

# Adult Programs

Summer 2025 Registration Guide  
Calgary



Registration  
April 30  
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](#).



## **I.C.A.N!**

Inclusion support in community programs



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Group volunteering or learn how to be a volunteer



## **Ways You Can Give**

How to give back to Between Friends



## **Important Dates**

View all the important dates in a calendar



Main Line  
403 269 9133



[info@betweenfriends.ab.ca](mailto: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 2025 Membership

3

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!

## Summer 2025 Registration Night: Wednesday, April 30, at 5:30 PM

### By Phone



403 508 0110

OR

### Online

[Member Portal](#)



Have your credit card ready

- Visa or Mastercard

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

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

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, 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](#)



Main Line  
403 269 9133



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



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  
April 30  
5:30 PM

## Summer **W.E.S.O.A.R!** 2025


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 1 - August 12**
- There will be **no programs** July 1, August 3 & 4

## In-Program Support

Each of our **W.E.S.O.A.R!** programs have up to 10 participants, 1-2 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 our office.



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 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!



## Ready, Set, Golf!

Are you ready to take your first swing into the world of golf? Our exciting new beginner golf program, launching for 10 weeks, is designed to help you build a solid foundation in the game. You'll learn essential skills, understand the rules and etiquette, and enjoy the camaraderie of fellow budding golfers.

**Note:** This is not mini golf.

<b>Cost</b>	<b>\$220 (\$22/day)</b>
<b>Day</b>	<b>Mondays</b>
<b>Dates</b>	<b>June 2 - August 11</b>
<b>No Program</b>	<b>August 4</b>
<b>Time</b>	<b>5:00 - 8:00 PM</b>
<b>Location</b>	<b>TBD</b>

Social ★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

## Creative Kitchen: BBQ Edition

Sharpen your skills in our cooking and baking program, you may be amazed what can be cooked on a BBQ. We will be working on easy and tasty meals as well as baked treats that can be made on most budgets. This is a time to challenge your taste buds, bon appétit! A menu plan will be provided at the start of the session.

<b>Cost</b>	<b>\$200 (\$20/day)</b>
<b>Day</b>	<b>Mondays</b>
<b>Dates</b>	<b>June 2 - August 11</b>
<b>No Program</b>	<b>August 4</b>
<b>Time</b>	<b>5:00 - 7:00 PM</b>
<b>Location</b>	<b>Camp Bonaventure - Sandy Beach</b>

Social ★★★

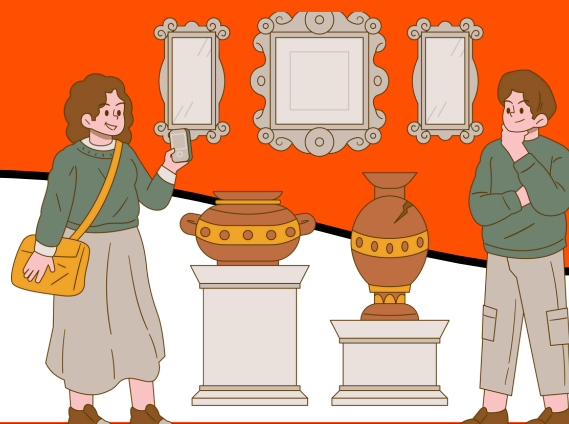
Personal Growth ★★★★★

Active ★★

Skill Development ★★★★★



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



## Summer Nights Monday - Culture Club Edition

Calling all Arts Enthusiasts! Get ready to dive into an exhilarating journey through the colorful landscape of arts and entertainment! Each week, we'll embark on exciting adventures that will take us to the latest blockbuster movies, captivating museums, and spell binding plays, while creating unforgettable memories along the way! Every outing is an opportunity to bond with friends old and new.

<b>Cost</b>	<b>\$250 (\$25/day)</b>
<b>Day</b>	<b>Mondays</b>
<b>Dates</b>	<b>June 2 - August 11</b>
<b>No Program</b>	<b>August 4</b>
<b>Time</b>	<b>6:00 - 8:00 PM (may vary)</b>
<b>Location</b>	<b>Various Locations in Calgary</b>

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★

## Monday Movies - Various

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! This program will visit a variety of locations and venues around the city of Calgary, including Camp B!

<b>Cost</b>	<b>\$220 (\$22/day)</b>
<b>Day</b>	<b>Mondays</b>
<b>Dates</b>	<b>June 2 - August 11</b>
<b>No Program</b>	<b>August 4</b>
<b>Time</b>	<b>6:00 - 9:00 PM</b>
<b>Location</b>	<b>Various Theatres in Calgary</b>

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★

## 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.

<b>Cost</b>	<b>\$210 (\$21/day)</b>
<b>Day</b>	<b>Tuesdays</b>
<b>Dates</b>	<b>June 3 - August 12</b>
<b>No Program</b>	<b>July 1</b>
<b>Time</b>	<b>6:00 - 8:00 PM</b>
<b>Location</b>	<b>Various Locations in Calgary</b>

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

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



## Bar Buddies North

What a great way to make new friends and visit with old at various pubs around north/central 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+.

<b>Cost</b>	<b>\$210 (\$21/day)</b>
<b>Day</b>	<b>Tuesdays</b>
<b>Dates</b>	<b>June 3 - August 12</b>
<b>No Program</b>	<b>July 1</b>
<b>Time</b>	<b>6:00 - 8:00 PM</b>
<b>Location</b>	<b>Various Locations in North Calgary</b>

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★

## Tuesday Night Bowling

Get ready to roll with us every week for an exciting bowling experience filled with strikes, spares, and plenty of cheers and laughter! Whether you're a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

<b>Cost</b>	<b>\$200 (\$20/day)</b>
<b>Day</b>	<b>Tuesdays</b>
<b>Dates</b>	<b>June 3 - August 12</b>
<b>No Program</b>	<b>July 1</b>
<b>Time</b>	<b>6:00 - 8:00 PM</b>
<b>Location</b>	<b>Splitsville Highfield</b>

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★★★★



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



## Jammin' Out - Early

Join our 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	\$180 (\$18/day)
Day	Tuesdays
Dates	June 3 - August 12
No Program	July 1
Time	6:00 - 7:00 PM
Location	TBD South Location

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Jammin' Out - Late

Join our 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	\$180 (\$18/day)
Day	Tuesdays
Dates	June 3 - August 12
No Program	July 1
Time	7:15 - 8:15 PM
Location	TBD South Location

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Summer Nights Tuesday - Hobby Craft Edition

Are you passionate about crafting but looking to explore new avenues? Have you ever considered the idea of picking up a hobby, yet hesitated due to the uncertainty of whether you'll enjoy it? Now is your opportunity to experiment with a variety of creative activities alongside fellow enthusiasts.

Cost	\$180 (\$18/day)
Day	Tuesdays
Dates	June 3 - August 12
No Program	July 1
Time	6:00 - 8:00 PM
Location	St. David's United Church

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★

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



## Bar Buddies Central

What a great way to make new friends and visit with old at various pubs around central 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	\$210 (\$21/day)
Day	Wednesdays
Dates	June 4 - August 6
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Central Calgary

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★ ★★

## Summer Nights Wednesday

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

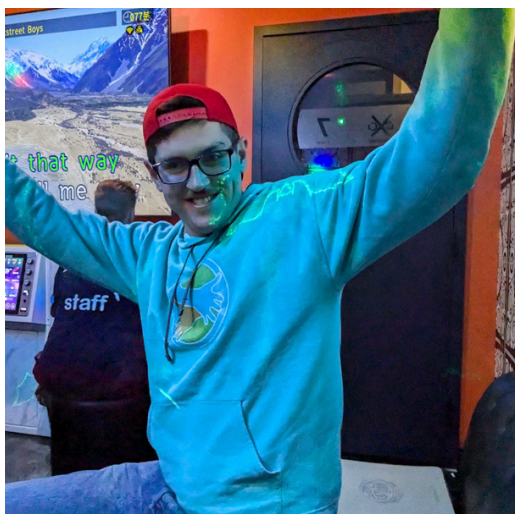
Cost	\$210 (\$21/day)
Day	Wednesdays
Dates	June 4 - August 6
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★ ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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



## Midweek Movies - Westhills

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	\$220 (\$22/day)
Day	Wednesdays
Dates	June 4 - August 6
No Program	N/A
Time	6:00 - 9:00 PM
Location	Westhills Cineplex

Social ★★★★★

Personal Growth ★★★★★

Active ★

Skill Development ★★★★★

## Karaoke Club

Bring your singing voices and join us every week as we explore a variety of karaoke rooms throughout the vibrant city of Calgary. Whether you're a seasoned performer or just looking to have fun, our weekly sessions offer something for everyone.

Cost	\$210 (\$21/day)
Day	Wednesdays
Dates	June 4 - August 6
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

## Thursday Night Bowling

Get ready to roll with us every week for an exciting bowling experience filled with strikes, spares, and plenty of cheers and laughter! Whether you're a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$200 (\$20/day)
Day	Thursdays
Dates	June 5 - August 7
No Program	N/A
Time	6:00 - 8:00 PM
Location	Splitsville Highfield

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

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



## Dance Dance

We've partnered with Blissful Dance and have a talented instructor teaching us a variety of moves and grooves through this fun musical, movement dance program. What a great way to get our bodies moving with some great music and friends.

Cost	\$180 (\$18/day)
Day	Thursdays
Dates	June 5 - August 7
No Program	N/A
Time	6:00 - 7:30 PM
Location	St. David's United Church

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Summer Nights Thursday

Join your friends in an exciting journey throughout Calgary! Each week, you will have the opportunity to engage in a variety of activities designed to foster connection and enjoyment among peers. Whether you're interested in savoring delicious dinners, catching the latest movies, participating in fun games, or immersing yourself in art nights, there's something for everyone.

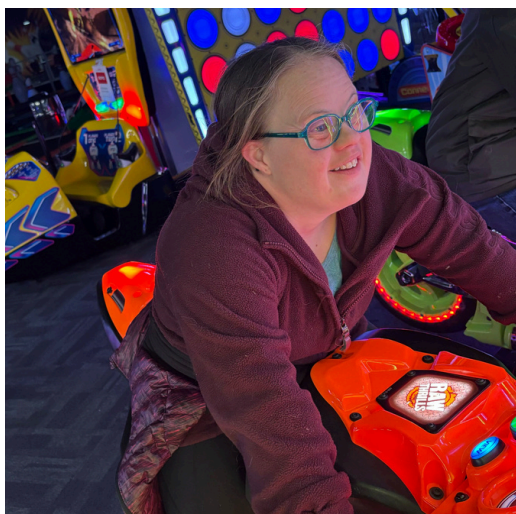
Cost	\$210 (\$21/day)
Day	Thursdays
Dates	June 5 - August 7
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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

## Bar Buddies South

What a great way to make new friends and visit with old at various pubs around south/central 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+.

<b>Cost</b>	<b>\$210 (\$21/day)</b>
<b>Day</b>	Thursdays
<b>Dates</b>	June 5 - August 7
<b>No Program</b>	N/A
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Various Locations in South Calgary

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★

## Garden Club

The Between Friends Garden Club aims to engage, share, teach, and enjoy fresh food! We are a passionate about sustainable living, good food, great company and being outside. You will gain a sense of accomplishment and pride – there really is nothing as satisfying as seeing the tiny seed you planted months before grow into REAL carrots, peas, beets, and leafy greens! You will feel like a proud parent. We will plant, tend and enjoy the fruits of our labour.

<b>Cost</b>	<b>\$250 (approx. \$15/day)</b>
<b>Day</b>	Thursdays
<b>Dates</b>	June 5 - Sept 25 (Weather Dependent)
<b>No Program</b>	N/A
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Camp Bonaventure- Sandy Beach



Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★



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



## BF Bingo!

Join us for our exciting weekly BF Bingo event, where you can play for a chance to win fantastic real prizes! This is a great opportunity to enjoy a fun-filled evening with friends. We will also have a concession for snack and drink purchases during intermission, so bring some money if you would like treats. Cash only for treats.

<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Sundays
<b>Dates</b>	June 1 - August 10
<b>No Program</b>	August 3
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	St. David's United Church

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★

## Sunday Bowling South

Get ready to roll with us every week for an exciting bowling experience filled with strikes, spares, and plenty of cheers and laughter! Whether you're a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Sundays
<b>Dates</b>	June 1 - August 10
<b>No Program</b>	August 3
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Splitsville Highfield

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Rec Swim

This is a fantastic opportunity to hang out with friends while enjoying your favorite water activities. Don't miss out on a program filled with fun, laughter, and relaxation! You can ride the waves and enjoy the sensation of being in the ocean without leaving town, test your agility and have fun swinging from the rope swing and finish up with a soak in the hot tub.

<b>Cost</b>	\$210 (\$21/day)
<b>Day</b>	Sundays
<b>Dates</b>	June 1 - August 10
<b>No Program</b>	August 3
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Trico Centre for Family Wellness

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

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



## Sports Fanatics

Our Sports Fanatics programs offers a diverse range of visually engaging sports-related activities, including attending University, semi-pro and professional events or even just watching from a local pub, come out and cheer for your favorite teams!

<b>Cost</b>	\$210 (\$21/day)
<b>Day</b>	Sundays
<b>Dates</b>	June 1 - August 10
<b>No Program</b>	August 3
<b>Time</b>	6:00 - 8:00 PM (may vary)
<b>Location</b>	Various Locations in Calgary

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★

## Summer Nights Sunday - Music Legends Edition

Summer Night Sunday - Music Legends program promises to be an engaging blend of education and entertainment, celebrating both individual artists and their broader influence on music history. We will explore iconic artists from various decades, featuring a diverse lineup of legendary musicians, maybe Johnny Cash one week and Aerosmith the next. We will look at the artists, explore their music maybe cook their favorite foods. This program will include at least one musical outing.

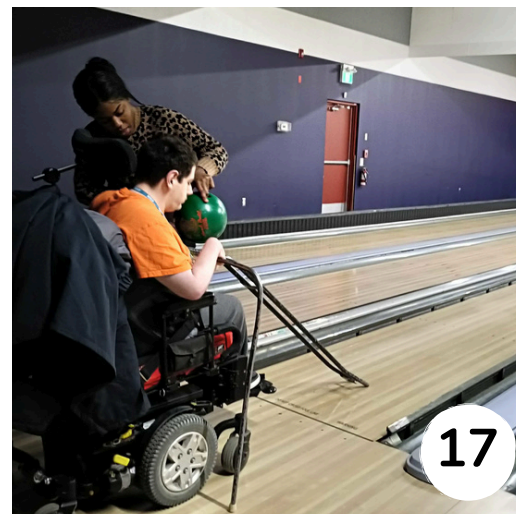
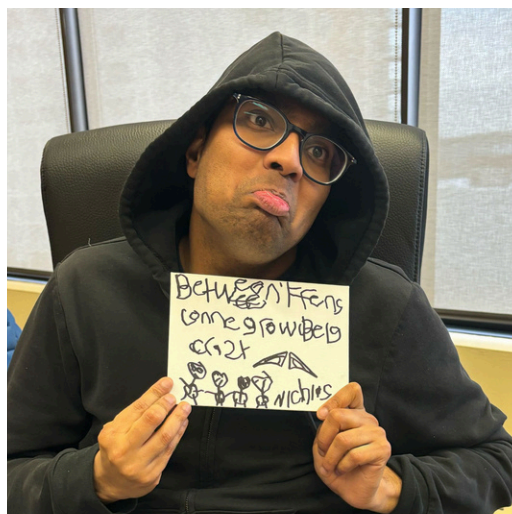
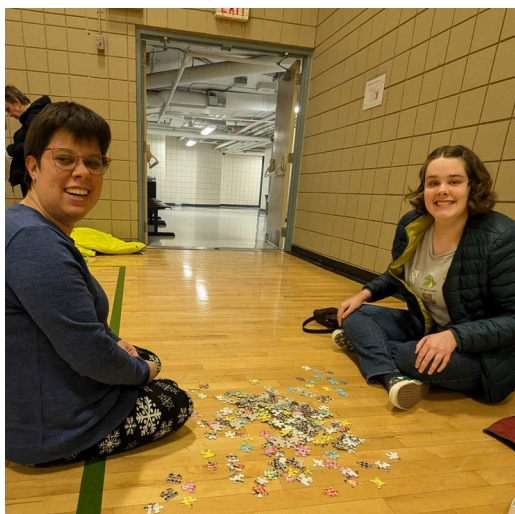
<b>Cost</b>	\$200 (\$20/day)
<b>Day</b>	Sundays
<b>Dates</b>	June 1 - August 10
<b>No Program</b>	August 3
<b>Time</b>	3:00 - 5:00 PM
<b>Location</b>	Various Locations in Calgary

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★



# About Special Events

Registration  
April 30  
5:30 PM

## Summer **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



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

# Special Events

## Stampede Dance Party

Get on your best denim, grab your partner and head down to Camp Bonaventure for a western dance party. Our DJ Eagle Feather will be spinning the hits! Light refreshments will be available.

Cost	Free
Day	Saturday, June 21
Time	6:00 - 8:00 PM
Location	Camp Bonaventure - Sandy Beach
Capacity	50 participants

### Important Note

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

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

## Movie in the Park

Join us for a special outdoor movie night at Camp Bonaventure. Grab your blanket or chair, get comfy, and enjoy a great film on a giant screen with an excellent sound system. Delicious refreshments will be available for purchase at our BF Snack Bar, including BBQ Hot Dogs, Chips and Pop!

Cost	Free
Day	Saturday, July 26
Time	6:00 - 9:00 PM
Location	Camp Bonaventure - Sandy Beach
Capacity	50 participants

### Important Note

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

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, August 16
Time	6:00 - 8:00 PM
Location	TBD
Capacity	50 participants

### Important Note

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

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

## End of Summer BBQ

Get ready to join the End of Summer festivities at Camp B! Let's gather 'round for some good times, laughter, and reminiscing on this year's memories. The Big Hearted Mavericks are back and ready to BBQ a delicious dinner for our members, families, volunteers, and staff! Watch your email for details!

Save the  
Date!  
August 14



# About Adventurers

Registration  
April 30  
5:30 PM

## Summer **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?



Main Line  
403 269 9133



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



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

# 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
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"><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
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.



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# Adventurers



## Retro Revival @ Camp B - June

We all miss our Camp Days, so here is your chance to relive them! We will host a weeklong day camp at our beloved Camp Bonaventure. We will operate daily from 8:00 - 4:00 PM doing traditional camp activities, off site trips, and fun subcontractor visits. We've got you covered with light breakfast bites - think muffins and juice - plus full-on lunches, tasty BBQs, off-site eats, order-in favorites, and plenty of snacks to keep you going all day long!

**Please note:** This program does not overlap with our Camp Bonaventure program. This session may qualify for FMS Respite, receipts for staff portion may be issued, but fees would be due upon registration.

<b>Cost</b>	<b>\$1000</b>
<b>Dates</b>	Monday June 2 - Friday, June 6
<b>Time</b>	8:00 - 4:00 PM (each day)
<b>Location</b>	Camp Bonaventure - Sandy Beach
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	Medium
<b>Physical Accessibility</b>	Full
<b>Sensory Friendly</b>	Yes

## Come Sail Away

Spend the day at South Glenmore Park and sail away with us on the Glenmore reservoir. The day will start with a sail with Able Sail Association of Alberta on fully accessible sailboats. Enjoying the tremendous city views and the peace of the water, we will return to have a BBQ lunch with our friends! We are always able to accommodate dietary needs. We will then walk the path to the South Glenmore Water Park to cool off, play some outdoor games or musical instruments in the Quinterra Legacy Garden. We will also be sharing some afternoon snacks and finger foods.

<b>Cost</b>	<b>\$100</b>
<b>Dates</b>	Tuesday, June 10
<b>Time</b>	10:00 AM - 4:00 PM
<b>Location</b>	South Glenmore Park
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	Medium
<b>Physical Accessibility</b>	Full
<b>Sensory Friendly</b>	Yes

# Adventurers

## Calgary Farmyard Animal Adventure



Want to spend a day at the farm? Join us 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 and wear clothes you don't mind getting dirty! We'll set up an outdoor picnic for lunch and enjoy the day exploring, relaxing, and hanging out with friends.

**Accessibility:** Pathways are packed gravel, which may be difficult to navigate when wet

**Sensory Information:** Animals may have lots of strong smells



Cost	\$125
Dates	Thursday, June 12
Time	9:00 AM - 3:00 PM
Location	Calgary Farmyard
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

## Yamnuska Sanctuary Sleepover



We will start the day with a visit to Yamnuska to experience the wild and majestic nature of wolfdogs through this up-close encounter with the Cascade Pack! Throughout the tour, you will have the unique opportunity to hear the stories about this pack and get to know their true nature. After our visit, we will grab dinner and stay overnight at a nearby hotel or VRBO.

**Physical Accessibility:** The tour takes place on rough terrain and may be difficult to get to for some individuals

**Sensory Friendly:** There may be strong smells around the wolfdogs

Cost	\$450
Dates	Monday, June 16 - Tuesday, June 17
Length	2 days, 1 night
Location	Yamnuska Wolfdog Sanctuary
Sleeping	Hotel or VRBO
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers



## Jubilations: ABBAMania

Get ready to laugh, dance and sing along with ABBAMania Back To The Disco Dimension. at Jubilations Dinner Theatre, a rollicking musical parody that turns iconic ABBA hits on their head. This show blends beloved ABBA classics with side-splitting humor and outrageous twists.

**Physical Accessibility:** The space is accessible, although there may be tight corners

**Sensory Information:** Before the show, the space can be loud. During the show, lights are dimmed, but there may be bright lights used on the stage.

Cost	\$100
Dates	Thursday, June 19
Time	6:30 - 10:00 PM
Location	Jubilations Dinner Theatre
Capacity	8 participants

### What to expect:

Programming Level	Low
Physical Accessibility	See Description
Sensory Friendly	See Description

## Pincher Creek Excursion

The natural scenery in Pincher Creek and the surrounding area is uncrowded and authentic. There are mountainscapes, vast prairies, and waterfalls to explore! We will be staying in a VRBO and some of the activities may include Lumbreck Falls, Heritage Acres Farm Museum and/or activities with AdaptABLE Outdoors. Activities will be geared to participants and availability.

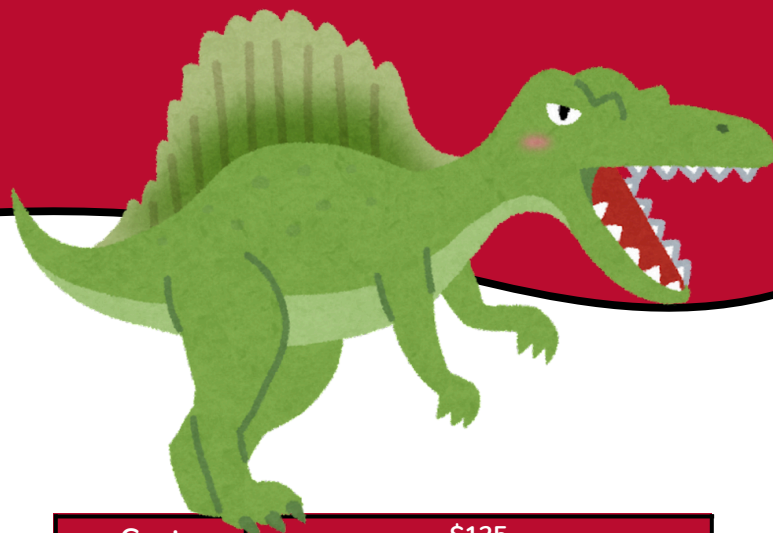
**Physical Accessibility:** VRBO will be accessible, but accessible showers may not be available.

Cost	\$950
Dates	Monday, June 23 - Thursday, June 26
Length	4 days, 3 nights
Location	Pincher Creek, Alberta
Sleeping	VRBO
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers



## Riverdance

Riverdance a worldwide celebration of music and dance. Audiences will enjoy a unique and memorable performance which blends the traditional and the contemporary, showcasing the skill and passion of the world-class of dancers, musicians and singers in the Riverdance ensemble. The evening will start with dinner out before this phenomenal show.

**Sensory Information:** The show will have loud music, but headphones will be available. During the show, lights are dimmed, but there may be bright lights used on the stage.

Cost	\$125
Dates	Sunday, June 29
Time	5:00 - 10:00 PM
Location	Southern Alberta Jubilee Auditorium
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

## Spooks & (Dino) Skeletons

A trip to Drumheller would not be complete without a trip to the Royal Tyrell Museum, but that is just the beginning. We will enjoy eating out, time exploring this scenic Alberta town, music at the Plaza and a night out on a Haunted Ghost Walk. All of this and more will be a part of this excellent adventure to Albertan Badlands.

**Accessibility:** All excursions will be accessible by wheelchair, but the hotel/VRBO will not have wheelchair accessible showers

Cost	\$710
Dates	Wednesday, July 2 - Friday, July 4
Length	3 days, 2 nights
Location	Drumheller, Alberta
Sleeping	Hotel or VRBO
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers

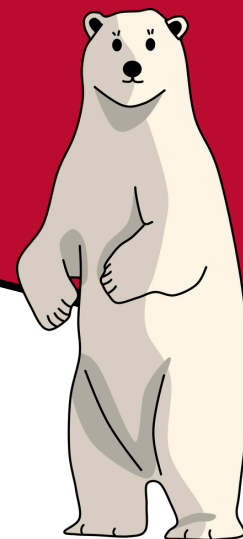
## Bow River Rafting



#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	\$100
Dates	Wednesday, July 9
Time	10:00 AM - 4:00 PM
Location	Bow River & Prince's Island Park
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

## Polar Bear Breakfast at the Calgary Zoo



Join us for a fun and educational morning at the zoo! This is a wonderful opportunity to learn more about polar bears, what makes them so wonderful, why they are endangered, and of course, get a chance to see 'Siku' during his morning routine. Following this amazing experience we will have a buffet breakfast and then explore the rest of the zoo.

**Accessibility:** Washrooms are accessible, and pathways are paved.

**Sensory information:** There may be crowds or noise while at the zoo, as well as some strong smells from the animals.

Cost	\$100
Dates	Saturday, July 12
Time	7:45 AM - 3:00 PM
Location	Calgary Zoo
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	Full
Sensory Friendly	See Description

# Adventurers



## Giddy Up and Get Down @ Westerner Days

This trip promises to be very high energy. Westerner Days is action-packed and has everything you're looking for in summer festivities - live music, midway rides, concerts, free entertainment, nightly pony chuckwagon races, good food and of course, great company! A more detailed itinerary will be provided closer to the date of the trip.

**Accessibility:** The fair grounds are wheelchair friendly, but weather could affect this.

**Sensory Information:** The fair may be crowded and there will be lots of noise.

<b>Cost</b>	<b>\$710</b>
<b>Dates</b>	Wednesday, July 16 - Friday, July 18
<b>Length</b>	3 days, 2 nights
<b>Location</b>	Red Deer, Alberta
<b>Sleeping</b>	VRBO or Hotel
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	High
<b>Physical Accessibility</b>	See Description
<b>Sensory Friendly</b>	See Description

## Cobbs Adventure Park

We'll start off the day by grabbing breakfast and then bussing off to Cobbs Adventure Park! The Park is primarily an outdoor venue, so dress for all seasons! Whatever the weather we will have time to spend with the exotic and farm animals, including the kangaroos and fainting goats, play at the outdoor activities, including the giant slide, mini golf, and more! We will plan for a picnic lunch with lots of time to socialize and relax.

**Physical Accessibility:** Pathways may become muddy if there has been rain

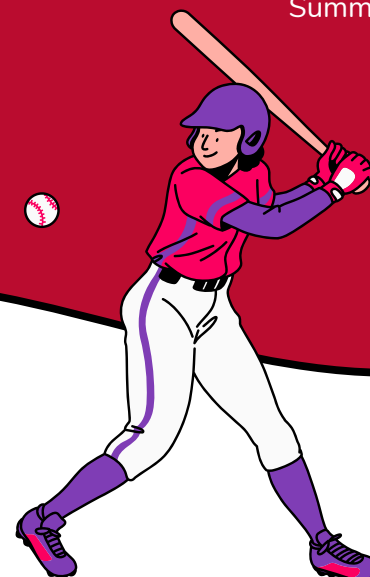
**Sensory Information:** Animals may have some strong smells.

<b>Cost</b>	<b>\$125</b>
<b>Dates</b>	Wednesday, July 23
<b>Time</b>	9:00 AM - 3:00 PM
<b>Location</b>	Cobbs Adventure Park
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	High
<b>Physical Accessibility</b>	See Description
<b>Sensory Friendly</b>	See Description

# Adventurers



## Down with the Dawgs

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 face off against the Brooks Bombers. 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.

**Sensory Information:** There will be crowds and noise while at the game.

Cost	\$125
Dates	Friday, July 25
Time	4:00 - 10:30 PM
Location	Okotoks, Alberta
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

## Painted Warriors

We invite you to the foothills of the beautiful Rocky Mountains to reconnect with the outdoors in a new way — one that is rooted in Indigenous ways of knowing, learning, and experiencing the wilderness. Let nature surround you and envelope your senses as you escape for a true retreat in one of our year-round tents. At Painted Warriors, our Ojibway, Cree, and Mohawk heritage is woven into everything we do and shapes the authentic outdoor experiences we create for our guests.

**Physical Accessibility:** there are no accessible showers available.

Cost	\$710
Dates	Tuesday, July 29 - Thursday, July 31
Length	3 days, 2 nights
Location	Painted Warriors Ranch
Sleeping	Single beds in a tent
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers

## Calaway Park Day

Join us for some fun at Calaway Park! We will be going to the park to enjoy rides, games, and watching some of their amazing live entertainment shows! We'll set up a picnic for lunch. Please be sure to bring money if you want anything from the food vendors or gift shops at Calaway Park. Please pack for the weather and bring sunscreen.

**Accessibility:** Many of Calaway Park's rides, attractions, shows, and food locations are accessible to all guests.

**Sensory Information:** There may be crowds or noise while we are in the park. There are accessible washroom facilities located throughout the park.



Cost	\$100
Dates	Tuesday, August 5
Time	9:00 - 3:00 PM
Location	Calaway Park
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

## Hitting New Heights on the Banff Gondola

Explore the beautiful scenery as you soar up to the summit of Sulphur Mountain on the famous gondola in Banff. You'll enjoy views of the mountains, Bow Valley and Banff National Park. Then, after a relaxing ride to the top, you can enjoy a soothing dip in the natural hot springs or explore the Above Banff Interpretive Centre, which has exhibits on the park's history, geology, and wildlife. We will enjoy a relaxing coffee on the deck and dinner at one of the several mountaintop restaurants before our return.

**Accessibility:** All activities are accessible except shopping on the mountain top as some stores are not accessible

**Sensory:** We will be travelling in a gondola to a mountain top, if you have a fear of heights, this may be a challenge

Cost	\$125
Dates	Thursday, August 7
Time	9:00 AM - 5:00 PM
Location	Banff, Alberta
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers



## Edmonton Escape

We are hitting the road for an Adventurer's Favorite - Edmonton. There will be a stop at Tim Horton's for a treat along the way. There will be plenty of time for shopping at West Edmonton Mall or a swim at our hotel pool, a quiet night in is expected with dinner at the hotel and some movies and games in our rooms. Day two and three will be planned according to where our group interests lie. Options could include dinner and a show, more shopping, or a trip to Commonwealth Rec Centre.

**Accessibility:** Activities will be accessible, but hotel will not have accessible shower

**Sensory Information:** The mall may be busy and crowded

<b>Cost</b>	<b>\$950</b>
<b>Dates</b>	Sun., August 10 - Wed., August 13
<b>Length</b>	4 days, 3 nights
<b>Location</b>	Edmonton, Alberta
<b>Sleeping</b>	Hotel
<b>Capacity</b>	8 participants

### What to expect:

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

## Lion King

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. Come experience the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage.

**Sensory Information:** The show will have loud music, but headphones will be available. During the show, lights are dimmed, but there may be bright lights used on the stage.

<b>Cost</b>	<b>\$125</b>
<b>Dates</b>	Friday, August 15
<b>Time</b>	5:00 - 10:00 PM
<b>Location</b>	Southern Alberta Jubilee Auditorium
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	Medium
<b>Physical Accessibility</b>	Full
<b>Sensory Friendly</b>	See Description

# Adventurers

## Comfort Cabin on the Lake

Experience the beautiful setting of Cypress Hills Provincial Park year-round in the comfort and seclusion of a hut. Situated on a ridgeline overlooking Elkwater Lake, Aspen Ridge Huts offer a secluded comfort camping experience close to hiking trails and town site amenities. We will be comfort camping, with tons of outdoor activities, camp fires and grilled dinners.

**Physical Accessibility:** Huts and washrooms are accessible, but showers will not be



<b>Cost</b>	<b>\$710</b>
<b>Dates</b>	Mon., August 18 - Wed., August 20
<b>Length</b>	3 days, 2 nights
<b>Location</b>	Aspen Ridge Huts
<b>Sleeping</b>	Single beds in a tent
<b>Capacity</b>	8 participants

### What to expect:

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

## Jubilations: Top Gunn 2

Get ready to blast off again, down the highway to the danger zone. Canada's Top Gun pilots are ready to help Maverick save the day one more time. It's an ALL NEW mission set to the greatest hit songs of the 80's. At Jubilations Dinner Theatre we feel the need... the need for fun!

**Physical Accessibility:** The space is accessible, although there may be tight corners

**Sensory Information:** Before the show, the space can be loud. During the show, lights are dimmed, but there may be bright lights used on the stage.

<b>Cost</b>	<b>\$100</b>
<b>Dates</b>	Friday, August 22
<b>Time</b>	6:30 - 10:00 PM
<b>Location</b>	Jubilations Dinner Theatre
<b>Capacity</b>	8 participants

### What to expect:

<b>Programming Level</b>	Low
<b>Physical Accessibility</b>	Full
<b>Sensory Friendly</b>	See Description

# Adventurers

## Retro Revival @ Camp B - August

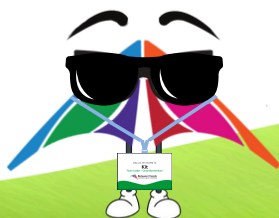
We all miss our Camp Days, so here is your chance to relive them! We will host a weeklong day camp at our beloved Camp Bonaventure. We will operate daily from 8:00 - 4:00 PM doing traditional camp activities, off site trips, and fun contractor visits. We will be including light breakfast snacks, think muffins and juice, full lunches, BBQ's, off site, order in and snacks throughout the day.

**Please note:** This program does not overlap with our Camp Bonaventure program. This session may qualify for FMS Respite, receipts for staff portion may be issued, but fees would be due upon registration.

Cost	\$1000
Dates	Monday, August 25 - Friday, August 29
Time	8:00 - 4:00 PM
Location	Camp Bonaventure - Sandy Beach
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	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:



403 269 9133



info@betweenfriends.ab.ca



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

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

**NEW!**

What best describes you?	Follow these steps:
You have a program in your community that you want to join with a Rec Buddy	<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>
You want to join one of our Partner programs listed in this guide	<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>
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	<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>



Main Line  
403 269 9133



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



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

# 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



[volunteers@betweenfriends.ab.ca](mailto:volunteers@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!



Become a  
Monthly Donor -  
Join our  
Circle of Friends

One Time  
Donation

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot

# Important Dates

## APRIL

April 16	Summer Program Guides Released @ 9:00 AM
April 18 - 21	NO PROGRAMS & OFFICE CLOSED - Spring Break
April 30	Summer 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>

## MAY

May 19	NO PROGRAMS & OFFICE CLOSED - Victoria Day
May 24	Awards & AGM

## JUNE

June 1 - June 7	First week of Summer <b>W.E.S.O.A.R!</b> programs
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## JULY

July 1	NO PROGRAMS & OFFICE CLOSED - Canada Day
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## AUGUST

August 3-4	NO PROGRAMS & OFFICE CLOSED - Heritage Day
August 13	Fall Program Guides Released @ 9:00 AM
August 14	End of Summer BBQ & Alumni Day at Camp Bonaventure
August 27	Fall 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>



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Monday - Thursday  
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# Important Dates

## 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

## JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
<- W.E.S.O.A.R! Summer Session ->						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# Important Dates

## JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No Programs	2	3	4	5
6	7	8	9	10	11	12
<- W.E.S.O.A.R! Summer Session ->						
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	8	9
No Programs						
10	11	12	13 Fall Guides	14 BBQ	15	16
17	18	19	20	21	22	23
24	25	26 Fall Register	27	28	29	30
31						



Main Line  
403 269 9133



info@betweenfriends.ab.ca



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