

# Adult Programs

Spring 2026 Registration Guide

Calgary



Registration  
March 25  
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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Monday - Friday  
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# 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 **Adventurers** Day Trips, and
- 2 **Adventurers** Overnight Trips, and
- Unlimited **Special Events!**

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

## Spring 2026 Registration Night: Wednesday, March 25, at 5:30 PM

### By Phone

 **403 508 0110**

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

Call the Registration Line - (403 508 0110)

- **The line will be open 5:30 - 6:30 PM on registration night**
- **Do not call the main line**

If you are sent to voicemail, **call back** - don't leave a message

- Leaving a voicemail does **not** confirm registration

OR

### Online

[Member Portal](#)

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

Log in or refresh the page at 5:30 PM

- **Programs will not show up before 5:30 PM**

If you have trouble, **call the Registration Line**

- (403 508 0110)

# Program Fees

## Paying for Programs

Fees for Between Friends programs are **due at the time of registration**. Credit card, cash, and cheque payments or a fee assistance form must be submitted within **five (5) business days** or your registration will be cancelled.

## Fee Assistance

Between Friends does its best to make sure that every member who wants to attend programs is given the chance. In order to be accessible, we subsidize all programs for all participants. Additional Fee Assistance is available for a maximum of:

- 2 Between Friends **Adventurers** trips or programs, each season
- 2 Between Friends **W.E.S.O.A.R!** programs, each season

Once your application is submitted, our team will review your application and contact you once a fee assistance amount has been calculated. For more information about our Fee Assistance Program or how to apply, please contact [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca).

[Apply for Fee Assistance Here](#)

# Important Information

## Program Cancellation

To cancel registration you must contact [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca). A **15% fee** will apply to all cancellations. Refunds will be provided only when vacancies can be filled, and the office is notified of the cancellation.

If a program is 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](mailto:info@betweenfriends.ab.ca)



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

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

Registration  
March 25  
5:30 PM

## Spring W.E.S.O.A.R! 2026

Our **W.E.S.O.A.R!** programs (Weekend & Evening Social Opportunities, Activities & 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.

- Spring **W.E.S.O.A.R!** runs for 8 weeks
- There will be **no programs** April 3, 4, 5, or May 16, 17, 18

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

 Monday - Friday  
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# 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	April 19 - June 14
No Program	May 17
Time	3:00 - 6:00 PM
Location	Cineplex Odeon Westhills Cinemas

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	April 19 - June 14
No Program	May 17
Time	3:00 - 6:00 PM
Location	Cineplex Cinemas Seton and VIP

Social ★★

Personal Growth ★★

Active ★

Skill Development ★★



# 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	\$192 (\$24/day)
Day	Sunday
Dates	April 19 - June 14
No Program	May 17
Time	3:00 - 6:00 PM
Location	Cineplex Odeon Crowfoot Crossing

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	April 19 - June 14
No Program	May 17
Time	6:00 - 8:00 PM
Location	PowerPlay

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.

Cost	\$192 (\$24/day)
Day	Tuesday
Dates	April 21 - June 9
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations around Calgary

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

## 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	\$192 (\$24/day)
Day	Tuesday
Dates	April 21 - June 9
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations in North 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	\$184 (\$23/day)
Day	Tuesday
Dates	April 21 - June 9
No Program	-
Time	6:00 - 7:30 PM
Location	Summit View 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 appetizers, 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	\$192 (\$24/day)
Day	Wednesday
Dates	April 22 - June 10
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations in Central Calgary

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★ ★★

## Creative Kitchen

Sharpen your skills in our cooking and baking program. We will be working on easy and tasty meals as well as baked treats that can be made on most budgets. Bon appetit! A menu plan will be provided at the start of the session.

Cost	\$200 (\$25/day)
Day	Wednesday
Dates	April 22 - June 10
No Program	-
Time	5:00 - 7:00 PM
Location	Summit View United Church

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	April 22 - June 10
No Program	-
Time	6:00 - 8:00 PM
Location	PowerPlay

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.

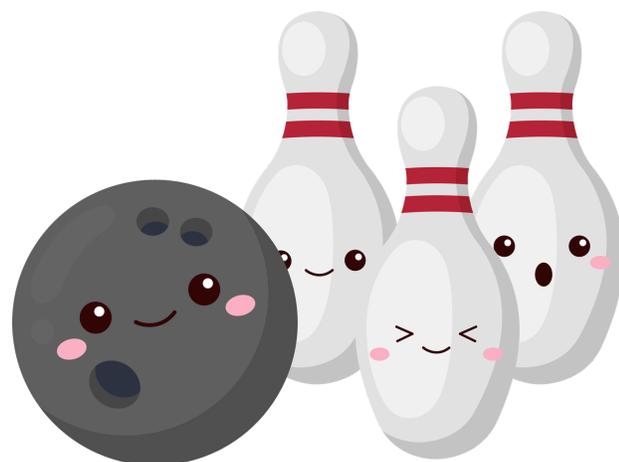
Cost	\$192 (\$24/day)
Day	Wednesday
Dates	April 22 - June 10
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

Social ★★★★★

Personal Growth ★★★

Active ★

Skill Development ★★★



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



## 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	April 23 - June 11
No Program	-
Time	6:00 - 8:00 PM
Location	PowerPlay

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 appetizers, 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	\$192 (\$24/day)
Day	Thursday
Dates	April 23 - June 11
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

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	\$192 (\$24/day)
Day	Thursday
Dates	April 23 - June 11
No Program	-
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	\$184 (\$23/day)
Day	Thursday
Dates	April 23 - June 11
No Program	-
Time	6:00 - 7:30 PM
Location	Summit View United Church

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.

Cost	\$192 (\$24/day)
Day	Friday
Dates	April 24 - June 12
No Program	-
Time	6:00 - 8:00 PM
Location	Various North Calgary Locations

Social ★★ ★★

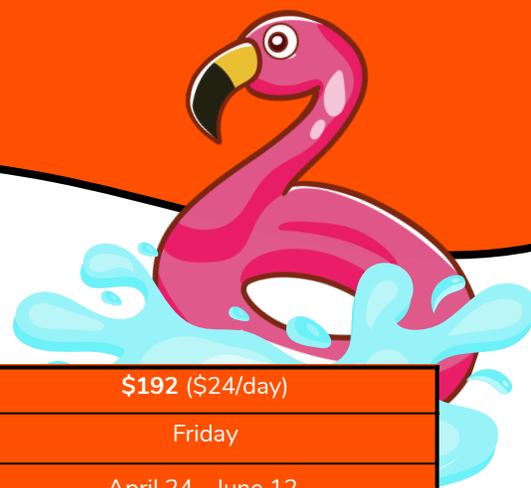
Personal Growth ★★

Active ★

Skill Development ★★



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



## 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!

Cost	\$192 (\$24/day)
Day	Friday
Dates	April 24 - June 12
No Program	-
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

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, 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	April 24 - June 12
No Program	-
Time	5:00 - 7:00 PM
Location	Trico Centre

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	April 25 - June 20
No Program	May 16
Time	6:00 - 8:00 PM
Location	Various Locations in North 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	April 15 - June 20
No Program	May 16
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

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.

Cost	\$184 (\$23/day)
Day	Saturday
Dates	April 25 - June 20
No Program	May 16
Time	6:00 - 8:00 PM
Location	Summit View United Church

Social ★★★★★

Personal Growth ★★★

Active ★★★

Skill Development ★★★

# About Special Events

Registration  
March 25  
5:30 PM

## Spring **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](mailto:info@betweenfriends.ab.ca)

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

# Special Events



## Spring Fiesta Dance

Shake off the winter blues and step into spring at our Spring Fiesta Dance.. Join us for an evening of music and celebration as one of our favorite DJs keeps the dance floor buzzing.

Note: Location and Program Leader information will be shared one week prior to the event.

Cost	\$10
Day	Saturday, May 2
Time	6:00 - 8:00 PM
Location	TBA
Capacity	50 participants

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★

## Stampede Dance

Dust off your denim and round up your favorite dance partner for a Western themed dance party at Camp Bonaventure, Sandy Beach.

One of our favorite DJs will be spinning crowd favorites all evening.

Light Refreshments will be provided.

Cost	\$10
Day	Saturday, June 20
Time	6:00 - 8:00 PM
Location	Camp Bonaventure
Capacity	50 participants

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★

## Awards & AGM Ceremony

Join us on Friday, May 29 as we celebrate our accomplishments and personnel, participant, donor, and subcontractor awards for 2026.

Mark this date in your calendar. This event will not be available for registration at this time. A formal invite for all members and their families to come!



# About Adventurers

Registration  
March 25  
5:30 PM

## Spring **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
<b>Programming Level</b>	<p>Is every single hour of the trip planned? Or, is there more time to relax and do my own thing?</p> <ul style="list-style-type: none"><li>• <b>High paced</b> = busy with only a little down time.</li><li>• <b>Medium paced</b> = a mix of both.</li><li>• <b>Low paced</b> = relaxed with lots of independent time.</li></ul>	High Paced Medium Paced Low Paced
<b>Physical Accessibility</b>	<p>What's the environment like? Are the bathrooms accessible? Will we be traveling on rocky roads, smooth paths, or a bit of both?</p>	Full Low See Description
<b>Sensory Friendly</b>	<p>What is the sensory environment like? Are there lots of crowds, bright lights, and loud noises? Will there be quiet space to wind down?</p>	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



## Comic Expo

Get ready for an epic adventure. If you love comics, sci fi, horror, anime, gaming, or cosplay, this is your kind of playground. Step into a world of fandom where you can celebrate what you love and feel completely at home.

This day trip will include supper at a nearby restraint.

Please note: The venue and crowds may not be sensory friendly.

<b>Cost</b>	\$150
<b>Dates</b>	Friday, April 24
<b>Time</b>	1:00 - 7:00 PM
<b>Location</b>	BMO Center
<b>Capacity</b>	8 participants

### What to expect:

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

## Edmonton Escape

We are hitting the road for an Adventurer's Favorite - Edmonton. First stop - Tim Horton's for a treat along the way.

There will be plenty of time for shopping at West Edmonton Mall, dinner and a show, a trip to Commonwealth Rec Centre, or any other activities guided by our participants' favourites.

This will be a busy trip with little downtime.  
Accessibility: Activities will be accessible, hotel/VRBO will not have an accessible shower

<b>Cost</b>	\$1150
<b>Dates</b>	Monday, May 4 - Thursday, May 7
<b>Time</b>	4 days - 3 nights
<b>Location</b>	Edmonton, AB
<b>Capacity</b>	8 participants

### What to expect:

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

# Adventurers



## Back to the 80's: Magic Mix Tape



Join us at a fan favorites, Jubilations as we are taken back in time to the music of the 80's. Take in the excitement (and stunning live vocals) while you enjoy a delicious multi-course meal served by our character servers. It's a live show, so anything could happen. Play along and the actors might just include you in the act! People and show may not be sensory friendly.

**Sensory Information:** The show will have loud music, crowds and lights

Cost	\$150
Dates	Thursday, June 18
Time	6:00 - 10:00 PM
Location	Jubilations
Capacity	8 participants

### What to expect:

Programming Level	Low
Physical Accessibility	Full
Sensory Friendly	See Description

## Camp LG Barnes

Get ready for the ultimate weekend adventure at Camp L.G. Barnes! This fully accessible camp experience is designed especially for our members. From exploring the outdoors and riding the Wally Wagon to meeting friendly farm animals like horses, alpacas, and happy goats, there's something for everyone to enjoy. This unforgettable trip is sure to be a highlight!

Cost	\$750
Dates	June 12 - 14
Length	2 days, 2 nights
Location	L.G. Barnes
Sleeping	Dorm style beds
Capacity	12 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Full

# Adventurers

## Yamnuska Sanctuary Visit

Kick off the adventure with a visit to Yamnuska Wolfdog Sanctuary for an unforgettable, up close encounter with the incredible Cascade Pack. Walk among these wild hearted wolfdogs, hear their stories, and discover the truth behind their mystique from the experts who know them best. It is part education, part awe, and entirely unforgettable.

After our time with the pack, we will head out for dinner together and then settle in for an overnight stay at a nearby accessible hotel or VRBO. Exact accomodation details will be shared closer to the date, but comfort and accessibility are a top priority.

<b>Cost</b>	\$750
<b>Dates</b>	Tuesday, June 2 - Thursday, June 4
<b>Length</b>	3 days, 2 nights
<b>Location</b>	Cochrane & Calgary
<b>Sleeping</b>	Hotel or VRBO
<b>Capacity</b>	8 participants

### What to expect:

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



# Adventurers



## 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 omelettes, and much more. Followed by a day exploring the zoo. Crowds and animal housing may not be sensory friendly.

<b>Cost</b>	\$125
<b>Dates</b>	Sunday, June 7
<b>Time</b>	10:30 - 4:30 PM
<b>Location</b>	Calgary Zoo
<b>Capacity</b>	8 participants

### What to expect:

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

## Camp B Retro Revival

Missing Camp Days? Here's your chance to relive them.

Join us for a weeklong day camp at our beloved Camp Bonaventure, running daily from 8:00 - 4:00 PM. Enjoy classic camp activities, off-site excursions, special guest contractors, and plenty of summer fun.

Light breakfast snacks provided each morning, along with full lunches, BBQs, off-site meals, take out, and snacks throughout the day. Please bring a water bottle.

Please note: All camp programming is designed with our adult members in mind.

This session may qualify for FMS Respite, Fees are due upon registration, and receipts for the staff portion can be provided.

<b>Cost</b>	\$1000
<b>Dates</b>	Monday, June 22 - Friday, June 26
<b>Length</b>	5 days
<b>Location</b>	Camp Bonaventure, Sandy Beach
<b>Time</b>	8:00 AM - 4:00 PM
<b>Capacity</b>	8 participants

### What to expect:

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

# Volunteering

Register  
Anytime!

## Volunteer in Training

The **free** Volunteer in Training (VIT) program gives Between Friends members the opportunity to develop volunteering skills in a safe, inclusive environment. VITs can gain experience by volunteering in **W.E.S.O.A.R!** and/or **Camp Bonaventure**.

Volunteers at **Camp Bonaventure** must be at least 12 years old, while volunteers in **W.E.S.O.A.R!** must be at least 16 years old.

We have many more volunteer opportunities including **Special Events**, helping out in our garden, casino nights, and so much more!



## 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 Team has answers!

Here's how to contact them:

 403 269 9133

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

 Monday - Friday  
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!



Build a Friends  
in Motion  
Team

Financial  
Contribution

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot

# Important Dates

## MARCH

March 25	<b>Spring Program Registration @ 5:30 PM</b> <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
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## APRIL

April 19	<b>Spring W.E.S.O.A.R! Programs Begin</b>
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## MAY

May 18	<b>NO PROGRAMS &amp; OFFICE CLOSED - Victoria Day</b>
May 27	<b>Summer Program Guide Out</b>
May 29	<b>Awards &amp; AGM Evening</b>

## JUNE

June 10	<b>Summer Program Registration @ 5:30 PM</b> <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
June 23-25	<b>Camp Bonaventure Caregiver Information Nights</b> <ul style="list-style-type: none"><li>Watch for email for time and location</li></ul>
June 29	<b>Camp Bonaventure Begins!</b>



# Important Dates

## MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Spring Guide Out	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Spring Reg. Night	26	27	28
29	30	31				

## APRIL

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

## MAY

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

## JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 Summer Reg. Night	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				