

Adult Programs

Winter 2026 Registration Guide Calgary



Between Friends
connect • grow • belong

TABLE OF CONTENTS

You can find out more about each program and service in each section, or by visiting [our website](#).

3

How to Register

A step-by-step guide to registering for your programs

4

Program Fees

How to pay, when to pay, and fee assistance

5

Important Information

Cancellation policy and respect policy

6

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

Weekly evening and weekend recreation programs

15

Special Events

One-time events to celebrate seasonal festive fun!

17

Adventurers

Day trips and overnight trips



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

TABLE OF CONTENTS

You can find out more about each program and service in each section, or by visiting [our website](#).



G.L.O.W.

Workshops and learning opportunities



Volunteering

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



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

How To Register

Before Registration Night

1 Decide the programs you want

2 Get your 2026 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!

Winter 2026 Registration Night: Wednesday, January 14, 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 **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 cancelled 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.

Behaviours that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviours. 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
January 14
5:30 PM

Winter **W.E.S.O.A.R!** 2026


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.

- Winter **W.E.S.O.A.R!** runs for 8 weeks: **February 1 - April 11**
- There will be **no programs**: February 15 - February 21, April 3 & April 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 - Friday
9:00 AM - 4:00 PM

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	\$192 (\$24/day)
Day	Sunday
Dates	February 1 - March 29
No Program	February 15
Time	3:00 - 6:00 PM
Location	Westhills 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	\$192 (\$24/day)
Day	Sunday
Dates	February 1 - March 29
No Program	February 15
Time	3:00 - 6:00 PM
Location	Seton Cineplex

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	\$200 (\$25/day)
Day	Wednesday
Dates	February 4 - April 1
No Program	February 18
Time	6:00 - 8:00 PM
Location	PowerPlay

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

Cost	\$200 (\$25/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
Time	6:00 - 8:00 PM
Location	PowerPlay

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

Sunday 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	\$200 (\$25/day)
Day	Sunday
Dates	February 1 - March 29
No Program	February 15
Time	6:00 - 8:00 PM
Location	PowerPlay

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+. Program locations will be provided at least one week before in **Connect**.

Cost	\$192 (\$24/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
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+. Program locations will be provided at least one week before in **Connect**.

Cost	\$192 (\$24/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
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!



Creative Kitchen

Join us for a fun cooking and baking program where we'll make simple, delicious, budget-friendly meals and treats. A menu plan will be provided at the start of the session.

Cost	\$200 (\$25/day)
Day	Wednesday
Dates	February 4 - April 1
No Program	February 18
Time	5:00 - 7:00 PM
Location	Summit View United Church

Social ★★★★★

Personal Growth ★★★★★

Active ★★

Skill Development ★★★★★

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 in **Connect**.

Cost	\$192 (\$24/day)
Day	Wednesday
Dates	February 4 - April 1
No Program	February 18
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★★

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 in **Connect**.

Cost	\$192 (\$24/day)
Day	Friday
Dates	February 6 - April 10
No Program	February 20 & April 3
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★★

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



Active Adventurous Adults

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

Cost	\$192 (\$24/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

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 local events being hosted! Program locations will be provided at least one week before in **Connect**.

Cost	\$192 (\$24/day)
Day	Friday
Dates	February 6 - April 10
No Program	February 20 & April 3
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★



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



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	\$184 (\$23/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	6:00 - 7:30 PM
Location	Summit View United Church

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. Program locations will be provided at least one week before in **Connect**.

Cost	\$192 (\$24/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★ ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★ ★

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	\$184 (\$30/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
Time	6:00 - 7:30 PM
Location	Summit View United Church

Social ★★ ★★ ★

Personal Growth ★★ ★

Active ★★ ★★ ★

Skill Development ★★ ★

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



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	\$192 (\$24/day)
Day	Saturday
Dates	February 7 - April 11
No Program	February 21 & April 4
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

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	\$192 (\$24/day)
Day	Saturday
Dates	February 7 - April 11
No Program	February 21 & April 4
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!



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, enjoy the sensation of being in the ocean without leaving town, test your agility, have fun swinging from the buoy ball rope swing, and finish up with a soak in the hot tub.

Cost	\$184 (\$23/day)
Day	Friday
Dates	February 6 - April 10
No Program	February 20 & April 3
Time	5:00 - 7:00 PM
Location	Trico Centre

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★

BF Bingo!

Join us for our exciting weekly BF Bingo event! Play for a chance to win fantastic real prizes and enjoy a fun-filled evening with friends. The concession will be open during intermission. Bring money if you'd like to purchase snacks or drinks, concession is cash only.

Cost	\$184 (\$23/day)
Day	Saturday
Dates	February 7 - April 11
No Program	February 21 & April 4
Time	6:00 - 8:00 PM
Location	Summit View United Church

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★★



About Special Events

Registration
January 14
5:30 PM

Winter **Special Events** 2026

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

2026 New Year Dance

Celebrate the start of a brand-new year at our New Year Dance! Wear something fun and festive, and get ready for an evening of dancing to your favorite hits and New Year party tracks. Light snacks and refreshments will be available.

The location of the dance and the names of the Special Event Leaders will be sent in **Connect** to registered guests one week prior.

Cost	\$10
Day	Saturday, January 24
Time	6:00 - 8:00 PM
Location	TBD
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 ★

St. Patrick's Dance

Don't forget to wear green or you might get pinched by a Leprechaun! We will be dancing the night away to current music hits and listening to some traditional Irish music to celebrate St. Patrick's day! Light snacks and refreshments will be provided.

The location of the dance and the names of the Special Event Leaders will be sent in **Connect** to registered guests one week prior.

Cost	\$10
Day	Saturday, March 14
Time	6:00 - 8:00 PM
Location	TBD
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 ★

About Adventurers

Registration
January 14
5:30 PM

Winter **Adventurers** 2026

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 Kindle



Join us for a rejuvenating weekend at Camp Kindle, set in the stunning Rocky Mountain Foothills near Water Valley, Alberta. With 160 acres of rolling hills, forests, waterways, and scenic hiking trails, Camp Kindle offers the perfect blend of nature and comfort. Enjoy a variety of activities tailored to all abilities, along with modern amenities that make your stay both accessible and memorable. Come unwind, explore, and connect in this unforgettable camp experience.



Cost	\$750
Dates	Friday, January 30 - Sunday, February 1
Length	3 days, 2 nights
Location	Camp Kindle
Sleeping	Camp Style Bunk House
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Let it Be Beatles!



As time continues to march on and generations go by one after another, some cultural phenomena continue to hold a place of deep affection in the zeitgeist of every new era. There is no better example of this than The Beatles. The fab four lads from Liverpool that defined what it is to be music superstars for everyone that came after. Jubilations Dinner Theatre brings to life the excitement, the humor, and of course the music of John, Paul, George, and Ringo in this brand-new show. So, let it be love, let it be fun, let it be Beatles!

Sensory Information: Show and crowds may be loud.

Cost	\$125
Dates	Thursday, February 26
Time	6:00 - 10:00 PM
Location	Jubilations
Capacity	8 participants

What to expect:

Programming Level	Low
Physical Accessibility	Full
Sensory Friendly	See Description

Adventurers



Neon Paint Night

Join our friends at Palak StudioInk for a creative Neon Paint Night! It is a fun and unique event where you can unleash your inner artist and create a piece of art that glows in the dark! Afterwards the group will celebrate their amazing talent over dinner at a local restaurant.

Cost	\$125
Dates	Saturday, March 14
Time	5:00 - 9:00 PM
Location	Palak Art Studio
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Sunday Safari Brunch

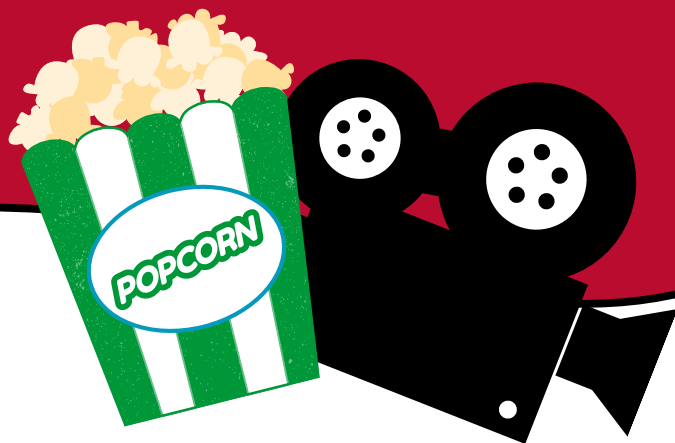
Join us for a unique Calgary brunch experience in the heart of Destination Africa. You can enjoy both gourmet and comfort breakfast foods, including a free-flowing chocolate fountain with fresh fruit, eggs benedict with Canadian bacon, a Belgian waffle bar, cooked to order omelets, and much more. Followed by a day exploring the zoo.

Cost	\$125
Dates	Sunday, March 29
Time	9:00 - 4:00 PM
Location	Calgary Zoo
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	See Description

Adventurers



Movie Sleepover



Get ready for an epic Movie Marathon Sleepover at the church! Grab your blankets and pillows as we dive into a night filled with fun, laughter, and endless movies. We'll kick things off with a delicious pizza dinner, followed by a smorgasbord of junk food to keep the energy high all night long. Whether you're here for the snacks, the films, or just to hang out with friends, this event promises a cozy and memorable evening. Don't miss out on the best sleepover of the year – popcorn and good times await!

Accessibility: We will be using mats to sleep on the floor. If you wish to bring a cot, please feel free.

Cost	\$250
Dates	Saturday, April 11 - Sunday, April 12
Length	2 days, 1 night
Location	Summit View United Church
Sleeping	Mats
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Golden Girls-Vegas Vacation



Everyone's favorite golden gang of lovely ladies is hitting the Las Vegas strip. The girls have decided that it's finally time to take that bachelorette trip that none them got to take in their youth. It's never too late when you're young at heart. There will be big laughs and amazing music from all the greatest singers that have hit the strip throughout the years.

Accessibility: Show and crowds may be loud.

Cost	\$125
Dates	Thursday, April 23
Time	6:00 - 10:00 PM
Location	Jubilations
Capacity	8 participants

What to expect:

Programming Level	Low
Physical Accessibility	Full
Sensory Friendly	See Description

About G.L.O.W.

Registration
January 14
5:30 PM

Winter G.L.O.W. 2026

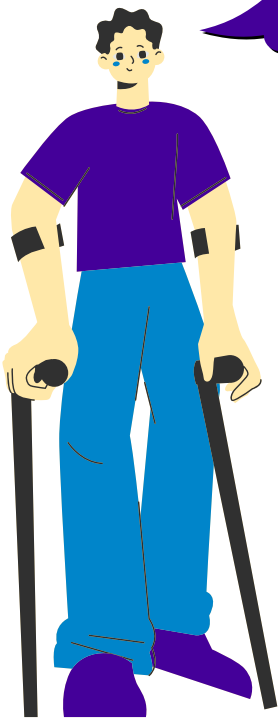
Our **G.L.O.W.** programs (growth, learning opportunities & workshops) meet once a week for a 1.5 - 2-hour workshop on different topics. Each workshop helps members learn new skills for everyday life, work, and more. It's a fun and supportive way to grow and try new things.

- Winter **G.L.O.W.** runs for 8 weeks: **February 3 - April 2**
- There will be **no programs** February 17 & February 19

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
13+

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	\$184 (\$23/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	6:00 - 7:30 PM
Location	TBD

Social ★★★★★

Personal Growth ★★★★★

Active ★

Skill Development ★★★★★

Money Matters

Ages
13+

Money Matters is a financial literacy program by ABC Life Literacy Canada, designed by literacy practitioners. Each of the 8-week sessions will include different topics and resources, including money and banking basics, money safety, budgeting and spending plans, and more.

Cost	\$184 (\$23/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
Time	6:00 - 7:30 PM
Location	TBD

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

JANUARY

January 5	Between Friends Office Re-Opens
January 5 - January 9	Membership Registration Week
January 14	Winter W.E.S.O.A.R! 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
January 28	Camp Bonaventure - Guides Released

FEBRUARY

February 1 - February 7	First Week of Winter W.E.S.O.A.R! Programs
February 4	Camp Bonaventure Registration @ 5:30 PM <ul style="list-style-type: none"> Note - phone line registration option will be open from 5:30 - 6:30 PM
February 15 - February 21	NO PROGRAMS - Winter Break (No Programs)
February 16	OFFICE CLOSED - Family Day

MARCH

March 11	Spring W.E.S.O.A.R! Program Guides Released
March 25	Spring W.E.S.O.A.R! 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

April

April 5 - April 11	Last Week of Winter W.E.S.O.A.R! Programs
April 19 - April 25	First Week of Spring W.E.S.O.A.R! Programs



Important Dates

JANUARY

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

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
W.E.S.O.A.R.! Starts → Camp Register						
8	9	10	11	12	13	14
← Winter W.E.S.O.A.R.! →						
15	16	17	18	19	20	21
Office Closed No Programs						
22	23	24	25	26	27	28
← Winter W.E.S.O.A.R.! →						

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
← Winter W.E.S.O.A.R.! Starts →						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
No Programs						
5	6	7	8	9	10	11
← Winter W.E.S.O.A.R.! →						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
← Spring W.E.S.O.A.R.! Starts →						
26	27	28	29	30		