

Adult Programs

Sponsored by Olympia Trust Company
2025 Holiday Registration Guide
Calgary



Registration
November 19
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



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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:

- 1 **Adventurers** Trip, and
- 2 **Special Events**, and
- The **Jingle Bell Gala**

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

Holiday 2025 Registration Night: Wednesday, November 19, at 5:30 PM

By Phone



403 508 0110

OR

Online

[Member Portal](#)

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

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 **Camp Bonaventure** sessions

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.



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About Special Events

Registration
November 19
5:30 PM

Holiday **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!



We hope you enjoy the 2025 Holiday Special Events, sponsored by Olympia Trust Company!



In-Program Support

The amount of participants in each **Special Event** will vary, so make sure you check the "Capacity" in the information table. **Special Events** operate at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars under each special event?

Great question! The stars are to help you choose the right event for you based on what you may be looking for in these categories:

Social: friendship building, group activities, and time to talk to each other

Personal Growth: mindfulness, building identity, and improving YOU

Active: the level of physical activity (**note:** all programs are adapted for all levels of mobility)

Skill Development: creative, physical, and practical skills

Remember, 1 star is the lowest amount, and 4 stars is the highest!



Have Questions?

Our Team has answers! Here's how to contact us:



403 269 9133



info@betweenfriends.ab.ca



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

Special Events



Holiday Cookies

Join us while we bake up a selection of 4 different types of holiday cookies. We will munch on the way and hopefully have some to bring home also!

Cost	\$15
Day	Tuesday, December 2
Time	6:00 - 8:00 PM
Location	Summit View United Church
Capacity	10 participants

Social ★★ ★

Personal Growth ★★ ★ ★

Active ★★

Skill Development ★★ ★ ★

Edible Holiday Gifts

This holiday season, delight family and friends with one of these homemade food gifts. Plus, learn how to package your edible presents like a pro.

Cost	\$15
Day	Thursday, December 4
Time	6:00 - 8:00 PM
Location	Between Friends Office
Capacity	10 participants

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★ ★ ★

Holiday Movie Night

Join us for a cozy evening as we kick off the festive season with a holiday classic on the big screen! Bring your comfy blanket, grab some hot cocoa, and enjoy a relaxing night with friends and laughter.

Cost	\$15
Day	Wednesday, December 10
Time	6:00 - 8:00 PM
Location	Between Friends Office
Capacity	10 participants

Social ★

Personal Growth ★

Active ★

Skill Development ★

Special Events



Holiday Paint Night

Get into the festive spirit with a creative evening of painting, laughter, and holiday cheer! No experience needed — just bring your imagination, and we'll provide the supplies and step-by-step guidance.

Cost	\$15
Day	Friday, December 12
Time	6:00 - 8:00 PM
Location	Summit View United Church
Capacity	10 participants

Social ★★

Personal Growth ★★★★★

Active ★★

Skill Development ★★★★★

Winter Wonderland Dance

Enter a magical evening filled with music, sparkle, and winter cheer! Dress in your festive best and dance the night away with friends. Enjoy lights, laughter, and a touch of holiday magic.

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, December 13
Time	6:00 - 8:00 PM
Location	TBA
Capacity	60 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

Jingle Bell Gala

Join us for an afternoon of festive cheer, as we celebrate the end of the year in style. You can expect some light refreshments, entertainment for all the family, and perhaps a couple of magic moments!

Each registered Between Friends participant may bring up to 2 guests with them. Information about these guests will be collected at registration. For additional guests, please reach out to info@betweenfriends.ab.ca.

Cost	Free
Day	Sunday, December 14
Time	1:30 - 4:00 PM
Location	TBA (Marda Loop Area)
Capacity	150 (including guests)

Important Note

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



About Adventurers

Registration
November 19
5:30 PM

Holiday **Adventurers** 2025

Our **Adventurers** trips offer you a chance to take a vacation! We offer a few different lengths of trips. Some are day trips, and some are overnights. Check out the information table next to each trip to learn more.

You'll notice the following symbols next to each trip. These symbols tell you about the type of trip:

Day Trips



Sleeping in Tents/Cabin



Sleeping in a Hotel/VRBO



In-Program Support

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

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact [the office](#).

Trip Information In This Guide

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

We will tell you about:

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



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What to Expect

Important

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

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

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

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



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Adventurers



Petey Paan's Christmas Pirate Adventure

Petey Paan is living free in the land where you never grow old, but the Pirates on their ship aren't fans of Petey Paan's games. In fact, they might want to cancel Christmas altogether. Come join the adventure as Petey has to find a way to create peace on earth and do goodwill toward Pirate men, but before he does... there might be some sword fights.

Sensory Information: The show and the crowd may be loud. There will also be sword fights which could create flashing lights or sharp noises.

Cost	\$100
Dates	Monday, December 8
Time	4:30 - 8:00 PM
Location	Jubilations Dinner Theatre
Capacity	10 participants

What to expect:

Programming Level	Low
Physical Accessibility	Full
Sensory Friendly	See Description

A Christmas Carol

On Christmas Eve, Ebenezer Scrooge is taken on a spirited journey into his past, present, and future to show him the errors of his ways, with a chance to be a better man. A beloved family holiday tradition in Calgary, A Christmas Carol is not to be missed. Before the show, we'll grab dinner!

Accessibility Information: This performance features both ASL interpretation and live Audio Description. ASL interpreters are positioned beside the stage with soft lighting, while Audio Description (available upon request) offers real-time narration of visual details through headphones, creating a more inclusive theatre experience for all.

Cost	\$100
Dates	Wednesday, December 10
Time	5:00 - 9:30 PM
Location	Max Bell Arena
Capacity	8 participants

What to expect:

Programming Level	Low
Physical Accessibility	See Description
Sensory Friendly	Yes

Volunteering

Register
Anytime!

Volunteer in Training

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

VITs volunteer in a full session of either **W.E.S.O.A.R!** or **Camp Bonaventure**, and have the support of a VIT Leader. The VIT Leader will provide coaching support and ensure an inclusive learning environment so that **VITs** can develop the skills to confidently volunteer anywhere!



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 volunteers@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



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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

NOVEMBER

November 9-15	NO PROGRAMS - Reading Week
November 11	OFFICE CLOSED - Remembrance Day
November 15	Holiday Program Registration @ 5:30 PM Note - phone line registration option will be open from 5:30 - 6:30 PM

DECEMBER

December 1 - 14	Holiday Programs Running
December 14	Jingle Bell Gala
December 17	Winter Program Guides Released
December 20 - January 4	NO PROGRAMS, OFFICE CLOSED - Winter Holidays

JANUARY

January 5 - 9	Membership Registration Week
January 14	Winter Program Registration @ 5:30 PM Note - phone line registration option will be open from 5:30 - 6:30 PM
January 21	Camp Bonaventure Program Guides Released



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Important Dates

NOVEMBER

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

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	<- Holiday Events ->					
7	8	9	10	11	12	13
	<- Holiday Events ->					
14	15	16	17	18	19	20
Jingle Bell Gala			Winter Guides			
21	22	23	24	25	26	27
Office Closed						
28	29	30	31			
Office Closed						

JANUARY

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