

Adult Programs

Fall 2025 Registration Guide
Calgary



Registration
August 27
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 - Friday
9:00 AM - 4:00 PM

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Main Line
403 269 9133



info@betweenfriends.ab.ca



Monday - Friday
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 **G.L.O.W.** Programs, and
- Unlimited **Special Events!**

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

Fall 2025 Registration Night: Wednesday, August 27, 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
- 2 Between Friends **G.L.O.W.** 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.

[Apply for Fee Assistance Here](#)



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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

Registration
August 27
5:30 PM

Fall 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.

- Fall **W.E.S.O.A.R!** runs for 8 weeks: **September 21 - November 29**
- There will be **no programs** September 30, October 11-13, November 9-15

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 - Friday
9:00 AM - 4:00 PM

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



Sunday Matinee: Crowfoot

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	\$176 (\$22/day)
Day	Sunday
Dates	September 21 - November 23
No Program	October 12 & November 9
Time	3:00 - 6:00 PM
Location	Crowfoot Cineplex

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★

Sunday Matinee: Seton

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!

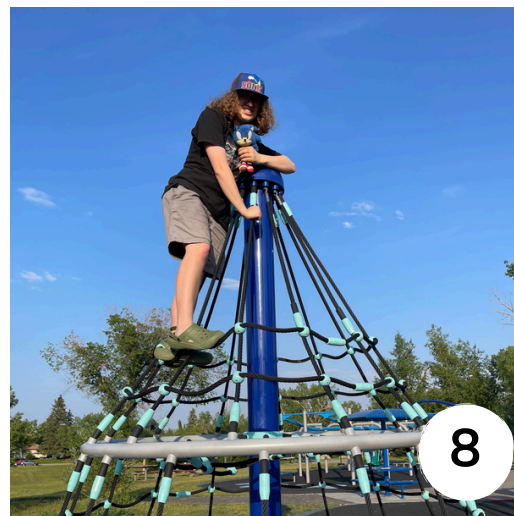
Cost	\$176 (\$22/day)
Day	Sunday
Dates	September 21 - November 23
No Program	October 12 & November 9
Time	3:00 - 6:00 PM
Location	Seton Cineplex

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★



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



Sunday Matinee: 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	\$176 (\$22/day)
Day	Sunday
Dates	September 21 - November 23
No Program	October 12 & November 9
Time	3:00 - 6:00 PM
Location	Westhills Cineplex

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! Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$168 (\$21/day)
Day	Sunday
Dates	September 21 - November 23
No Program	October 12 & November 9
Time	6:00 - 8:00 PM
Location	PowerPlay

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.

Cost	\$168 (\$21/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
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: 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+.

Cost	\$168 (\$21/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★★★★

Personal Growth ★★★

Active ★

Skill Development ★★

Jammin' Out

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	\$160 (\$20/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
Time	6:00 - 7:30 PM
Location	Rose Kahn Arena

Social ★★★★★

Personal Growth ★★★

Active ★★

Skill Development ★★★



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



Evening Escapes: South

Ages
30+

Meet with your peers (30+) 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	\$168 (\$21/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★

Creative Kitchen

Sharpen your skills in our fan-favourite cooking and baking program! We will be learning to make tasty meals as well as baked treats that can be made on most budgets. Bon appétit!

Cost	\$160 (\$20/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	5:00 - 7:00 PM
Location	St. David's United Church

Social ★★★★★

Personal Growth ★★★★★

Active ★★

Skill Development ★★★★★

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	\$168 (\$21/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various Locations in Central Calgary

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★

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



Wednesday 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! Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$168 (\$21/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	6:00 - 8:00 PM
Location	Splitsville Highfield

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	\$168 (\$21/day)
Day	Thursday
Dates	September 25 - November 20
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

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	\$160 (\$20/day)
Day	Thursday
Dates	September 25 - November 20
No Program	November 13
Time	6:00 - 7:30 PM
Location	St. David's United Church

Social ★★ ★

Personal Growth ★★ ★

Active ★★ ★

Skill Development ★★ ★

Urbanites: North

Ages
18-30

Join your fellow young adults (18 - 30) in an exciting journey through Calgary's vibrant north and central areas! 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	\$168 (\$21/day)
Day	Thursday
Dates	September 25 - November 20
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★ ★

Personal Growth ★★

Active ★★

Skill Development ★★

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+.

Cost	\$168 (\$21/day)
Day	Thursday
Dates	September 25 - November 20
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★ ★★

Personal Growth ★★

Active ★

Skill Development ★★

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



Friday 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! Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$168 (\$21/day)
Day	Friday
Dates	September 26 - November 21
No Program	November 14
Time	6:00 - 8:00 PM
Location	PowerPlay

Social ★★ ★

Personal Growth ★★

Active ★★ ★

Skill Development ★★ ★

Sports Fanatics

Our Sports Fanatics programs will offer a diverse range of visually engaging sports-related activities, including attending Calgary Hitmen games, Dinos Basketball games, and Flames games at a local pub, along with other exciting events!

Cost	\$168 (\$21/day)
Day	Friday
Dates	September 26 - November 21
No Program	November 14
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★ ★

Personal Growth ★★

Active ★★

Skill Development ★★



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



Evening Escapes: North

Ages
30+

Meet with your peers (30+) 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	\$168 (\$21/day)
Day	Friday
Dates	September 26 - November 21
No Program	November 14
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Rec Swim

Ride the waves, hang in the hot tub, swing from the buoy ball rope swing, or splash around in the pool! Get ready for a great time hanging out with friends, doing your favorite water activity.

Cost	\$160 (\$20/day)
Day	Friday
Dates	September 26 - November 21
No Program	November 14
Time	5:00 - 7:00 PM
Location	Trico Centre

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Urbanites: South

Ages
18-30

Join your fellow young adults (18 - 30) in an exciting journey through Calgary's vibrant south and central areas! 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	\$168 (\$21/day)
Day	Saturday
Dates	September 27 - November 29
No Program	October 11 & November 15
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

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



Saturday 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! Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$168 (\$21/day)
Day	Saturday
Dates	September 27 - November 29
No Program	October 11 & November 15
Time	6:00 - 8:00 PM
Location	PowerPlay

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

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!

Cost	\$160 (\$20/day)
Day	Saturday
Dates	September 27 - November 29
No Program	October 11 & November 15
Time	6:00 - 8:00 PM
Location	St. David's United Church

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★



About Special Events

Registration
August 27
5:30 PM

Fall **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 - Friday
9:00 AM - 4:00 PM

Special Events



Halloween Dance

Wear your costume and prepare to dance the night away to your favourite spooky 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 25
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 ★★

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 27
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 ★★

Special Events

Stampeders Fundraiser!

We're hosting a fundraiser with the Calgary Stampeders! \$5 from every ticket sold through our ticket link will come directly to Between Friends - how cool is that?

Cost	\$35-\$75 per ticket
Day	Saturday, October 18
Time	5:00 PM
Location	McMahon Stadium



This is not a supervised event, but rather a chance for you to head to a football game with your friends and family! And who knows? You may even see some people from Between Friends there!



[Purchase
Tickets
Here!](#)



About Adventurers

Registration
August 27
5:30 PM

Fall **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



Monday - Friday
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">• 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 - Friday
9:00 AM - 4:00 PM

Adventurers



Camp B Sleepover

Get ready to enjoy a weekend of fun at Camp Bonaventure! We will have BBQ'd meals, campfires, play games, and do a bunch of exciting activities. At night we will get snuggled into our sleeping bags and tents for a peaceful sleep under the stars.

Accessibility: Camp Bonaventure is an accessible location. We will be sleeping on the ground, so some participants may find this difficult or uncomfortable based on their needs.

Cost	\$350
Dates	Sat. September 13 - Sun. September 14
Length	2 days, 1 night
Location	Camp Bonaventure
Sleeping	Tents
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

Halloween at Calaway Park

Every October Calaway Park is transformed into Hallowtown, with different scenes and activities. Do you dare stroll through it? Of course! It's not scary, it's friendly! Dress up as your favorite family-friendly character and enjoy a day of Fall fun!

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	Saturday, September 20
Time	10:00 AM - 5:00 PM
Location	Calaway Park
Capacity	8 participants

What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers



Halloween at Sylvan Lake 🏰

Sylvan Lake is packed with a range of haunted happenings each October, from frightening to family-friendly! Join us as we celebrate the spookiest time of year with night-time parades, haunted houses, spooky movies, ghost tours, pumpkin picking, and more!

Accessibility: Our VRBO will be accessible, but showers will not be accessible showers.

Cost	\$450
Dates	Fri. October 24 - Sun. October 26
Length	3 days, 2 nights
Location	Sylvan Lake, Alberta
Sleeping	VRBO
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	Yes

Pirates of the River Saskatchewan 🌞

Pirates of the River Saskatchewan - Ahoy there matey! Cap'n Jack and his crew are ready to set sail from the port of Jubilations Dinner Theatre. The Cap'n is looking to recruit any and all who wish to join his gang and partake in this adventure.

Sensory Information: there may be crowds and the show may be noisy. There will also be dinner, so food smells may be strong.

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

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

Adventurers

Calgary Stampeders



Don't miss out on the excitement of cheering on Stampeders vs. Toronto! Come join us for an unforgettable evening of football, snacks, and team spirit. If you would like to purchase snacks or drinks, please bring debit or a giftcard as this venue is cashless. We will start the day with dinner at Nick's Steak House.

Accessibility: Wheelchair accessible seats are limited due to the venue. Members using wheelchairs will be manually transferred to nearby seats.

Note: If you wish to attend the game with your friends and family instead, check out page 19 of this guide!



Cost	\$100
Dates	Saturday, October 18
Time	3:00 -8:30 PM
Location	McMahon Stadium
Capacity	8 participants

What to expect:

Programming Level	High
Physical Accessibility	Low
Sensory Friendly	See Description

William Watson Lodge



William Watson Lodge provides year-round, barrier-free, wilderness lodging and is situated in beautiful Peter Lougheed Provincial Park, overlooking Lower Kananaskis Lake. We will be enjoying indoor and outdoor activities, including hiking, games, crafts and pizza making!

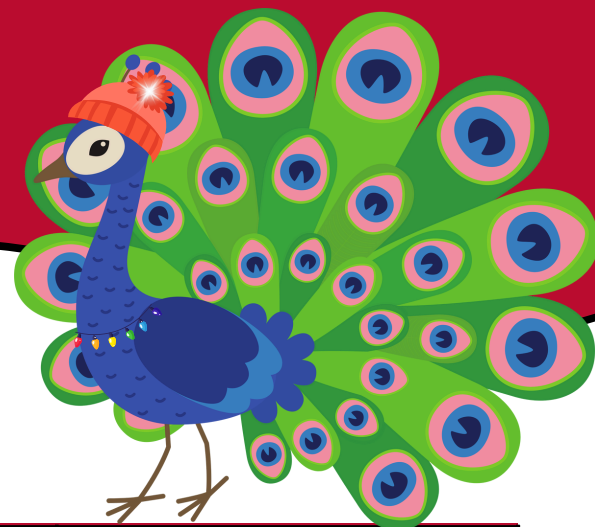
Accessibility: William Watson is a fully accessible locations, including fully accessible washrooms.

Cost	\$450
Dates	Fri. November 28 - Sun. November 30
Length	3 days, 2 nights
Location	William Watson Lodge
Sleeping	Individual Beds in Cabins
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Adventurers



Banff

Santa Claus Celebration



A festive weekend of holiday activities and entertainment to kick off the quintessential Christmas season in downtown Banff. Expect a full-day of cheerful celebrations on Saturday. Enjoy talented local and Albertan artists performing on the Cascade Main Stage, whimsical performers found through the event site.

Accessibility: The areas we visit will be accessible, as well as the VRBO and the bathrooms in the VRBO

Sensory Information: There may be crowds and loud noises

Cost	\$450
Dates	Sat. November 15 - Sun. November 16
Length	2 days, 1 night
Location	Banff, Alberta
Sleeping	VRBO
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

Dinner & Zoo Lights



We'll start the evening by grabbing dinner at The Old Spaghetti Factory and then ride to the Sparkling, festive, and magical ZOOLIGHTS! Embrace cool nights and warm lights at the Calgary 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	TBD
Time	4:30 - 9:00 PM
Location	Old Spaghetti Factory & Calgary Zoo
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

About G.L.O.W.

Registration
August 27
5:30 PM

Fall G.L.O.W. 2025

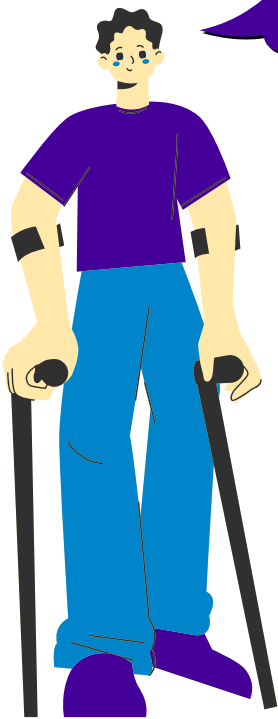
Our **G.L.O.W.** programs (growth, learning opportunities & workshops) meet once a week for a 1.5 - 2 hours workshop on different topics. Each workshop helps members learn new skills for everyday life, work, and more. It's a fun and supportive way to grow and try new things.

- Fall **G.L.O.W.** runs for 8 weeks: **September 21 - November 29**
- There will be **no programs** September 30, October 11-13, November 9-15

In-Program Support

Each of our **G.L.O.W.** programs have up to 8 participants, 1-2 staff. **G.L.O.W.** runs at a 1:8 ratio (1 staff to 8 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 - Friday
9:00 AM - 4:00 PM

G.L.O.W.

Centre for Sexuality: Relationship & Sexual Health Education

Ages
16+



In partnership with the Centre for Sexuality, we're offering a fun and inclusive program created for youth and adults with disabilities to learn about relationships, body confidence, and sexual health in a safe and supportive space.

Led by trained Centre for Sexuality educators, this 8-session series covers topics like identity, consent, dating, communication, anatomy, and more! Helping participants build confidence and make informed choices.

Cost	\$160 (\$20/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
Time	6:00 - 7:30 PM
Location	TBD

Social ★★ ★

Personal Growth ★★ ★★ ★

Active ★

Skill Development ★★ ★

Prospect: Employment Skills

In partnership with Prospect Human Services, we are offering an Employment Readiness Program for our members who are ready to build the skills they need to find and keep a job. Over eight sessions, participants will learn how to search for jobs, write a resume, practice for interviews, and build workplace confidence and communication skills.

Cost	\$160 (\$20/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	6:00 - 8:00 PM
Location	St. David's United Church

Social ★★ ★

Personal Growth ★★ ★★ ★

Active ★

Skill Development ★★ ★★ ★

G.L.O.W.

Calgary Transit: Travel Skills

In partnership with Calgary Access, this hands-on workshop will teach participants how to navigate Calgary's public transit system safely and independently. Each week, participants will travel together to different areas of the city, learning how to plan routes, read transit maps, use transit apps, and build confidence riding buses and trains.

This is a great opportunity to explore the city while developing real-world independence skills in a supportive group setting.

Cost	\$160 (\$20/day)
Day	Saturday
Dates	September 27 - November 29
No Program	October 11 & November 15
Time	10:00 - 12:00 PM
Location	Various Transit Routes in Calgary

Social ★★ ★

Personal Growth ★★ ★★

Active ★★ ★

Skill Development ★★ ★★



About I.C.A.N!

Registration
varies by
program

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 - Friday
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">1. Reach out to info@betweenfriends.ab.ca to let us know that you would like a Rec Buddy to join you at a community program.2. Let us know the details of your program (including dates and location), and contact details of someone from the community program.3. Let us know what you would like a Rec Buddy to support you with in your community program.
You want to join one of our Partner programs listed in this guide	<ol style="list-style-type: none">1. Reach out to info@betweenfriends.ab.ca to let us know you would like a Rec Buddy to join you at a Partner program.2. Sign up for the Partner's program after confirming with our team.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.4. Let us know what you would like a Rec Buddy to support you with in your program.
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	Reach out to our team at info@betweenfriends.ab.ca and let us know! Tell us a bit about your interests, and we can help you find something.



Main Line
403 269 9133



info@betweenfriends.ab.ca



Monday - Friday
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	storybooktheatre.org
Program Questions?	info@storybooktheatre.org
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.

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!

Email volunteers@betweenfriends.ab.ca to get started!



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.

Email info@betweenfriends.ab.ca to get started!

Interested in Volunteering?

We'd love to have you! Sign up
below to get started:



[Camp B Registration](#)



[W.E.S.O.A.R! Registration](#)



403 269 9133



volunteers@betweenfriends.ab.ca



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

Kiwanis
AKTION
CLUB

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

Join an
Event

Host a
Fundraiser

Skip the
Depot

Important Dates

AUGUST

August 13	Fall Program Guides Released @ 9:00 AM
August 27	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 1	OFFICE CLOSED - Labour Day
September 21 - 27	First week of W.E.S.O.A.R! & G.L.O.W. programs
September 30	NO PROGRAMS & OFFICE CLOSED - National Day for Truth and Reconciliation

OCTOBER

October 11-13	NO PROGRAMS & OFFICE CLOSED - Thanksgiving Weekend
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NOVEMBER

November 5	Holiday Special Events Program Guides Released @ 9:00 AM
November 9 -15	NO PROGRAMS & OFFICE CLOSED - Fall Break
November 19	Holiday Special Events 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
November 29	Last day of Fall Programs

DECEMBER

December 1 - 15	Holiday Special Events
December 20 - January 4	OFFICE CLOSED - Winter Holidays



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

Important Dates

AUGUST

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

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed	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
<- Fall W.E.S.O.A.R! & G.L.O.W. ->						
28	29	30 No Program				

OCTOBER

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