

Adult Programs

Fall 2023 Registration Guide



Registration
August 23
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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Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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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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View all the important dates in a calendar



All Programs Calendar

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

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Test your member login

[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!

Fall 2023 Registration Night: Wednesday, August 23, at 5:30 PM

By Phone



403 508 0110

Have your credit card ready

- Visa or Mastercard

Have your program 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 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 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](#)



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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.



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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

Registration
August 23
5:30 PM

Fall 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.

- Fall **W.E.S.O.A.R!** runs for 8-10 weeks: **September 17 - December 3**
- There will be **no programs** September 30, October 7-9, and November 11-17
- 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](#).

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!



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 and movement dance program.

| | |
|------------|----------------------------------|
| Cost | \$175 (\$17.50/day) |
| Day | Tuesday |
| Dates | September 19 - November 28 |
| No Program | November 14 |
| Time | 6:00 - 7:30 PM |
| Location | Trico Centre for Family Wellness |

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

BoomBox! Early

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

| | |
|------------|----------------------------|
| Cost | \$150 (\$15/day) |
| Day | Tuesday |
| Dates | September 19 - November 28 |
| No Program | November 14 |
| Time | 6:00 - 7:00 PM |
| Location | Between Friends Office |

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 | September 19 - November 28 |
| No Program | November 14 |
| Time | 7:15 - 8:15 PM |
| Location | Between Friends Office |

Social ★★★

Personal Growth ★★

Active ★★

Skill Development ★★★

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



Get Crafty

NEW challenging kits added Immerse yourself in the joy of creativity while catching up with friends. Each Wednesday, participants will be given a new and unique craft kit carefully created around a unique art style.

| | |
|------------|----------------------------|
| Cost | \$175 (\$17.50/day) |
| Day | Wednesday |
| Dates | September 20 - November 29 |
| No Program | November 15 |
| Time | 6:00 - 7:30 PM |
| Location | Between Friends Office |

Social ★★ ★

Personal Growth ★★ ★

Active ★

Skill Development ★★ ★

Wednesday Night Bowling

Join us weekly for strikes, spares and a whole lot of cheers & laughs. Challenge yourself to beat your previous week's scores.

| | |
|------------|-----------------------------|
| Cost | \$190 (\$19/day) |
| Day | Wednesday |
| Dates | September 20 - November 29 |
| No Program | November 15 |
| Time | 6:00 - 8:00 PM |
| Location | YYC Bowling & Entertainment |

Social ★★ ★

Personal Growth ★★ ★

Active ★★ ★

Skill Development ★★ ★



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



Evening Escapes South/Central

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 south/central side of the city of Calgary. Program locations will be provided at least one week before the program.

| | |
|------------|------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Wednesday |
| Dates | September 20 - November 29 |
| No Program | November 15 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★

Bar Buddies

What a great way to make new friends and visit with old 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 supper. Also, please ensure you bring your identification - most venues we will be visiting are 18+.

| | |
|------------|------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Thursday |
| Dates | September 21 - November 30 |
| No Program | November 16 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★

Evening Escapes North/Central

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 north/central side of the city of Calgary. Program locations will be provided at least one week before the program.

| | |
|------------|------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Thursday |
| Dates | September 21 - November 30 |
| No Program | November 16 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★

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



Fall Karaoke

Join us weekly to sing your favorite songs on your own or with friends. Inspired Entertainment will be our musical facilitators.

The program location will be provided at least one week before the program.

| | |
|------------|--------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Friday |
| Dates | Septmeber 22 - December 1 |
| No Program | November 17 |
| Time | 6:00 - 9:00 PM |
| Location | Bankview Community Association |

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 a participant's profile states they require a lifejacket, it will be required to be worn in all water depths.

| | |
|------------|----------------------------------|
| Cost | \$190 (\$19/day) |
| Day | Friday |
| Dates | September 22 - December 1 |
| No Program | November 17 |
| Time | 5:00 - 7:00 PM |
| Location | Trico Centre for Family Wellness |

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★



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



Active Adventurous Adults

Do you love adventure and the outdoors? Join us weekly to explore exciting activities around Calgary like hiking, swimming, working out, and more! We bring the FUN to your physical activity plan. Program locations will be provided at least one week before the program.

| | |
|------------|------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Friday |
| Dates | September 22 - Decemeber 1 |
| No Program | November 17 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Urbanites North/Central

Ages
18-24

You and your fellow young adults will enjoy exploring new and old favorites around north/central Calgary - dinner, movies, games or art nights. There's a new activity each week! Program locations will be provided at least one week before the program.

| | |
|------------|------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Friday |
| Dates | September 22 - December 1 |
| No Program | November 17 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Film Fans - Virtual



Enjoy a variety of movie genres that you will get to vote on, all from the comforts of your home!

| | |
|------------|---------------------------|
| Cost | \$60 (\$6/day) |
| Day | Friday |
| Dates | September 22 - December 1 |
| No Program | November 17 |
| Time | 6:00 - 8:30 PM |
| Location | Virtual (Zoom) |

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

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



Urbanites South/Central

Ages
18-24

You and your fellow young adults will enjoy exploring Calgary - dinner, movies, games or art nights. There's a new activity each week! Program locations will be provided at least one week before the program.

| | |
|-------------------|--------------------------------------|
| Cost | \$160 (\$20/day) |
| Day | Saturday |
| Dates | September 23 - December 2 |
| No Program | September 30, October 7, November 11 |
| Time | 6:00 - 8:00 PM |
| Location | Various locations in Calgary |

Social ★★ ★

Personal Growth ★★

Active ★★ ★

Skill Development ★★ ★

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.

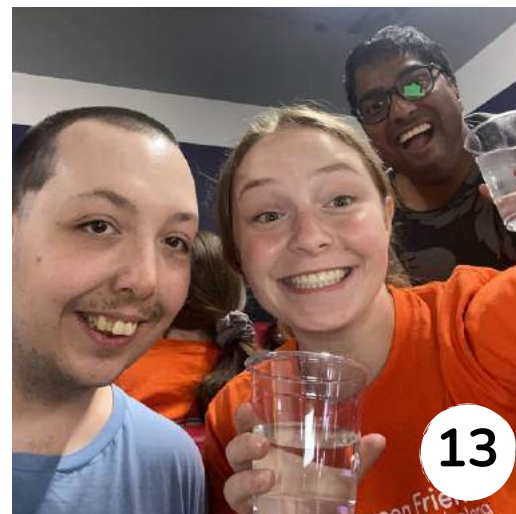
| | |
|-------------------|--------------------------------------|
| Cost | \$150 (\$18.75/day) |
| Day | Saturday |
| Dates | September 23 - December 2 |
| No Program | September 30, October 7, November 11 |
| Time | 5:30 - 8:30 PM |
| Location | Between Friends Office |

Social ★★ ★

Personal Growth ★★

Active ★

Skill Development ★



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



Creative Kitchen

Gain and sharpen your skills in our new cooking and baking program. We will be working on easy and tasty meals as well as baked treats that can be made on most budgets. Bon appetit!

The program location will be provided at least one week before the program.

| | |
|------------|--------------------------------------|
| Cost | \$150 (\$18.75/day) |
| Day | Saturday |
| Dates | September 23 - December 2 |
| No Program | September 30, October 7, November 11 |
| Time | 10:00 AM - 12:00 PM |
| Location | TBD |

Social ★★ ★

Personal Growth ★★ ★ ★

Active ★★

Skill Development ★★ ★ ★

Sunday Night Bowling

Join us weekly for strikes, spares and a whole lot of cheers & laughs. Challenge yourself to beat your previous week's scores.

| | |
|------------|-----------------------------|
| Cost | \$190 (\$19/day) |
| Day | Sunday |
| Dates | September 17 - December 3 |
| No Program | October 8, November 12 |
| Time | 6:00 - 8:00 PM |
| Location | YYC Bowling & Entertainment |

Social ★★ ★

Personal Growth ★★ ★

Active ★★ ★

Skill Development ★★ ★



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



Sunday Matinee - North

Whether you like action, comedy or romance – there's something for everyone. You'll catch a special movie this session that includes 3D or AVX. Bring your money for your favourite movie treats!

| | |
|-------------------|--|
| Cost | \$200 (\$20/day) |
| Day | Sunday |
| Dates | September 17 - December 3 |
| No Program | October 8, November 12 |
| Time | 3:00 - 6:00 PM |
| Location | Cineplex Odeon Sunridge Spectrum Cinemas |

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

Sunday Matinee - South

Whether you like action, comedy or romance – there's something for everyone. You'll catch a special movie this session that includes 3D or AVX. Bring your money for your favourite movie treats!

| | |
|-------------------|---------------------------------|
| Cost | \$200 (\$20/day) |
| Day | Sunday |
| Dates | September 17 - December 3 |
| No Program | October 8, November 12 |
| Time | 3:00 - 6:00 PM |
| Location | Cineplex Odeon Westhills Cinema |

Social ★★

Personal Growth ★★

Active ★

Skill Development ★



About Special Events

Registration
August 23
5:30 PM

Fall **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



Under the Sea Dance

Join us for our Under The Sea themed dance - wear clothes you'd wear to the beach or dress up as your favourite aquatic animal. If you're lucky, you may even see a dolphin there! Snacks and drinks will be provided.

The location of the dance and the name of the Special Event Leaders will be emailed out to registered guests one week prior.

| | |
|----------|------------------------|
| Cost | Free |
| Day | Saturday, September 16 |
| Time | 6:00 - 8:00 PM |
| Location | TBD |
| Capacity | 50 participants |

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

Halloween Dance

Wear your costume and prepare to dance the night away to your favourite tunes! Snacks and drinks will be provided.

The location of the dance and the names of the Special Event Leaders will be emailed to registered guests one week prior.

| | |
|----------|----------------------|
| Cost | Free |
| Day | Saturday, October 28 |
| Time | 6:00 - 8:00 PM |
| Location | TBD |
| Capacity | 50 participants |

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★



Stay tuned for our
Holiday Special Events,
sponsored by Olympia
Trust Company!

Guide
Release:
November
8

OLYMPIA
TRUST COMPANY

About Adventurers

Registration
August 23
5:30 PM

Fall **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 Hotel



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

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?



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

What to Expect

Picking the
right trip for
you!

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? <ul style="list-style-type: none">• 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.



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

Adventurers



Glitz & Glam



Start the afternoon off with spa activities including nails, hair and makeup. Feeling fresh and glamorous, we will head out for an amazing dinner, followed by Cirque du Soleil Kooza at Stampede Park.

Physical Accessibility: accessible seating will be available at Stampede Park.

Sensory Friendly: the spa and dinner locations may be quieter and less stimulating. The Cirque du Soleil show may be loud with a large crowd.

| | |
|----------|------------------------------|
| Cost | \$175 |
| Dates | Wednesday, October 4 |
| Time | 3:00 - 10:30 PM |
| Location | Various locations in Calgary |
| Capacity | 8 participants |

What to expect:

| | |
|------------------------|-----------------|
| Programming Level | High |
| Physical Accessibility | Medium |
| Sensory Friendly | See Description |

Science & Sports



Start the afternoon off at Telus Spark exploring an amazing facility with everything science. Then, we're off to dinner at a pub to fill our bellies before cheering on our Calgary Roughnecks!

Physical Accessibility: accessible seating will be available at Saddledome

Sensory Friendly: Telus Spark and the pub will have a moderate level of noise and crowds. The Roughnecks game will have a lower level of sensory friendliness, due to crowds and entertainment.

| | |
|----------|------------------------------|
| Cost | \$175 |
| Dates | Saturday, TBD |
| Time | 3:00 - 10:30 PM |
| Location | Various locations in Calgary |
| Capacity | 8 participants |

What to expect:

| | |
|------------------------|-----------------|
| Programming Level | High |
| Physical Accessibility | Medium* |
| Sensory Friendly | See Description |

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 a 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



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 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

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!



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

AUGUST

| | |
|-----------|--|
| August 23 | Fall Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM |
|-----------|--|

SEPTEMBER

| | |
|-------------------|--|
| September 17 - 23 | First week of W.E.S.O.A.R! programs |
| September 30 | No Programs - National Day of Truth and Reconciliation |

OCTOBER

| | |
|---------------|---|
| October 7 - 9 | No Programs, Office Closed - Thanksgiving Weekend |
|---------------|---|

NOVEMBER

| | |
|------------------|---|
| November 8 | Holiday Program Guide Released |
| November 11 - 17 | No Programs - Reading Week |
| November 22 | Holiday Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM |

DECEMBER

| | |
|-------------------------|-------------------------------|
| December 3 | Last day of Fall programs |
| December 14 - January 2 | Office Closed - Holiday Break |



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

Important Dates

Download a
calendar
of all
programs

AUGUST

| 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 Register Fall Programs | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | |

SEPTEMBER

| 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 No Program |
| | | | | | | |

OCTOBER

| 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 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
| | | | | | | |

NOVEMBER

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