

# Adult Programs

Spring 2025 Registration Guide

Calgary



Registration  
March 26  
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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# How To Register

## Before Registration Night

**1** Decide the programs you want

**2** Get your 2025 Membership

**3** Test your member login

[Member Portal](#)

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

- 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!

## Spring 2025 Registration Night: Wednesday, March 26, 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 **Adventurers** trips or programs, each season

Once your application is submitted, our 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 [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca).

[Apply for Fee Assistance Here](#)

# Important Information

## Program Cancellation

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 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.**



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# About Special Events

Registration  
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## Spring **Special Events** 2025

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!

## 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 [our office](#).

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 team has answers! Here's how to contact them:

 403 269 9133

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

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# Special Events



## Spring Fiesta Dance

Get ready to move and groove at our Spring Fiesta Dance! It's time to shake off those winter blues and celebrate the Spring with DJ Eaglefeather.

Location and Program Leader information will be released one week before the dance.

Cost	Free
Day	Saturday, May 31
Time	6:00 - 8:00 PM
Location	TBA
Capacity	50 participants

### Important Note

If you are unable to make it after you have registered, you must inform the office atleast 48 hours of the dance, or a \$10 fee will be applied to your account.

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★

## Awards & AGM Ceremony

Join us on Saturday, May 24 as we celebrate our accomplishments and personnel, participant, donor, and subcontractor awards for 2024.

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!



# About Adventurers

Registration  
March 26  
5:30 PM

## Spring **Adventurers** 2025

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/Cabin



Sleeping in a Hotel/VRBO



## 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 office](#).

## 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?



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# What to Expect

Important

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
<b>Programming Level</b>	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"><li>• <b>High paced</b> = busy with only a little down time.</li><li>• <b>Medium paced</b> = a mix of both.</li><li>• <b>Low paced</b> = relaxed with lots of independent time.</li></ul>	High Paced Medium Paced Low Paced
<b>Physical Accessibility</b>	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
<b>Sensory Friendly</b>	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.



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# Adventurers



## Neon Paint Night

Join our friends at Palak StudioInk for a creative Neon Paint Night! It is a fun and unique event where you can unleash your inner artist and create a piece of art that glows in the dark!

After showing off your amazing talent, the group will grab dinner at a local restaurant.

Please make sure you wear clothes that you don't mind getting paint on!

Cost	\$100
Dates	Saturday, May 3
Time	4:00 - 9:00 PM
Location	Palak StudioInk
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

## Dinner & A Show - Liars at a Funeral

Join us for dinner and a show at the Alberta Theatre Project!

**Show Description:** Grandma Mavis stages her own funeral in order to reunite her estranged family... just in time for a storm to trap them all in a funeral home. But, little does she know, she's not the only family member bending the truth. Can this eccentric clan of liars navigate the rocky road to reconciliation?

**Physical Accessibility:** Accessible seating will be available at the venue

**Sensory Information:** Show is a comedy and may have loud laughter or audience noise

Cost	\$100
Dates	Wednesday, May 7
Time	5:30 - 10:00 PM
Location	TBD
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers



## Champions of Magic

The Champions of Magic team are back with an explosive ALL NEW show featuring thrilling and mind-bending illusions. Fusing their skills in grand scale magic, a flair for spectacle and undeniable showmanship, this interactive, high-energy show is sure to entertain the entire family. Dinner out will be included.

**Sensory Information:** The show will have loud noises, fog machines, and illusions that may be startling or surprising.

Cost	\$100
Dates	Sunday, May 11
Time	3:00 - 8:00 PM
Location	TBD
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

## BearPaw Ranch

BearPaw Ranch is a family-run guest ranch with cabins and campground near Drayton Valley, Alberta. Onsite they have their BearSpaw Holistic Market & Crystal Shop with holistic treatment rooms for rest, relaxation and soul rejuvenation- all in the great Canadian outdoors!

**Physical Accessibility:** Site is not listed as accessible, doorways are 32". We will bring ramps with us. There are no accessible showers or bathing facilities available, but a portable commode will be available if required to support members. There are gravel pathways throughout.

Cost	\$710
Dates	Tuesday, May 13 - Thursday, May 15
Length	3 days, 2 nights
Location	BearPaw Ranch, Alberta
Sleeping	Lodge with single cots
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers

## Camp B Camp Out

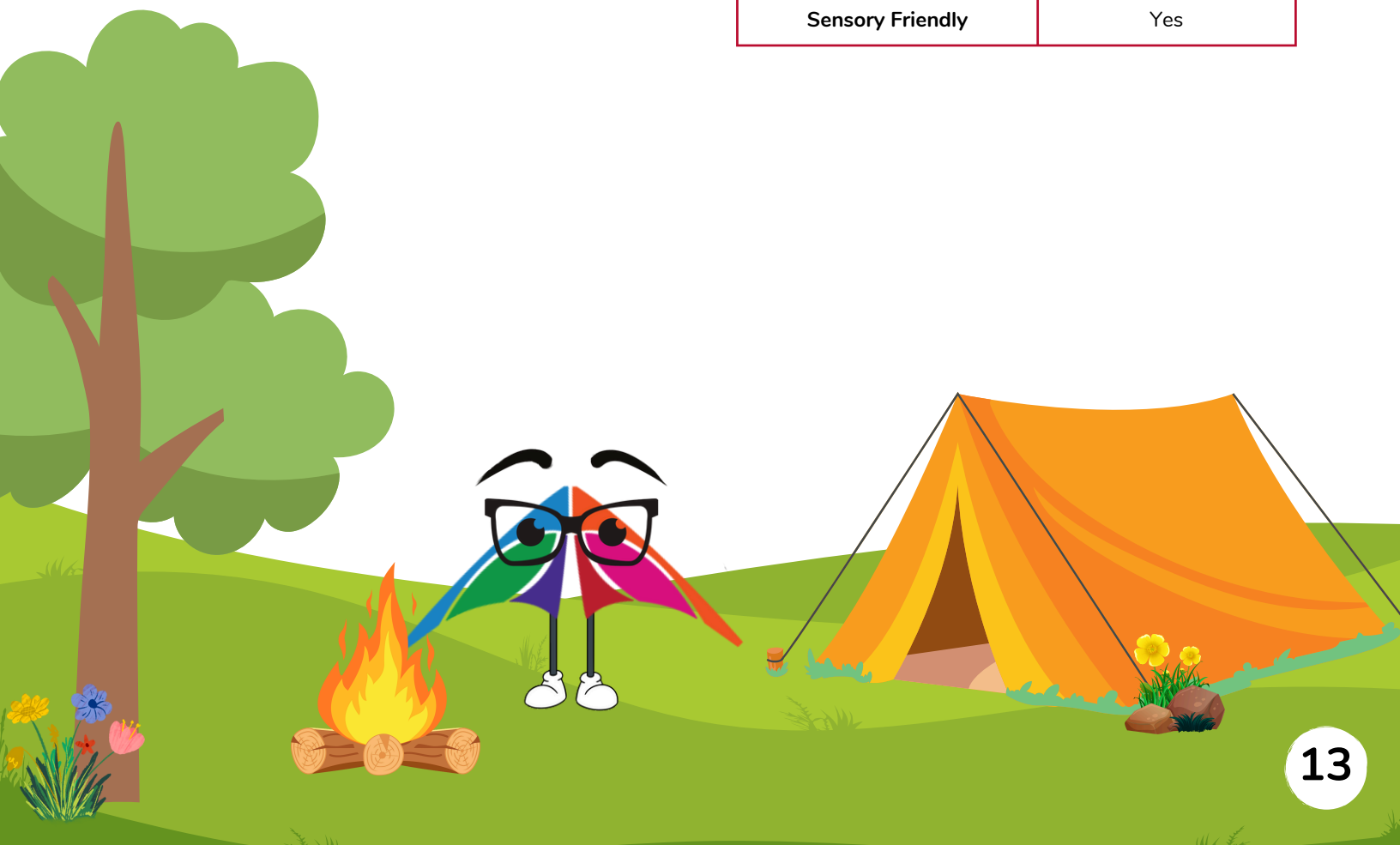
Come join us on this amazing getaway right in the heart of our own city! At Camp Bonaventure, Sandy Beach, we'll pitch some tents, enjoyed BBQ's meals, have a campfire, and do games and activities! A classic camping adventure without leaving Calgary! At night we will get snuggled into our sleeping bags and tents for a peaceful sleep under the stars.

**Physical Accessibility:** Camp Bonaventure is accessible, although we will be sleeping on the ground in tents, which may not be comfortable for some participants.

<b>Cost</b>	\$500
<b>Dates</b>	Tuesday, May 27 - Thursday, May 29
<b>Length</b>	3 days, 2 nights
<b>Location</b>	Camp Bonaventure, Sandy Beach
<b>Sleeping</b>	Tents
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	Low - Medium
<b>Physical Accessibility</b>	See Description
<b>Sensory Friendly</b>	Yes



# 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. 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.

Over the next few pages, you can find some of our **I.C.A.N!** Partners and learn about how to sign up for **I.C.A.N!**

## 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.

What are those stars  
under each partner?

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 team has answers! Here's how to contact them:



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# How Does I.C.A.N! Work?

**NEW!**

What best describes you?	Follow these steps:
<p><b>You have a program in your community that you want to join with a Rec Buddy</b></p>	<ol style="list-style-type: none"> <li>1. Reach out to <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> to let us know that you would like a Rec Buddy to join you at a community program.</li> <li>2. Let us know the details of your program (including dates and location), and contact details of someone from the community program.</li> <li>3. Let us know what you would like a Rec Buddy to support you with in your community program.</li> </ol>
<p><b>You want to join one of our Partner programs listed in this guide</b></p>	<ol style="list-style-type: none"> <li>1. Reach out to <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> to let us know you would like a Rec Buddy to join you at a Partner program.</li> <li>2. Sign up for the Partner's program after confirming with our team.</li> <li>3. Let us know the details of the program (including dates and location), and contact details of the program leader or manager from the Partner program.</li> <li>4. Let us know what you would like a Rec Buddy to support you with in your program.</li> </ol>
<p><b>I.C.A.N! sounds cool, but you don't have a program in mind, and you don't see anything in this guide that you're interested in</b></p>	<p>Reach out to our team at <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> and let us know! Tell us a bit about your interests, and we can help you find something.</p>



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# I.C.A.N! Partners

Registration  
varies by  
program

## StoryBook Theatre

StoryBook Theatre in Calgary is a vibrant and imaginative studio bringing the magic of music and storytelling to life on the stage. It's more than just a venue for performances. StoryBook Theatre is an inclusive community hub for aspiring singers, actors, dancers, directors, and behind-the-scene talents.

Website	<a href="https://www.storybooktheatre.org/">https://www.storybooktheatre.org/</a>
Program Questions?	<a href="mailto:info@storybooktheatre.org">info@storybooktheatre.org</a>
Location	Beddington Theatre Arts Centre

Social ★★☆☆

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★



# 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.

Our VIT Service is currently paused and will resume in Fall 2025.




## 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

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# 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

## MARCH

March 26	<b>Spring Program Registration @ 5:30 PM</b> <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
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## APRIL

April 16	<b>Adult Programs - Summer Registration Guide Released</b>
April 18 - 21	<b>NO PROGRAMS &amp; OFFICE CLOSED - Spring Break</b>
April 30	<b>Summer Program Registration @ 5:30 PM</b> <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>

## MAY

May 19	<b>NO PROGRAMS &amp; OFFICE CLOSED - Victoria Day</b>
May 24	<b>Awards &amp; AGM</b>



# Important Dates

## MARCH

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					

Spring Register

## APRIL

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			

Summer Guides

No Programs

Office Closed

Summer Register

## MAY

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

Office Closed

AGM & Awards