
20	21	22	23 Register Fall Programs	24	25	26
27	28	29	30	31		